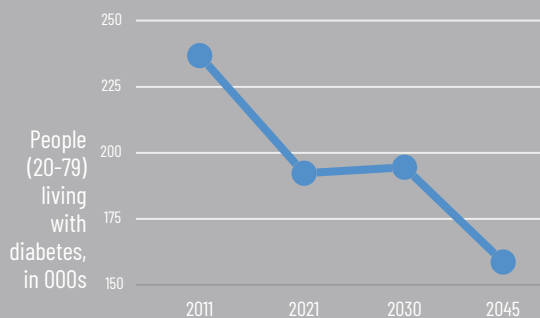




# AN OVERVIEW OF DIABETES CARE

## DIABETES PREVALENCE



Of which, undiagnosed 33.5% (62,600 people)

Children & adolescents with T1D (0-19y) 907

Diabetes prevalence

9.5%



Diabetes-related deaths 5,870



Total expenditure €1128,5 (per person)

Source: IDF Diabetes Atlas 10th edition 2021

In Lithuania, diabetes care and medicines are available to all people living with diabetes (PwD), free of charge. Insulin pumps and CGMs are also available free of charge for people living with Type 1 Diabetes (T1D).

One of the main challenges faced by people living with diabetes is the limited number of needles and test strips to which people are entitled free of charge.

Another challenge is the shortage of healthcare professionals, many of whom tend not to stay in Lithuania, resulting in long waiting lists for family doctors (2-3 weeks in Vilnius), specialists (2-4 months) and psychologists.

Diabetes nurses play an important role in diabetes education and are authorised to renew prescriptions for medications first prescribed by doctors.

A national diabetes plan is currently under development.

in 2020, the Supervisory Council for Diabetes Prevention, Diagnosis and Treatment was created by Order of the Minister of Health. The Lithuanian Diabetes Association is now discussing the proposed new diabetes plan ("On Approval of the Description of Accessibility and Quality Indicators of Health Care Services Provided to People with Diabetes and the Procedure for Monitoring Them").

## 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, everywhere in the country

NATIONAL PLAN?

Under development

PREVENTION & MANAGEMENT GUIDELINES

National guidelines

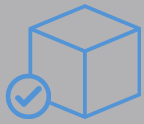
MONITORING FRAMEWORK?

No

GOVERNMENT ENGAGEMENT WITH PwD?

Yes but limited

# 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

**Free of charge**

- 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 all PwD

Syringes & Needles (1)

Insulin pens

Blood glucose meters

Test strips (1)

Free of charge for T1D

Insulin pumps

rtCGMs\*

isCGMs\*\*

Not reimbursed

Connected smart pens

Automated delivery systems

\*real-time continuous glucose monitors.

\*\*intermittently scanned continuous glucose monitors.

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

ARE SUPPLIES TECHNOLOGIES AVAILABLE AT THE POINT OF DELIVERY?

(1) The number of test strips and needles available for free varies by type of diabetes and treatment

T1D: 400 to 1800 test strips per year depending on age, insulin delivery system and blood glucose monitoring device; two needles per day for children, one needle per day for adults.

T2D: 150 to 900 test strips per year depending on age and type of treatment (oral medication or insulin regimen); 1 needle per day.

GDM: 600 additional test strips during pregnancy for people with all types of diabetes; 150 test strips for people with GDM during pregnancy.

## PSYCHOLOGICAL SUPPORT

PSYCHOLOGICAL SUPPORT PROVIDED AS PART OF DIABETES CARE?

Available at a cost but hard to access



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

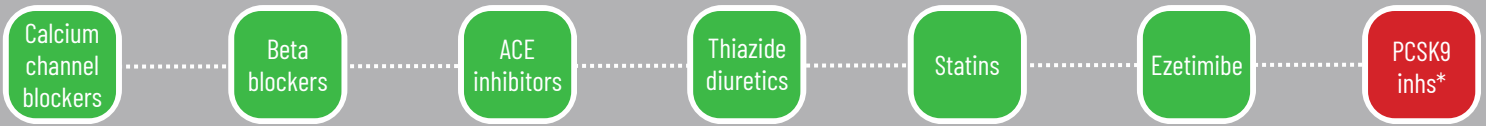
### GLUCAGON - METFORMIN/SULFONYLUREAS



### OTHER DIABETES MEDICINES



### CARDIOVASCULAR MEDICINES



## HEALTH SYSTEMS



● YES ● NO

\*DSNs are allowed to renew prescriptions for insulin, other diabetes medicines and test strips once they have been prescribed by a doctor

Do nurses play a role in the diabetes management of?

- 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?\*

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

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

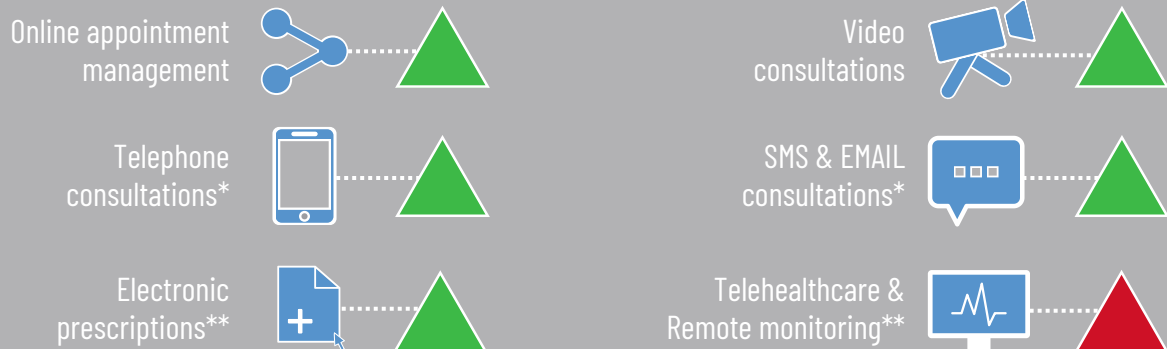
### HOW WIDESPREAD IS THE USE OF E-HEALTH?

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

\*Available depending on the clinic and/or physician

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

\*\*During COVID-19



### ELECTRONIC HEALTH RECORDS?

● YES ● NO



### WORKING DIABETES REGISTER?

No

