AN OVERVIEW OF DIABETES CARE

DIABETES PREVALENCE

People (20-79) living with diabetes, in 000s — chart showing values at 2011, 2021, 2030, 2045 (axis 3000–5000)
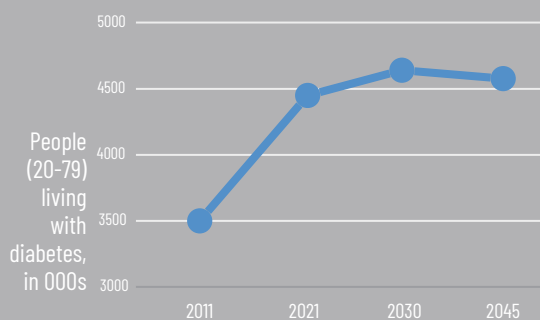
Of which, undiagnosed
33.5% (1,497,700 people)

Children & adolescents with T1D (0-19y)
13,715

Diabetes prevalence
9.9%

Diabetes-related deaths **172,943**

Total expenditure
€2757,8 (per person)

Source: IDF Diabetes Atlas 10th edition 2021

One of the pillars of the Italian National Healthcare Service (NHS) is ensuring universal coverage for all citizens. People living with diabetes (PwD) have access, with no out-of-pocket expenditure, to all the medicines, devices and medical services they need. Overall, Italy has a well-developed system of diabetes care, with numerous diabetes centres throughout the country and treatment free at the point of delivery.

The Italian health system is highly decentralised, with most administrative and organisational powers held by the Regions. The National Diabetes Plan defines priorities and provides guidelines to improve the quality of diabetes care, with a patient-centred focus. Regional and local authorities are responsible for its implementation which varies greatly among the 20 regions.

There are also differences in the organisation and delivery of care between, on the one hand, the Northern/Central, and, on the other, the Southern, parts of the country. The Northern and Central diabetes centres tend to be integrated within a hospital, providing a multi-disciplinary team approach, whereas the Southern diabetes centres are often part of group practices (called "poliambulatori"), which do not always provide multi-disciplinary teams.

The framework for e-health services is not yet fully developed, with many remote services being delivered on a voluntary basis/during COVID-19 only. There are no official diabetes specialist nurses in Italy, but many diabetes centres have dedicated nurses who undergo specific training and regular refreshers on diabetes management. Many of them are members of a scientific association – Operatori Sanitari di Diabetologia Italiani (Italian Diabetes Healthcare Providers).

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?
Stand alone Implementation varies across regions

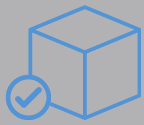**PREVENTION & MANAGEMENT GUIDELINES**
National guidelines

MONITORING FRAMEWORK?
No

GOVERNMENT ENGAGEMENT WITH PwD?
Yes

ACCESS TO CARE, TECHNOLOGIES, MEDICINES AND SUPPLIES

Is INSULIN available at the point of delivery?

Legend:
- 🟢 Always
- ⚪ Most of the time
- 🟡 Sometimes
- 🔴 Not often
- 🔴 Never

Children
- 🟢 Short-acting regular insulin
- 🟢 Rapid-acting (analogs)
- 🟢 Ultra-rapid-acting analogs
- 🟢 Intermediate acting
- 🟢 Long-acting

Adults
- 🟢 Short-acting regular insulin
- 🟢 Rapid-acting (analogs)
- 🟢 Ultra-rapid-acting analogs
- 🟢 Intermediate acting
- 🟢 Long-acting

Is available INSULIN free of charge?

Legend:
- 🟢 For all PwD
- ⚪ For all T1D only
- 🟡 For children only
- 🔴 Other

- 🟢 Short-acting regular insulin
- 🟢 Rapid-acting (analogs)
- 🟢 Ultra-rapid-acting analogs
- 🟢 Intermediate acting
- ⚪ Long-acting

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 & Needles
- 🟢 Insulin pens
- 🟢 Blood glucose meters
- 🟡 isCGMs** (1)
- 🟢 Test strips

Free of charge for T1D
- 🔴 Automated delivery systems
- 🟢 Insulin pumps (1; 2)
- 🟢 rtCGMs* (1; 2)

Not reimbursed
- 🔴 Connected smart pens

(1) Limitations exist on a regional basis

(2) available for some people living with T2D as prescribed by specialists

ARE SUPPLIES TECHNOLOGIES AVAILABLE AT THE POINT OF DELIVERY?

Legend:
- 🟢 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 but hard to access
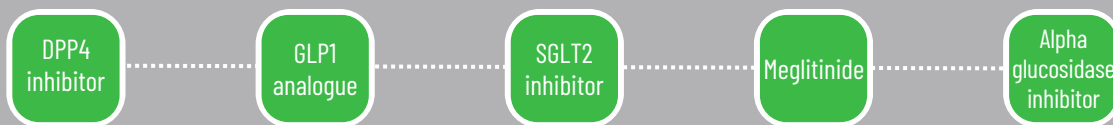
Free / Fully reimbursed

GLUCAGON - METFORMIN/SULFONYLUREAS

● Glucagon ● Nasal Glucagon

FREE OF CHARGE?
○ For all PwD
△ For all T1D only
◇ For children only
□ Other

FREE OF CHARGE?
○ For all PwD
□ For adults only
◇ For children only
△ Other

● Metformin ● Sulfonylureas

OTHER DIABETES MEDICINES

● DPP4 inhibitor ● GLP1 analogue ● SGLT2 inhibitor ● Meglitinide ● Alpha glucosidase inhibitor

Fully reimbursed

CARDIOVASCULAR MEDICINES

● Calcium channel blockers ● Beta blockers ● ACE inhibitors ● Thiazide diuretics ● Statins ● Ezetimibe ● PCSK9 inhs*
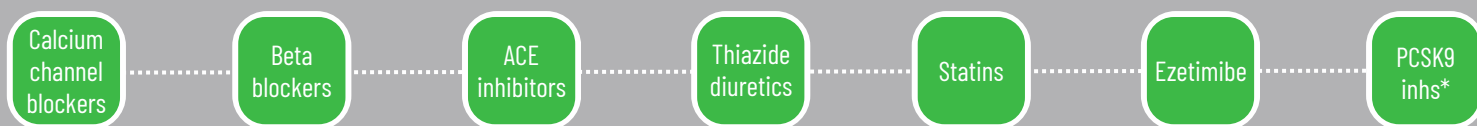
Fully reimbursed

*Only prescribed by specialists

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

*Available depending on the clinic and/or physician

**During COVID-19

Online appointment management — ■

Video consultations — ■ Reimbursement procedure under way

Telephone consultations* — ▲

SMS & EMAIL consultations* — ■

Electronic prescriptions** — ■

Telehealthcare & Remote monitoring** — ■

ELECTRONIC HEALTH RECORDS?

● YES ● NO

●

WORKING DIABETES REGISTER?

For some regions and groups of PwD