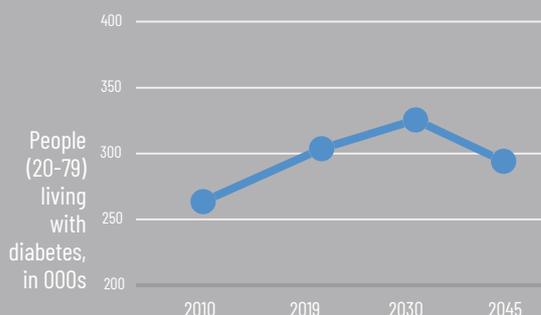




AN OVERVIEW OF DIABETES CARE

DIABETES PREVALENCE



Of which, undiagnosed
39.6% (121,100 people)

Children & adolescents with T1D (0-19y)
497

Diabetes prevalence

12.2%



Diabetes-related deaths 5,113



Total expenditure €945.8 (per person)

Source: IDF Diabetes Atlas 10th edition 2021

In Bosnia and Herzegovina, diabetes care is mostly provided at the secondary and tertiary care levels, with the exception of main cities such as Sarajevo, Banja Luka, Tuzla, Zenica and Mostar, where it is also provided at the primary care level. Due to this structure and the current shortage of endocrinologists and diabetologists, some people living with diabetes (PwD), and in particular those living in rural areas, face obstacles in accessing diabetes care.

All types of insulin as well as most devices and technologies for blood glucose monitoring and insulin administration are available. However, reimbursement for diabetes medicines varies across the country. In the Republika Srpska (RS), the Ministry of Health and Social Welfare and the RS Health Insurance Fund oversee reimbursement decisions for medicines. In the rest of the country, the Ministry of Health of the Federation of Bosnia and Herzegovina is responsible for updating the Federal Medicines List, but the responsibility for implementing decisions, such as the inclusion of medicines in the Cantonal List, lies with the Cantonal Ministries of Health and the Cantonal Insurance Funds. This process often results in delays in the reimbursement of medicines and generates differences in access to medicines across the country.

The complexity of the country's health systems, which numbers 14 ministries with competences on health and 13 health insurance funds, also represents a barrier to the development of a diabetes register. Nevertheless, data on the diabetes population is collected by epidemiology institutes and research centres.

Diabetes specialist nurses play a role in diabetes prevention and management. They are however, not able to prescribe medicines and their education is not uniform across the country.

In 2012, the Parliament of the Federation of Bosnia and Herzegovina adopted a Resolution on Diabetes, mandating the development of a Federal Diabetes Strategy by 2024. A national diabetes plan is currently under development and set to be partly integrated in a broader NCD plan, while a diabetes strategy is already in place in the Republika Srpska.

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?
Yes, but it varies across the country

NATIONAL PLAN?

Under development
Partly integrated

PREVENTION & MANAGEMENT GUIDELINES

National guidelines

MONITORING FRAMEWORK?

No

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



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



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APPS



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

SUPPLIES & TECHNOLOGIES

Free of charge for all PwD

Syringes and needles

Insulin pens

Free of charge for T1D

Connected/smart pens

Blood glucose meters

Test strips

isCGMs*

rtCGMs**

Free of charge for children

Insulin pumps

Automated delivery systems

ARE SUPPLIES & TECHNOLOGIES AVAILABLE AT THE POINT OF DELIVERY?

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

*real-time continuous glucose monitors.

**intermittently scanned continuous glucose monitors.

PSYCHOLOGICAL SUPPORT

PSYCHOLOGICAL SUPPORT PROVIDED AS PART OF DIABETES CARE?

Available and fully reimbursed, but hard to access



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

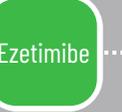
GLUCAGON - METFORMIN/SULFONYLUREAS

| | | | | | | |
|---|--|---|---|--|---|---|
|  Glucagon |  Nasal Glucagon | <p>FREE OF CHARGE?</p> <p>○ For all PwD</p> <p>□ For all T1D only</p> <p>◇ For children only</p> <p>△ Other</p> |  | <p>FREE OF CHARGE?</p> <p>○ For all PwD</p> <p>□ For adults only</p> <p>◇ For children only</p> <p>△ Other</p> |  Metformin |  Sulfonylureas |
|---|--|---|---|--|---|---|

OTHER DIABETES MEDICINES

| | | | | |
|--|--|---|---|---|
|  DPP4 inhibitor Fully reimbursed |  GLP1 analogue reimbursement varies across the country |  SGLT2 inhibitor Fully reimbursed |  Meglitinide Fully reimbursed |  Alpha glucosidase inhibitor Not reimbursed |
|--|--|---|---|---|

CARDIOVASCULAR MEDICINES

| | | | | | | |
|---|---|--|--|--|---|---|
|  Calcium channel blockers Fully reimbursed |  Beta blockers Fully reimbursed |  ACE inhibitors Fully reimbursed |  Thiazide diuretics Fully reimbursed |  Statins Fully reimbursed |  Ezetimibe Partially reimbursed |  PCSK9 inh Partially reimbursed |
|---|---|--|--|--|---|---|

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?

- Children and adults 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

*e-health is not yet legally regulated

| | |
|--|---|
| Online appointment management   | Video consultations   |
| Telephone consultations   | SMS & EMAIL consultations   |
| Electronic prescriptions   | Telehealthcare & Remote monitoring   |

ELECTRONIC HEALTH RECORDS?

● YES ● NO

WORKING DIABETES REGISTER?

No

