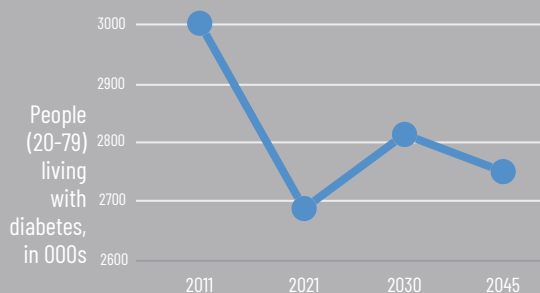




# AN OVERVIEW OF DIABETES CARE

## DIABETES PREVALENCE



Of which, undiagnosed\*  
65.2% (1,745,100 people)

Children & adolescents with T1D (0-19y)\*  
12,447

Diabetes prevalence

9.4%



Diabetes-related deaths 5,330



Total expenditure €835.8 (per person)

Source: IDF Diabetes Atlas 10th edition 2021

According to national estimates, the number of children and adolescents with T1D in Poland is 20,000 and the percentage of undiagnosed diabetes is approximately 25%.

In Poland, diabetes care is free of charge for people living with diabetes (PwD). Access to medicines and devices is not universal though. While most modern medicines and technologies are available in the country, they are only free of charge for some groups of people, and only partly or not reimbursed at all for others. Access to specialists is free of charge but the waiting time is often very long.

National guidelines for the prevention and management of diabetes exist and are implemented. Screenings for the prevention of most diabetes-related complications take place everywhere in the country, albeit with some variations for the prevention of the diabetes foot. Healthy living policies are also in place targeting obesity, healthy diets, physical activity and smoking.

Diabetes education is available for children and young people living with Type 1 Diabetes (T1D), but it is hard to access and not always available for people living with Type 2 Diabetes (T2D). Peer-to-peer support is not integrated as part of the education provided.

Specialist nurses play a role in the prevention of the diabetes as well as in the management of all PwD and they can prescribe diabetes medicines.

E-health is available for all PwD at the same conditions as "traditional" systems and the country has electronic health records as well as a working diabetes register for children and mothers with gestational diabetes.

## 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?

Partly integrated  
Not implemented

PREVENTION & MANAGEMENT GUIDELINES

National guidelines

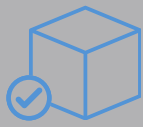
MONITORING FRAMEWORK?

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 T1D
- Lump sum
- Co-payment
- Other

<p><b>Children</b></p>	<span style="color: green;">●</span> Short-acting regular insulin	<span style="color: green;">●</span>	<p><b>Adults</b></p>
	<span style="color: green;">●</span> Rapid-acting (analogues)	<span style="color: green;">●</span>	
	<span style="color: green;">●</span> Ultra-rapid-acting analogues	<span style="color: green;">●</span>	
	<span style="color: green;">●</span> Intermediate acting	<span style="color: green;">●</span>	
	<span style="color: green;">●</span> Long-acting	<span style="color: green;">●</span>	

	<span style="color: blue;">●</span> Short-acting regular insulin*
	<span style="color: blue;">●</span> Rapid-acting (analogues)*
	<span style="color: blue;">●</span> Ultra-rapid-acting analogues*
	<span style="color: blue;">●</span> Intermediate acting*
	<span style="color: yellow;">●</span> Long-acting

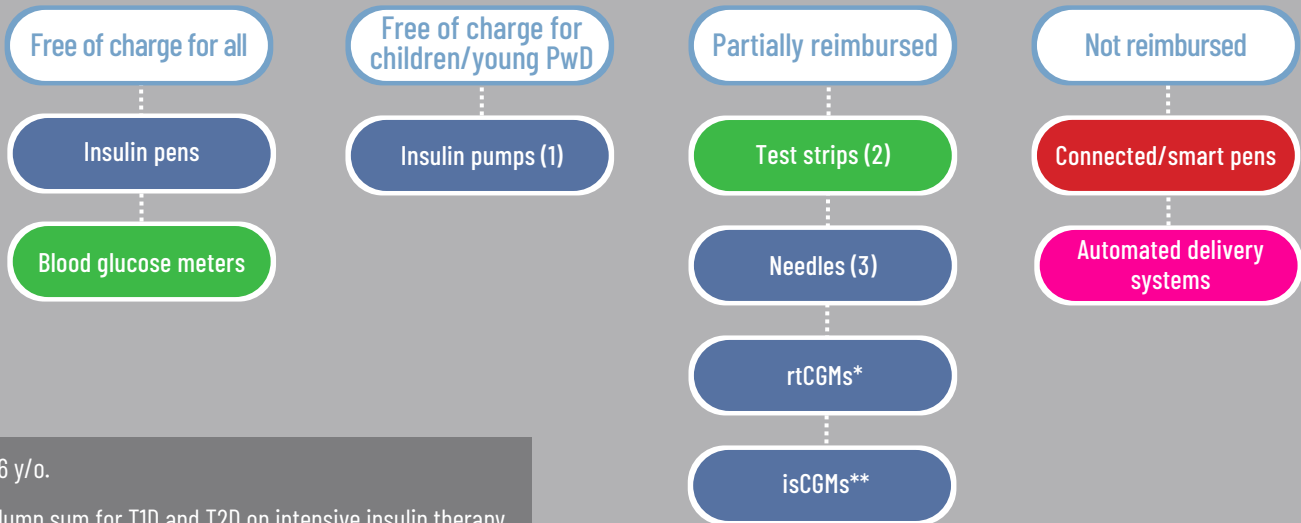
\*Free for pregnant women, children and PwD over 65 y/o

## 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



(1) Until 26 y/o.

(2) Small lump sum for T1D and T2D on intensive insulin therapy. 30% co-payment for T2D not on intensive insulin therapy.

(3) Reimbursed for all PwD on insulin therapy

\*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 but hard to access



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

## GLUCAGON - METFORMIN/SULFONYLUREAS



Partially reimbursed



Not reimbursed

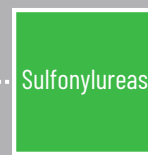
FREE OF CHARGE?  
 ○ For all PwD  
 △ For all T1D only  
 ◇ For children only  
 □ Other



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



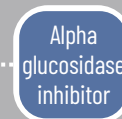
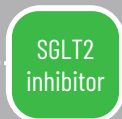
Free of charge for PwD over 65 y/o  
 Small lump sum for PwD under 65 y/o



## OTHER DIABETES MEDICINES

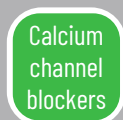


30% co-payment for PwD with a high risk of cardiovascular complications

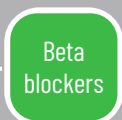


30% co-payment for all PwD

## CARDIOVASCULAR MEDICINES



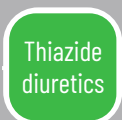
Not reimbursed



Not reimbursed



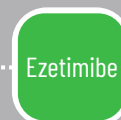
Not reimbursed



Not reimbursed



Not reimbursed



Not reimbursed



Not 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?

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

- Do people living with diabetes have access to specialist diabetes educators? (*hard to access*)

## 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

Online appointment management



Video consultations



Telephone consultations



SMS & EMAIL consultations



Electronic prescriptions



Telehealthcare & Remote monitoring



## ELECTRONIC HEALTH RECORDS?

● YES ● NO



## WORKING DIABETES REGISTER?

Yes, for children and mothers with gestational diabetes