

# Living in COVID Times - IDF Europe COVID & Diabetes Survey

## Experiences from People living with Diabetes



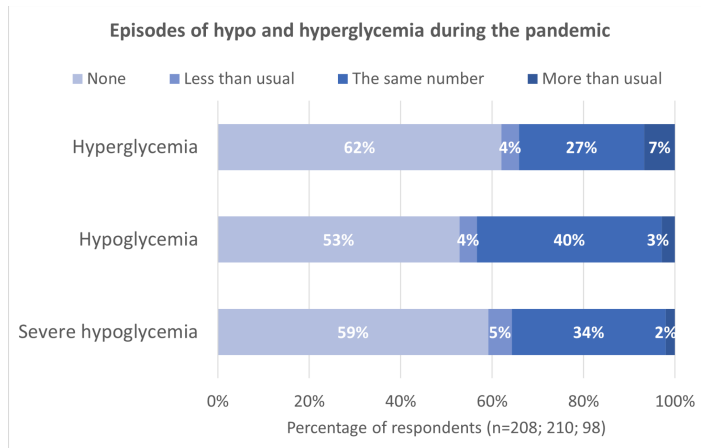
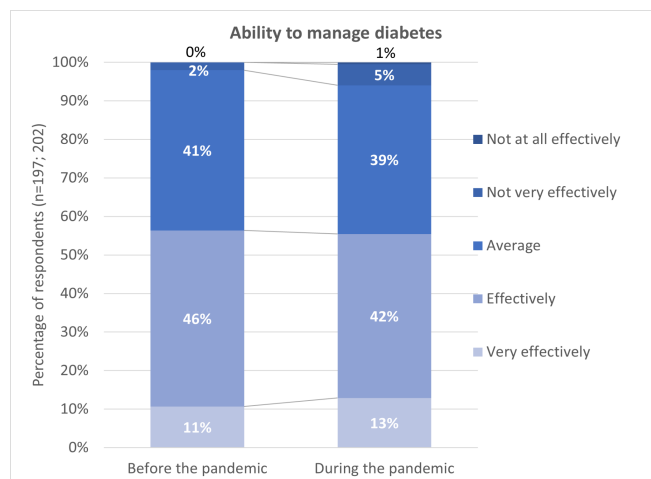
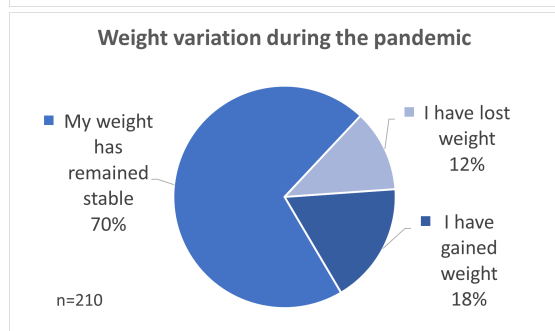
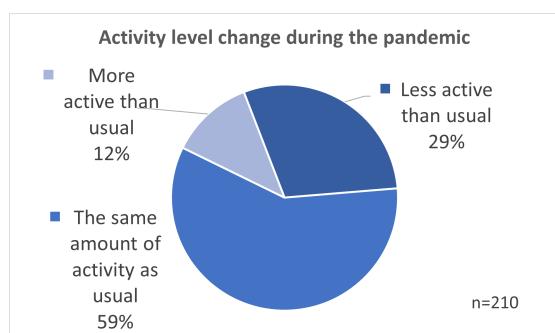
Slovenia

### Summary

The COVID-19 pandemic caused limited disruption to diabetes management for people living with diabetes (PWD) in Slovenia. Only 6% of survey respondents experienced difficulties, although this was up from just 2% pre COVID-19. However, the most apparent issue faced by PWD in the country was accessing consultations, which was experienced by 60% of respondents. Accessing medicines and supplies was a challenge for less than 6% of respondents. As in many countries, the vast majority of respondents did not receive specific guidance from their healthcare teams, which posed a real challenge. Some 85% of respondents mentioned that more information would have helped them manage their diabetes better. COVID-19 had a significant psychological impact on PWD, leaving more than one in five respondents worried about shortages in medicines and supplies, while 31% experienced more frequent episodes of low mood during the pandemic. In Slovenia, virtual healthcare solutions had been available to some extent prior to the pandemic, and more people accessed virtual consultations during the crisis. Just over a quarter of respondents attended them and two-thirds of these found them helpful or very helpful. More than half the respondents in Slovenia would consider a mix of virtual and face-to-face care in the future.

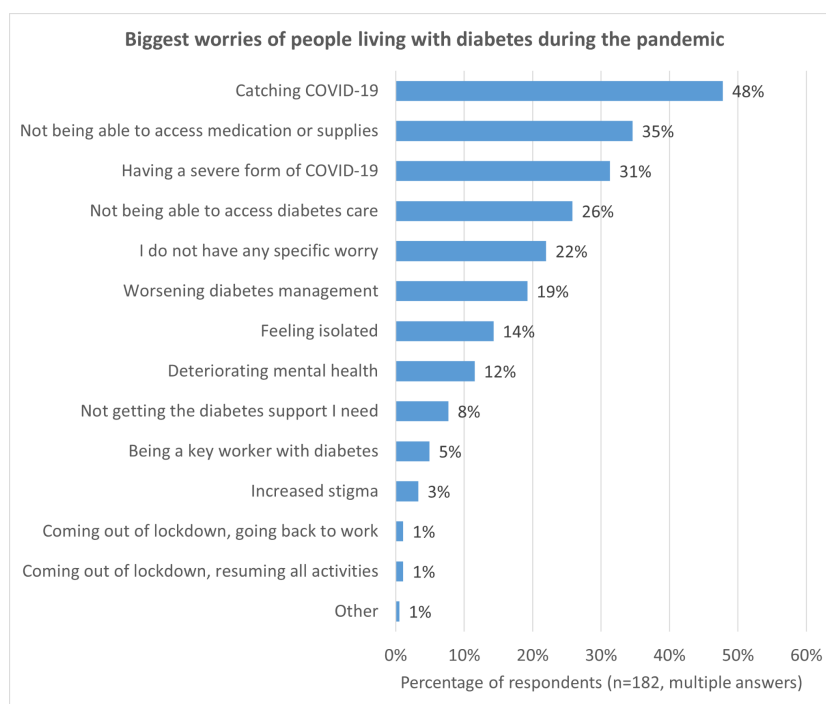
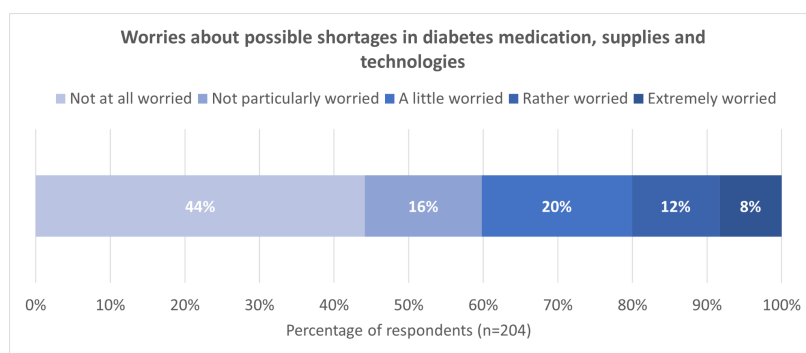
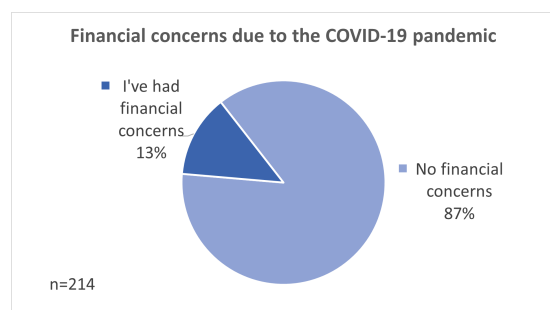
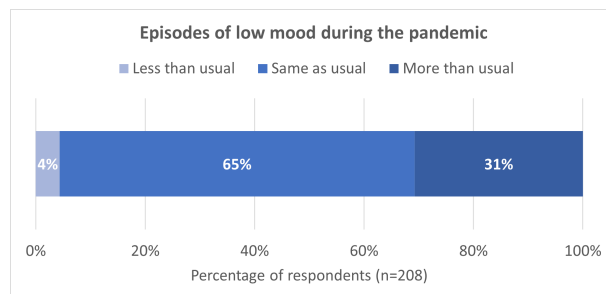
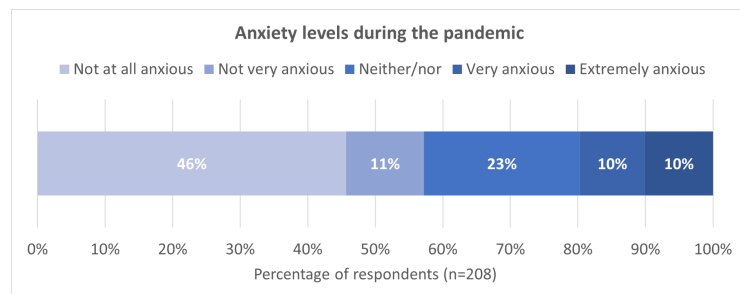
### Diabetes Management

Few respondents felt that their ability to manage their diabetes had worsened during the pandemic. There was no marked increase in the frequency of hyperglycemic and hypoglycemic episodes, and about as many respondents recorded more variable blood glucose levels as the opposite. Physical activity levels did, however, decline during the pandemic, with almost one third of respondents reporting being less active.



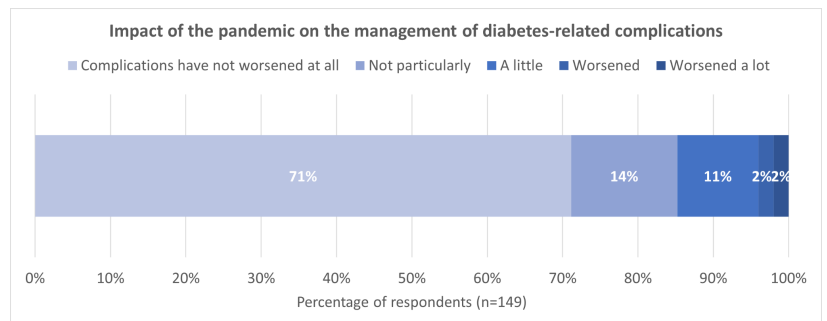
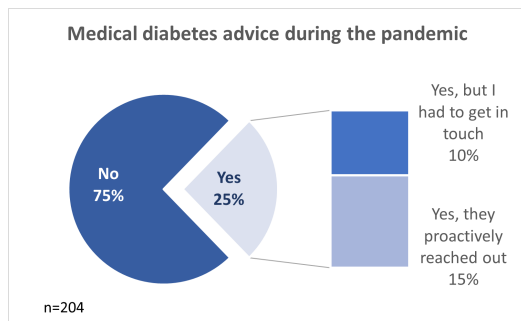
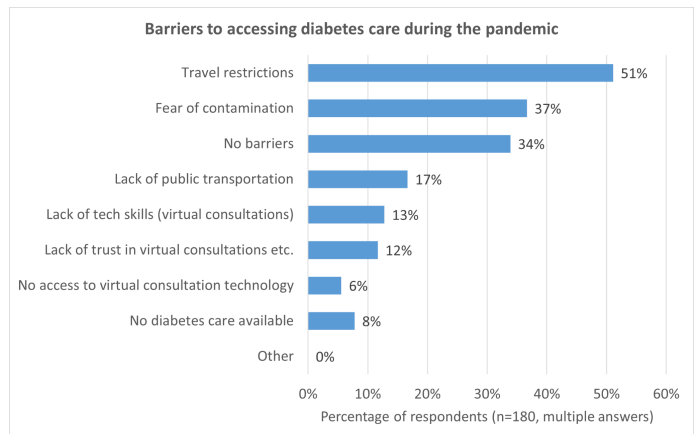
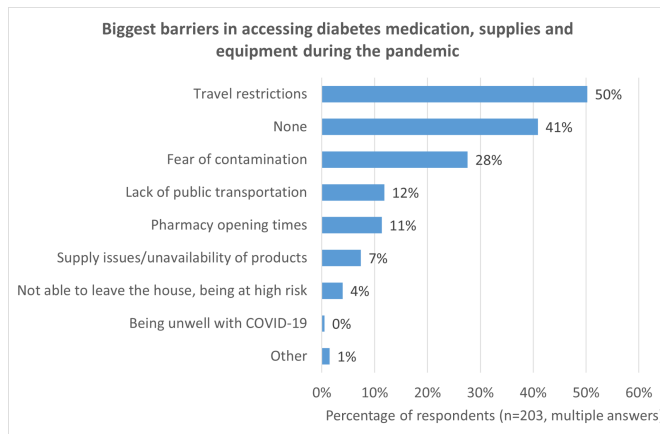
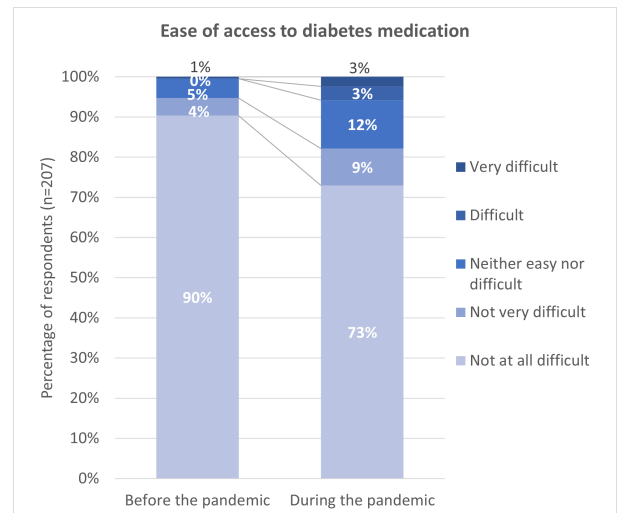
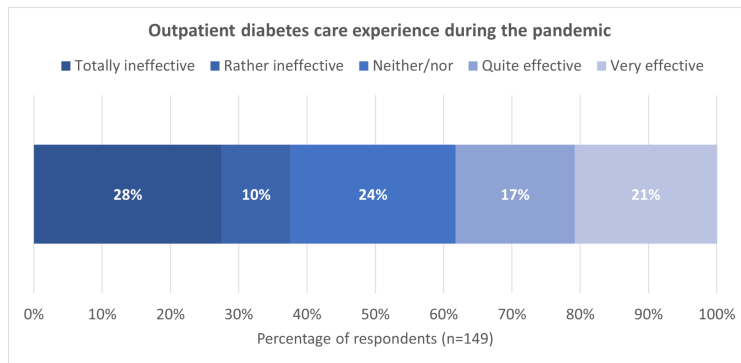
## Psychological Impact

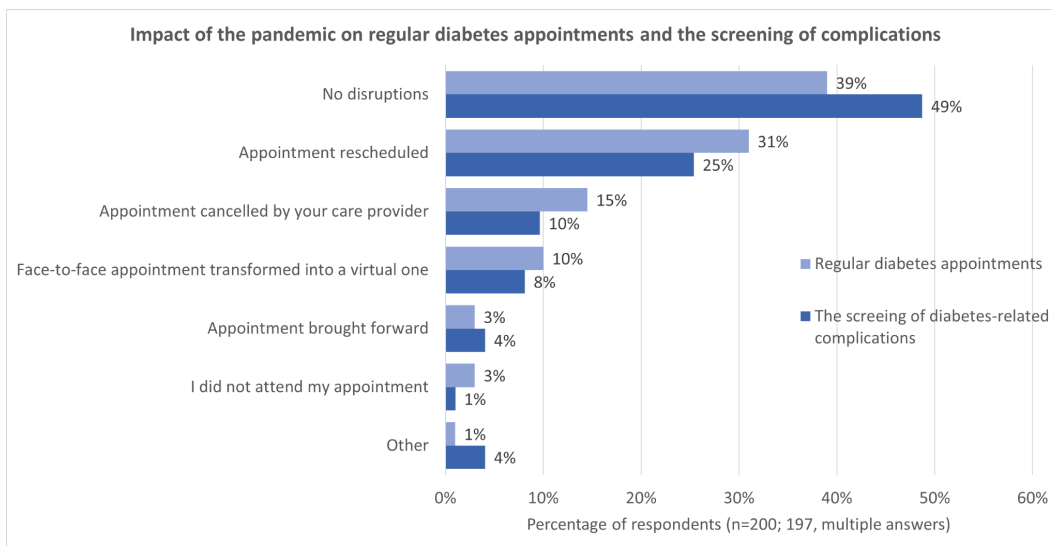
About one in five respondents reported being very or extremely anxious during the pandemic, a figure that is well below the European average for this period. Just under one third of respondents experienced more episodes of low mood than usual. Contracting COVID-19 was the most frequently reported concern, experienced by about half the respondents, ahead of not being able to access necessary medications and supplies (35%) and developing a serious form of the disease (31%).



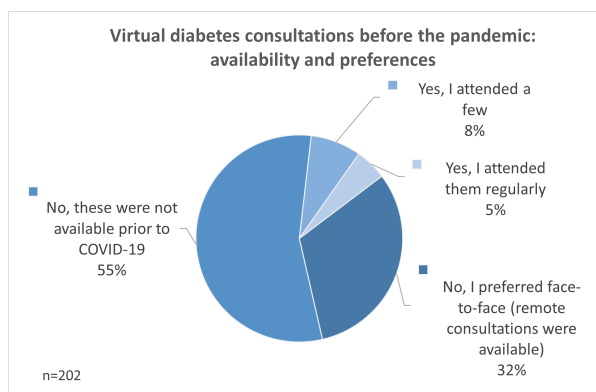
## Access to Medicines, Supplies, Technologies and Care

During the pandemic, 6% of respondents experienced some degree of difficulty in accessing medicines and 4% in accessing supplies or equipment. Accessing care proved a greater challenge, with many appointments being rescheduled or cancelled, travel restrictions in place in the country, and the general fear of contamination. Almost one third of respondents reported that their appointments for regular diabetes care had been rescheduled and 15% stated that they were cancelled, although 39% did not experience any disruptions.

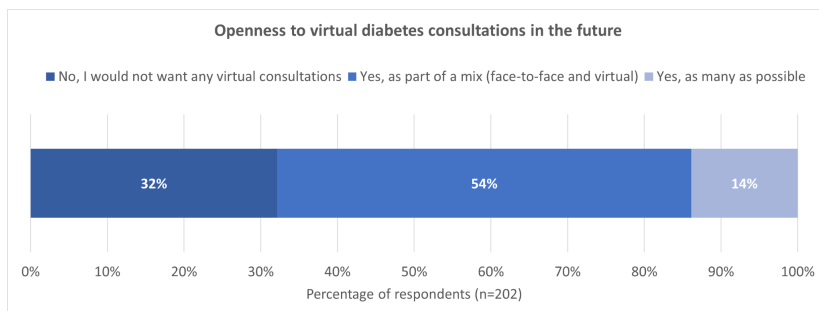
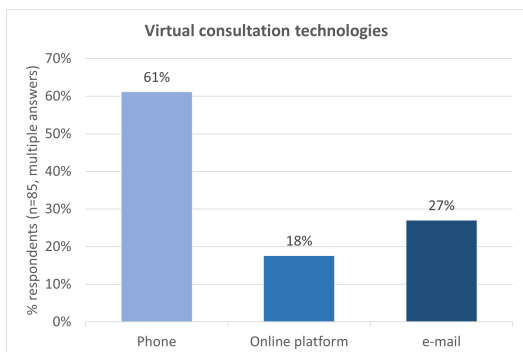
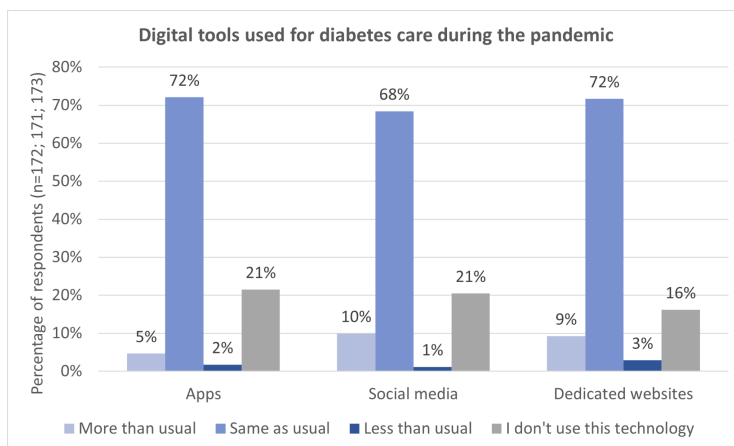
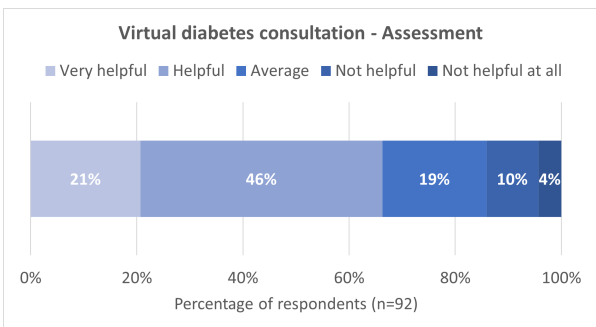




## E-health



A quarter of survey respondents attended virtual consultations during the pandemic, a significant increase compared to pre-COVID times. Most of these were conducted over the phone, but emails and online platforms were also used. Such consultations seemed to work well for a majority of PwD. One third of the respondents indicated that they would not be interested in virtual consultations in the future.



## Background

This country profile was developed as part of 'Living in COVID times', an online survey conducted by IDF Europe between August and October 2020. It collected answers from 3,480 people living with diabetes across 32 countries in Europe and aimed to understand how the COVID-19 crisis affected PwD's lives and their diabetes care. In Slovenia, 220 people responded to the survey. Most of them were living with diabetes (three quarters with type 2 and one quarter with type 1 diabetes) and 7% were parents or carers of a person with diabetes. Most respondents were between the ages of 61 and 80 and there was a majority of women (64%) represented. The median time respondents had been living with diabetes was between 11 and 20 years, and the answers covered a broad spectrum and reflected a variety of situations.

The Europe-wide report "Living in COVID times" can be found [here](#).

If you wish to share a testimonial of your life with diabetes in Slovenia during the pandemic, write to [idfeurope@idf-europe.org](mailto:idfeurope@idf-europe.org). We look forward to hearing from you!



**International  
Diabetes Federation**  
Europe