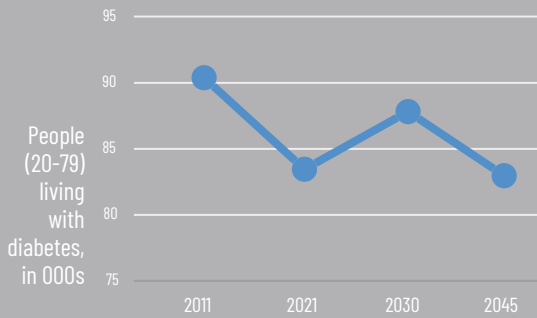


AN OVERVIEW OF DIABETES CARE

DIABETES PREVALENCE



Of which, undiagnosed
48.7% (40,900 people)

Children & adolescents with T1D (0-19y)
473

Diabetes prevalence

8.7%



Diabetes-related deaths 174



Total expenditure €1535.4 (per person)

Source: IDF Diabetes Atlas 10th edition 2021

In Estonia, all types of insulin, except for intermediate-acting insulins, are available and fully reimbursed for all people living with diabetes (PwD). Supplies and technologies for blood glucose monitoring and insulin administration, such as syringes, needles, insulin pens, blood glucose meters and test strips are available and fully reimbursed for all PwD. Newer technologies such as insulin pumps, real-time continuous glucose monitors (rtCGMs) and automated insulin delivery systems are available and fully or partially reimbursed for some PwD, depending on their age and/or type of diabetes.

Currently, there is no national diabetes plan or register for PwD. Healthy living policies targeting obesity, overweight, healthy food, physical activity and smoking are in place, except for regulations on healthy diets. Screening for all diabetes-related complications and a programme to follow people with gestational diabetes after the birth of their baby are available everywhere in the country.

Diabetes education is provided at the time of diagnosis and throughout the life course. Psychological support is available but is not reimbursed and can be hard to access.

Diabetes specialist nurses (DSNs) are required to follow a special academic training and they play a role in the management of people living with all types of diabetes. DSNs who work with general practitioners and have completed a 120-hour clinical pharmacology training approved by the National Agency of Medicines are allowed to prescribe diabetes medicines.

The use of e-health is widespread and available at the same conditions as "traditional" systems.

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?

Yes, everywhere in the country

NATIONAL PLAN?

No

PREVENTION & MANAGEMENT GUIDELINES

National guidelines

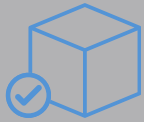
MONITORING FRAMEWORK?

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

<p>Children</p>	● Short-acting regular insulin	●	<p>Adults</p>
	● 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?	YES
When they are recommended, are these apps fully reimbursed?	NO

SUPPLIES & TECHNOLOGIES

Free of charge for all PwD

- Syringes & Needles
- Insulin pens
- Connected smart pens
- Blood glucose meters
- Test strips

Free of charge for some PwD

- Insulin pumps (1)
- Automated delivery systems (2)
- rtCGMs* (3)

Not reimbursed

- isCGMs**

ARE SUPPLIES TECHNOLOGIES AVAILABLE AT THE POINT OF DELIVERY?

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

- (1) Insulin pumps: 90% reimbursed for PwD <26 y/o
- (2) Automated delivery systems: fully reimbursed for PwD <18 y/o
- (3) rtCGMs: fully reimbursed for people living with T1D

*real-time continuous glucose monitors.
**intermittently scanned continuous glucose monitors.

PSYCHOLOGICAL SUPPORT

PSYCHOLOGICAL SUPPORT PROVIDED AS PART OF DIABETES CARE?

Available at a cost and 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 all T1D only
 ◇ For children only
 □ Other

Metformin

Sulfonylureas

Not reimbursed

75-90% reimbursed

OTHER DIABETES MEDICINES

DPP4 inhibitor

GLP1 analogue

SGLT2 inhibitor

Meglitinide

Alpha glucosidase inhibitor

75-90% reimbursed

CARDIOVASCULAR MEDICINES

Calcium channel blockers

Beta blockers

ACE inhibitors

Thiazide diuretics

Statins

Ezetimibe

PCSK9 inhs*

75/90% reimbursement

*Eligible for reimbursement upon prescription by a cardiologist

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?

*DSNs working with a GP who have completed a 120-hour clinical pharmacology training are allowed to prescribe medicines.

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?

No