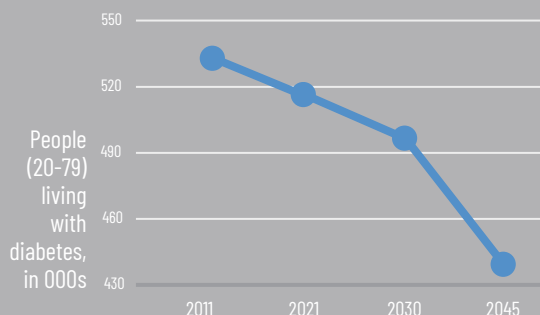




# AN OVERVIEW OF DIABETES CARE

## DIABETES PREVALENCE



Of which, undiagnosed 25.8% (134,000 people)

Children & adolescents with T1D (0-19y) 1,129

Diabetes prevalence



Diabetes-related deaths 10,520.5

9.9%



Total expenditure €1,590.7 (per person)

In Bulgaria, insulin is available free of charge or subject to a small co-payment for people living with diabetes (PwD). Most diabetes medicines are also available free of charge or are partially reimbursed. PwD have access to insulin pens and blood glucose meters free of charge and, since recently, syringes and needles are also reimbursed. Test strips are available for children and adults living with T1D as well as for people living with T2D on insulin therapy. Insulin pumps are available for people living with T1D.

Occasionally, and especially in the past six months (November 2022-April 2023), the country has experienced insulin shortages due to its irregular delivery to pharmacies.

Healthy living policies are in place targeting obesity, healthy diets, physical activity and smoking. Screening for the prevention of complications is available and reimbursed for all PwD. However, PwD are not automatically invited to undergo regular screening, and they often have to request it themselves.

Diabetes education is provided through the health system to all PwD at the time of diagnosis. There is no structured education programme to follow PwD throughout the life course, although national diabetes associations implement various educational initiatives on a voluntary basis.

In Bulgaria, there is a shortage of diabetes nurses. Available diabetes nurses tend to specialise during their practice as there is no special academic training, and they are involved in the prevention and management of T1D and T2D.

Except for electronic health records and prescriptions, the use of e-health is not widespread in the country.

## 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, but it varies across the country*

NATIONAL PLAN?

No

PREVENTION & MANAGEMENT GUIDELINES

National guidelines

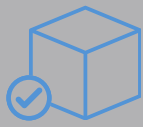
MONITORING FRAMEWORK?

Yes

GOVERNMENT ENGAGEMENT WITH PwD?

No

# 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	●	

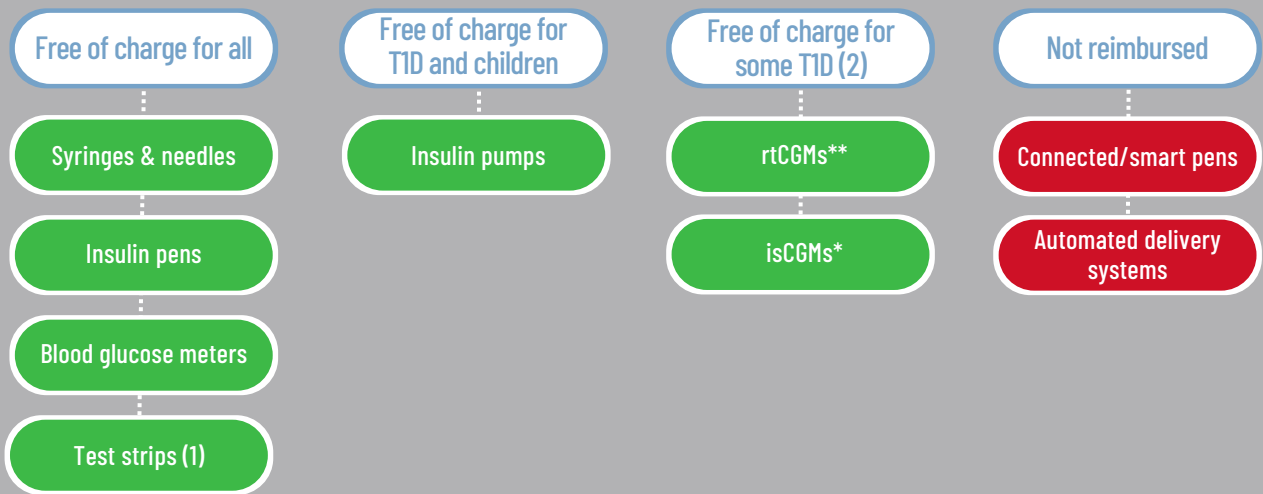
	● Short-acting regular insulin
	● Rapid-acting (analogues)
	● Ultra-rapid-acting analogues
	● Intermediate acting
	● Long-acting

## APPS



Do apps get recommended by the health system/HCPs to manage/prevent diabetes?	NO
When they are recommended, are these apps fully reimbursed?	NO

## SUPPLIES & TECHNOLOGIES



\*intermittently scanned continuous glucose monitors.

\*\*real-time continuous glucose monitors.

(1) For T2D, only for people on insulin treatment

(2) Free of charge for T1D meeting specific criteria (e.g. > 4 daily insulin injections)

ARE SUPPLIES TECHNOLOGIES AVAILABLE AT THE POINT OF DELIVERY?

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

## PSYCHOLOGICAL SUPPORT

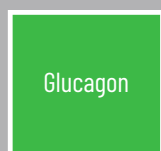
PSYCHOLOGICAL SUPPORT PROVIDED AS PART OF DIABETES CARE?

Available at a cost and hard to access

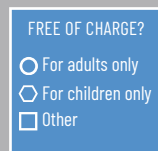
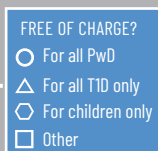


AVAILABLE AT THE POINT OF DELIVERY? ● YES ● MOST OF THE TIME ● SOMETIMES ● NOT OFTEN ● NO

## GLUCAGON - METFORMIN/SULFONYLUREAS



Not reimbursed



## OTHER DIABETES MEDICINES



Partially reimbursed



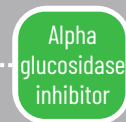
Free of charge



Partially reimbursed

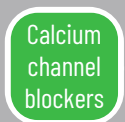


Partially reimbursed

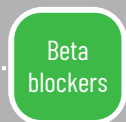


Free of charge

## CARDIOVASCULAR MEDICINES



Partially reimbursed



Partially reimbursed



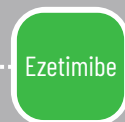
Partially reimbursed



Partially reimbursed



Partially reimbursed



Partially reimbursed



Partially 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 with T1D
- Children with T1D
- People with T2D
- Women with GDM

## 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?

Under development