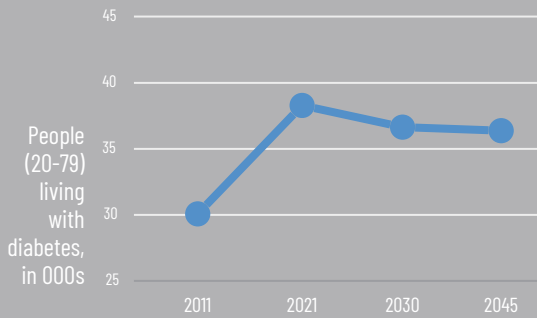




# AN OVERVIEW OF DIABETES CARE

## DIABETES PREVALENCE



Of which, undiagnosed  
47.4% (17,900 people)

Children & adolescents with T1D (0-19y)  
189

Diabetes prevalence



Diabetes-related deaths 735

11.2%



Total expenditure  
€2385 (per person)

Source: IDF Diabetes Atlas 10th edition 2021

In Malta, all types of insulin, except for ultra-rapid acting analogs, are available free of charge for all people living with diabetes (PwD). While syringes, needles, insulin pens, blood glucose meters and test strips are also available free of charge for all PwD, real-time continuous glucose monitors (rtCGMs) are only reimbursed for people living with Type 1 Diabetes (T1D) under the age of 40. Other technologies such as connected smart pens, insulin pumps, automated delivery systems and intermittently-scanned CGMs (isCGM) are not available in the country.

Malta is currently revising its national diabetes plan. Healthy living policies are in place and those targeting physical activity and smoking are integrated in the national non-communicable diseases (NCDs) strategy. Screening for all diabetes-related complications is available and people with gestational diabetes are followed up with an oral glucose tolerance test six weeks after the birth of the baby.

Diabetes education is provided at the time of diagnosis and throughout the life course. While group training courses were previously available, they have been on hold since the onset of the COVID-19 pandemic due to lack of resources. Psychological support is also available and fully reimbursed but it is hard to access and PwD are not always referred to it.

Malta has electronic health records and some e-health services such as telephone and SMS/email consultations are also available. Telehealthcare and remote monitoring are used with people living with T1D under the age of 24 who use a CGM. The country does not have a working diabetes register.

## 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?

Stand alone  
Fully implemented

PREVENTION & MANAGEMENT GUIDELINES

International guidelines

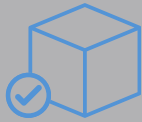
MONITORING FRAMEWORK?

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



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

## 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

Test strips

Free of charge for T1D

rtCGMs\* (1)

Not reimbursed

Connected smart pens

Insulin pumps

Automated delivery systems

isCGMs\*\*

(1) Free of charge for people living with T1D <40 y/o

\*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 and fully reimbursed but hard to access



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

### 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

Fully reimbursed

GLP1 analogue

SGLT2 inhibitor

Fully reimbursed

Meglitinide

Alpha glucosidase inhibitor

### CARDIOVASCULAR MEDICINES

Calcium channel blockers

Fully reimbursed

Beta blockers

Fully reimbursed

ACE inhibitors

Fully reimbursed

Thiazide diuretics

Fully reimbursed

Statins

Fully reimbursed

Ezetimibe

PCSK9 inh

### 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 or people with T1D <24 y/o and using a CGM

Online appointment management



Video consultations



Telephone consultations



SMS & EMAIL consultations



Electronic prescriptions



Telehealthcare & Remote monitoring\*



### ELECTRONIC HEALTH RECORDS?

● YES ● NO



### WORKING DIABETES REGISTER?

No

