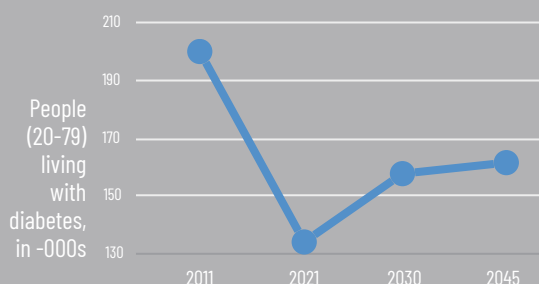




AN OVERVIEW OF DIABETES CARE

DIABETES PREVALENCE



Of which, undiagnosed **39.6%**

Children & adolescents with T1D (0-19y) **498**

Diabetes prevalence



Diabetes-related deaths **2,392**

6.4%



Total expenditure **€987** (per person)

Source: IDF Diabetes Atlas 10th edition 2021

According to national estimates, there were 114,904 adults and 732 children/adolescents living with diabetes in 2022, and spending on endocrine and metabolic diseases accounted for 3% of the total health expenditure (2.3 billion AMD).

In Armenia, short- and intermediate-acting insulin are available free of charge for all people living with diabetes (PwD). Other types of insulin, as well as syringes, needles, insulin pens, test strips, blood glucose meters, and continuous glucose monitors (CGMs), are generally available and free of charge for children. However, newer technologies such as insulin pumps and automated delivery systems are not often accessible nor reimbursed.

Outpatient care costs for adults living with diabetes are partially or fully reimbursed according to the country's Basic Benefit Package. This package is based on targeted state health programmes that are prepared and approved annually by the National Assembly.

New guidelines are set to be introduced in the country's national diabetes programme to improve screening for diabetes-related complications, with a particular focus on diabetes polyneuropathy, kidney diseases and diabetic foot.

While there are established healthy living policies in place addressing smoking, there are no specific policies on healthy diets and physical activity. To promote the importance of healthy lifestyles, recommendations from experts are available for consultation on the Ministry of Health's website.

Self-management education is provided at the time of diagnosis and throughout the life course for most PwD, particularly for children and their families. Currently, there are four dedicated schools for diabetes self-management across the country.

Although most e-health services are available in Armenia, they are not widely adopted.

A diabetes registry has been developed and will soon start to be implemented across the country.

DIABETES PREVENTION & MANAGEMENT

● YES ● WITH VARIATIONS ● NO

HEALTHY LIVING POLICIES



Obesity/ overweight



Healthy food & diet



Physical activity



Smoking



Regulations for healthy diets

PREVENTION OF COMPLICATIONS



Eye screening



CVD



Kidney disease



Diabetes foot



Gestational diabetes

EDUCATION



At or around the time of diagnosis



Throughout the life course



Integrated peer-to-peer support

Is there a programme to follow mothers with gestational diabetes after the birth of the baby?

No

NATIONAL PLAN?

Stand-alone Fully implemented

PREVENTION & MANAGEMENT GUIDELINES

National guidelines

MONITORING FRAMEWORK?

Yes

GOVERNMENT ENGAGEMENT WITH PwD?

Yes

ACCESS TO CARE, TECHNOLOGIES, MEDICINES AND SUPPLIES



Is INSULIN available at the point of delivery?

- Always
- Most of the time
- Sometimes
- Not often
- Never



Is available INSULIN free of charge?

- For all PwD
- For all T1D only
- For children only
- Other



Children

- Short-acting regular insulin
- Rapid-acting (analogues)
- Ultra-rapid-acting analogues
- Intermediate-acting
- Long-acting



Adults

- Short-acting regular insulin
- Rapid-acting (analogues)
- Ultra-rapid-acting analogues
- Intermediate-acting
- Long-acting



- Short-acting regular insulin
- Rapid-acting (analogues)
- Ultra-rapid-acting analogues
- Intermediate-acting
- Long-acting

APPS



Do apps get recommended by the health system/HCPs to manage/prevent diabetes?	YES
When they are recommended, are these apps fully reimbursed?	NO

SUPPLIES & TECHNOLOGIES

Free of charge for children

Syringes & Needles

Insulin pens

Connected/smart pens

Test strips

Blood glucose meters

isCGMs**

rtCGMs*

Not reimbursed

Insulin pumps

Automated delivery systems

ARE SUPPLIES/TECHNOLOGIES AVAILABLE AT THE POINT OF DELIVERY?

*real-time continuous glucose monitors.

**intermittently scanned continuous glucose monitors.

- Always
- Most of the time
- Sometimes
- Not often
- Never

PSYCHOLOGICAL SUPPORT

PSYCHOLOGICAL SUPPORT PROVIDED AS PART OF DIABETES CARE?

Available at a cost

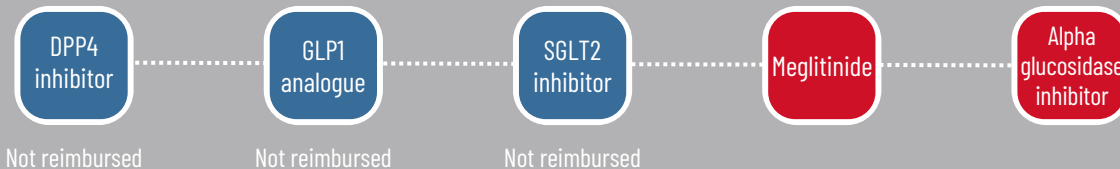


AVAILABLE AT THE POINT OF DELIVERY? ● YES ● MOST OF THE TIME ● SOMETIMES ● NOT OFTEN ● NO

GLUCAGON - METFORMIN/SULFONYLUREAS



OTHER DIABETES MEDICINES



CARDIOVASCULAR MEDICINES



HEALTH SYSTEMS



● YES ● NO

- Are diabetes specialist nurses (DSNs) available?
- Do nurses play a role in diabetes prevention?
- Is there a special academic training required to become a specialist diabetes nurse?
- Are nurses allowed to prescribe medicines?

Do nurses play a role in the diabetes management of?

- Adults & children with T1D
- People with T2D
- Women with GDM

- Do people living with diabetes have access to specialist diabetes educators?

HOW WIDESPREAD IS THE USE OF E-HEALTH?

AVAILABLE FOR ALL PEOPLE LIVING WITH DIABETES? ● YES ● NO

AVAILABLE AT THE SAME COST AS TRADITIONAL OPTIONS? ▲ YES ■ NO

*Most e-Health services are available but only used when absolutely necessary



ELECTRONIC HEALTH RECORDS?



WORKING DIABETES REGISTER?

Under development