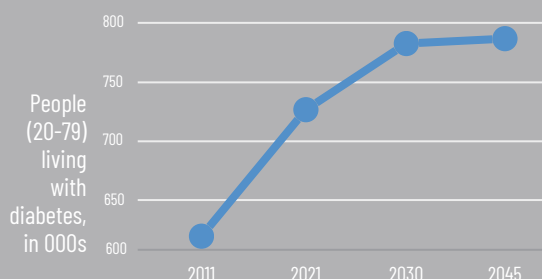


AN OVERVIEW OF DIABETES CARE

country:
Greece



DIABETES PREVALENCE



Of which, undiagnosed
33.5% (246,000 people)

Children & adolescents with T1D (0-19y)
2,905

Diabetes
prevalence

9.6%



Diabetes-related
deaths 22,350



Total expenditure
€1468.6 (per person)

Source: IDF Diabetes Atlas 10th edition 2021

The Greek healthcare system offers free high-quality care to people living with diabetes (PwD). Diabetology is a sub-specialisation of Internal Medicine and Paediatrics. Because of the health system structure and the geographical specificities of Greece (many islands), most people living with Type 2 diabetes (T2D) are followed by internists specialised in diabetes or GPs, and not by endocrinologists.

National guidelines developed by the Hellenic Diabetes Association (HDA) are updated every year as per international guidelines. Based on these guidelines, doctors decide what therapy is best for PwD. For people living with Type 1 diabetes (T1D), all types of insulins and supplies, up to a fixed amount, are fully reimbursed by the national insurance (National Organization for the Provision of Health Services [EOPYY]). For people living with T2D, 90% of the cost of all diabetes medicines is reimbursed, whereas other medicines (such as those for cardiovascular diseases) receive a 75% reimbursement. Supplies such as strips, needles and lancets are also fully reimbursed for people with T2D, although the quantity provided varies based on the treatment regimen. As per recent studies, PwD in Greece are effectively managing their condition, with a mean HbA1c close to 7%.

Continuous Glucose Monitors (CGMs) are fully reimbursed for people with T1D. Diabetes associations are currently advocating for CGMs to be reimbursed for people with T2D on intensified insulin therapy. Pumps and supplies are also fully reimbursed for people with T1D, based on a proposal by one of the country's 23 diabetes centres and the approval of the EOPYY Supreme Health Council.

There is no formal education for specialist nurses in diabetes, although there are some nurses and so-called "health visitors" who work in diabetes centres and have some informal knowledge of diabetes care. There is no formal curriculum yet for diabetes educators in general, but the Hellenic Diabetes Association is planning on creating one in collaboration with the Nurses' Association.

Regarding e-health, prescriptions (for medicines and lab tests) are sent to the PwD and filled in the pharmacy or the labs electronically, as long as people have activated the "intangible prescription system", which is available for all. Remote consultations are done on an individual basis.

The main gaps in diabetes care include the lack of specialised diabetes training for nurses; the absence of a diabetes registry (although much diabetes-related information is captured in the national prescription database, covering more than 99% of individuals with a social security number); and the implementation of effective prevention programmes.

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

Always available for T1D,
with variations for T2D



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?

Stand alone

PREVENTION &
MANAGEMENT
GUIDELINES

National
guidelines

MONITORING
FRAMEWORK?

No

GOVERNMENT
ENGAGEMENT
WITH PwD?

Yes

Notes:

Screening is scheduled by primary care physicians/specialists and is mostly covered by the public insurance system.

HCPs education is provided through seminars organized mostly by scientific organizations, like the Hellenic Diabetes Association and other relevant Associations.

A "National Plan for the Prevention and Treatment of Diabetes and its Complications" was produced by the HDA and the National Diabetes Center (NDC), under the auspices of the Hellenic Ministry of Health, in 2012, but was never implemented in practice.

The HDA guidelines cover primary prevention strategies, screening and diagnosis, healthcare pathways and management of all major forms of diabetes, diabetes-related complications, and structured education. There is no monitoring protocol in place, to assess the implementation of these guidelines.

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

*For other diabetes types, reimbursement up to 90% of cost

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

Insulin pens

Blood glucose meters

Test strips

Insulin pumps

Free of charge for T1D

Automated delivery systems

rtCGMs*

isCGMs**

Not reimbursed

Connected smart pens

ARE SUPPLIES TECHNOLOGIES AVAILABLE AT THE POINT OF DELIVERY?

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

Note: the number of test strips, lancets, needles and other supplies available for free varies depending on diabetes type and treatment.

T1D: 200 strips, lancets and needles per month; 50 blood ketone strips per year.

T2D on insulin: 100 strips and lancets and 60 needles per month.

PwD on antidiabetic tablets or other injectable non-insulin treatment: up to 50 blood glucose test strips per two months, up to 50 lancets biweekly and up to 60 insulin needles per month for PwD on glucagon like peptide 1 (GLP1) in built in needle in the pre-filled syringe.

PwD on lifestyle programmes: up to 50 strips and lancets per quarter).

GDM: 150 strips, lancets and needles, per month.

PwD with a continuous insulin infusion pump: a blood glucose sensor is provided according to a justified medical opinion. Up to five blood glucose monitoring supplies connected or not connected to the pump per month; up to 50 extra test strips and 50 lancets per month; 50 needles for insulin administration with insulin pen per semester (in case of pump blockage or overdose); and up to 50 blood ketone test strips per year.

*real-time continuous glucose monitors.

**intermittently scanned continuous glucose monitors.

PSYCHOLOGICAL SUPPORT

PSYCHOLOGICAL SUPPORT PROVIDED AS PART OF DIABETES CARE?

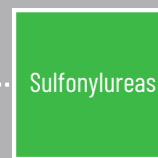
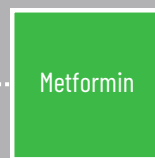
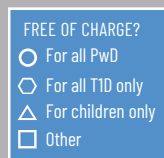
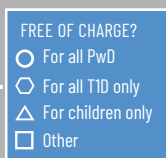
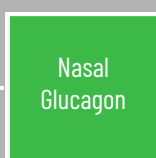
Available but hard to access

Note: there is no formal psychological support provided in the Diabetes Centres



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

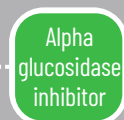
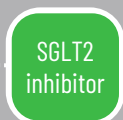
GLUCAGON - METFORMIN/SULFONYLUREAS



Injectable glucagon reimbursed up to 75%
Nasal glucagon available, but not yet reimbursed

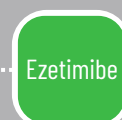
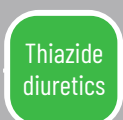
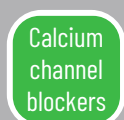
90% of the price is reimbursed, for either adults or children, if prescribed through the national prescription database

OTHER DIABETES MEDICINES



90% of the price is reimbursed, if prescribed through the national prescription database

CARDIOVASCULAR MEDICINES



75% of the price is reimbursed, if prescribed through the national prescription database

*PCSK9 Inhibitors require special approval by the Supreme Health Council of the EOPYY

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

Online appointment management*



Telephone consultations*



Electronic prescriptions



Video consultations*



SMS & EMAIL consultations*



Telehealthcare & Remote monitoring*



ELECTRONIC HEALTH RECORDS?



● YES ● NO

WORKING DIABETES REGISTER?

No

