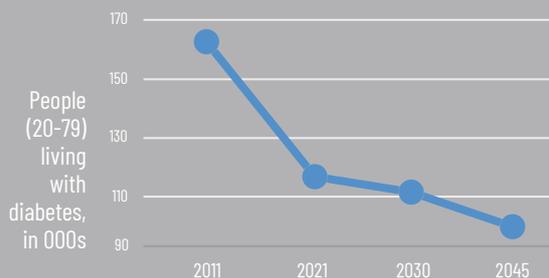




AN OVERVIEW OF DIABETES CARE

DIABETES PREVALENCE



Of which, undiagnosed
33.5% (38,800 people)

Children & adolescents with T1D (0-19y)
256

Diabetes prevalence

8.6%



Diabetes-related deaths **2,229**



Total expenditure **€1122** (per person)

Source: IDF Diabetes Atlas 10th edition 2021

According to national estimates, in 2020, diabetes prevalence among adults living with diabetes (20-79 y/o) stood at 4.15% and the number of children and adolescents with T1D was 669.

In Latvia, all types of insulin and other diabetes medicines are available and fully reimbursed for people living with diabetes (PwD). Except for some ACE inhibitors which are fully reimbursed, all other cardiovascular medicines require a 25% co-payment.

While insulin pens are free of charge for all PwD, insulin pumps and continuous glucose monitors (CGMs) are only reimbursed for children and test strips require a 25-50% co-payment. Other devices and technologies for blood glucose monitoring and insulin administration such as syringes, needles and blood glucose meters are not reimbursed.

Healthy living policies are in place targeting obesity, healthy diets and smoking. There are, however, no specific policies on physical activity. Except for diabetes foot, screening for all diabetes-related complications is available everywhere in Latvia.

A special academic training for diabetes specialist nurses (DSNs) was in place until 2017. Nurses who completed this specialisation continue to serve as DSNs and play a role in the management of all types of diabetes but they are not allowed to prescribe medicines.

Latvia has electronic health records and a national diabetes register for all PwD that was launched in 1997. The use of e-health is available for online appointment management, electronic prescriptions and video and telephone consultations.

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?

No

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

| | | | |
|-----------------|--------------------------------|---|---------------|
| <p>Children</p> | ● Short-acting regular insulin | ● | <p>Adults</p> |
| | ● 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? | NO |
| When they are recommended, are these apps fully reimbursed? | NO |

SUPPLIES & TECHNOLOGIES



(1) 25-50% co-payment is required

*real-time continuous glucose monitors.

**intermittently scanned continuous glucose monitors.

ARE SUPPLIES TECHNOLOGIES AVAILABLE AT THE POINT OF DELIVERY?

- 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

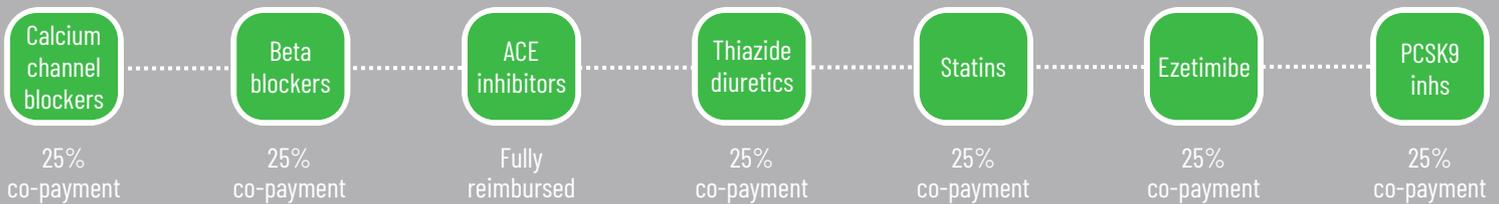
GLUCAGON - METFORMIN/SULFONYLUREAS



OTHER DIABETES MEDICINES



CARDIOVASCULAR MEDICINES



HEALTH SYSTEMS



● YES ● NO

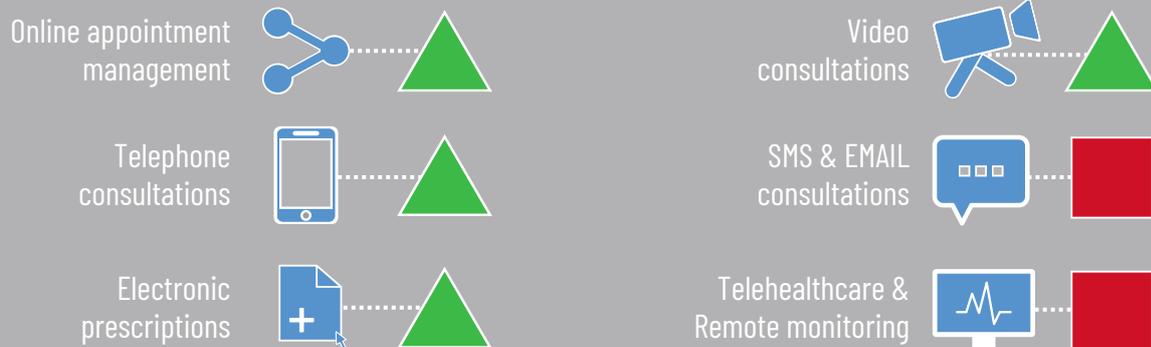
*Available until 2017

- 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



ELECTRONIC HEALTH RECORDS?

● YES ● NO



WORKING DIABETES REGISTER?

Yes, for all PwD