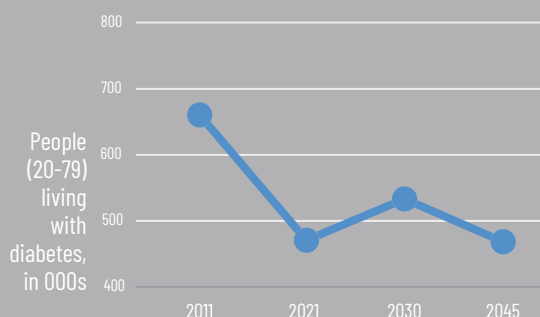




AN OVERVIEW OF DIABETES CARE

DIABETES PREVALENCE



Of which, undiagnosed 39.6% (191,100 people)

Children & adolescents with T1D (0-19y) 1,062

Diabetes prevalence

6.9%



Diabetes-related deaths 11,241.6



Total expenditure €860.3 (per person)

Source: IDF Diabetes Atlas 10th edition 2021

In Belarus, all types of insulin, except for ultra-rapid-acting analogs, are available free of charge for children living with diabetes. Additionally, adults living with diabetes have access free of charge to short-acting regular and long-acting insulin.

While syringes, needles, insulin pens, blood glucose meters and test strips are free of charge for all people living with diabetes (PwD), real-time continuous glucose monitors (rtCGMs) and insulin pumps are only reimbursed for people living with Type 1 diabetes (T1D) and children, respectively.

Healthy living policies are in place, with the exception of regulations for healthy diets.

Diabetes education is provided at the time of diagnosis and throughout the life course by the national health systems and it is complemented by trainings offered by national diabetes associations. Psychological support is available for PwD at a cost.

There is no special academic training for specialist diabetes nurses (DSNs) and they tend to specialise during their practice. Nurses play a role in diabetes prevention and in the management of all types of diabetes but they are not allowed to prescribe medicines.

Belarus has a diabetes register for all PwD who are treated at outpatient clinics as well as electronic health records and some e-health services such as online appointment management and electronic prescriptions.

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 implemented
Partly integrated

PREVENTION & MANAGEMENT GUIDELINES

International guidelines

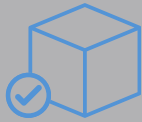
MONITORING FRAMEWORK?

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



- 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*

Free of charge for children

Insulin pumps

Not reimbursed

Connected smart pens

Automated delivery systems

isCGMs**

ARE SUPPLIES TECHNOLOGIES AVAILABLE AT THE POINT OF DELIVERY?

*real-time continuous glucose monitors.

**intermittently scanned continuous glucose monitors.

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

PSYCHOLOGICAL SUPPORT

PSYCHOLOGICAL SUPPORT PROVIDED AS PART OF DIABETES CARE?

Available at a cost



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

GLUCAGON - METFORMIN/SULFONYLUREAS



Not reimbursed



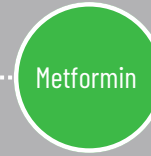
FREE OF CHARGE?

- For all PwD
- For all T1D only
- For children only
- Other



FREE OF CHARGE?

- For all PwD
- For adults only
- For children only
- Other



OTHER DIABETES MEDICINES



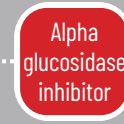
Not reimbursed



Not reimbursed



Not reimbursed



CARDIOVASCULAR MEDICINES



Fully reimbursed



Fully reimbursed



Fully reimbursed



Fully reimbursed



Fully 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?

Yes, for all PwD