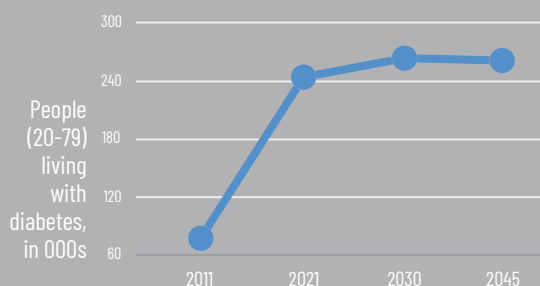




AN OVERVIEW OF DIABETES CARE

DIABETES PREVALENCE



Of which, undiagnosed
39.6% (95,400 people)

Children & adolescents with T1D (0-19y)
493

Diabetes prevalence

11.5%



Diabetes-related deaths 4,248



Total expenditure €568 (per person)

Source: IDF Diabetes Atlas 10th edition 2021

*According to national estimates, in 2019, the number of PwD in Albania stood at 237,600, of which 150,400 undiagnosed (63.2%), and the diabetes expenditure per person amounted to €1,823.9.

In Albania, all types of insulin are fully reimbursed for people living with diabetes (PwD). While insulin pens are always reimbursed for all PwD, blood glucose meters and test strips are reimbursed for some PwD in limited quantities depending on their age group and treatment. Newer technologies such as insulin pumps and continuous glucose monitors (CGMs) are not available. The Albanian Diabetes Association (ADA) is actively advocating for CGMs to be made available and reimbursed for PwD.

There is currently no national diabetes plan nor register for PwD. However, in recent years, the ADA and the Endocrinology & Metabolic Diseases Department at the University Hospital Centre "Mother Theresa", in Tirana, conducted two nationwide surveys with approximately 6,500 and 2,000 PwD respectively. The survey results indicated overall improvements in metabolic control among PwD, alongside an increase in the prevalence of diabetes-related complications. Subsequently, the ADA has compiled a database comprising 4,500 PwD from across the country and is initiating a follow-up programme, including the introduction of a "Diabetes Passport" for all PwD.

Despite all PwD being entitled to eye screening, only 30-40% of them undergo regular examinations due to a shortage of ophthalmologists in certain regions. Screening for chronic kidney disease is also available but lacks clear guidelines and effectiveness. Diabetes foot is one of the most significant diabetes-related complications in Albania due to the absence of prevention programmes and of a strategy to identify and monitor PwD at risk.

Structured diabetes education is currently only available in one Endocrinology Department in the capital. The ADA provides group education sessions for PwD as well as several training programmes for HCPs across the country. However, there remains a pressing need for structured diabetes education programmes in all regions.

There is no special academic training for diabetes specialist nurses and the frequent rotation of nurses across health services makes it challenging for them to specialise in diabetes care during their practice. Moreover, there is a lack of dietitians within the public health system, with only one available at the "Mother Theresa" University Hospital in Tirana.

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 people with gestational diabetes after the birth of the baby?

No

NATIONAL PLAN?

No

PREVENTION & MANAGEMENT GUIDELINES

National and international guidelines

MONITORING FRAMEWORK?

Yes

GOVERNMENT ENGAGEMENT WITH PwD?

Yes

ACCESS TO CARE, TECHNOLOGIES, MEDICINES AND SUPPLIES



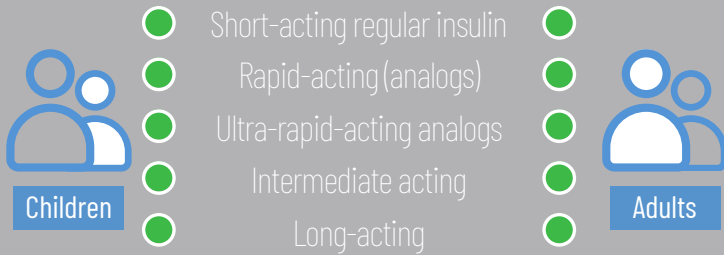
Is INSULIN available at the point of delivery?

- 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



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

Insulin pens

Blood glucose meters

Free of charge for some PwD

Test strips (1)

Not reimbursed

Syringes & Needles

Connected smart pens

Insulin pumps

Automated delivery systems

rtCGMs*

isCGMs**

*real-time continuous glucose monitors.

**intermittently scanned continuous glucose monitors.

(1) The number of reimbursed test strips varies by age group and treatment:

- PwD <18 y/o: four test strips/day
- PwD >65 y/o on insulin therapy: two test strips/day
- PwD >65 y/o on oral medications: one test strip/day

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



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

GLUCAGON - METFORMIN/SULFONYLUREAS



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



Not reimbursed

OTHER DIABETES MEDICINES



Fully reimbursed



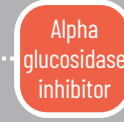
Fully reimbursed
(with some restrictions)



Not reimbursed



Fully reimbursed



Fully reimbursed

CARDIOVASCULAR MEDICINES



Fully 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

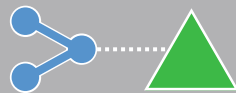
- Do people living with diabetes have access to specialist diabetes educators?

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



Telephone consultations



Electronic prescriptions



Video consultations



SMS & EMAIL consultations



Telehealthcare & Remote monitoring



ELECTRONIC HEALTH RECORDS?



● YES ● NO

WORKING DIABETES REGISTER?

For children <8 y/o

