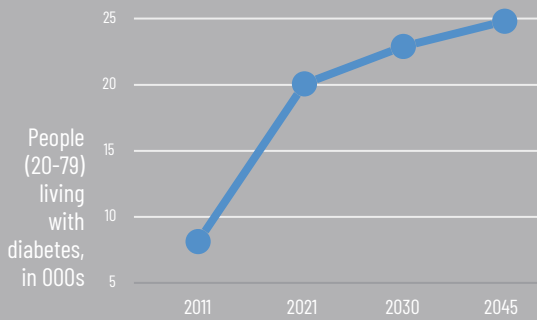




# AN OVERVIEW OF DIABETES CARE

## DIABETES PREVALENCE



Of which, undiagnosed  
33.5% (6,700 people)

Children & adolescents with T1D (0-19y)  
137

Diabetes prevalence



Diabetes-related deaths 394

8.3%



Total expenditure €7,061.6 (per person)

Source: IDF Diabetes Atlas 10th edition 2021

In Iceland, the healthcare system uses a co-payment system which reduces the expenses for people who frequently need to access healthcare, medications and/or medical devices, such as people living with diabetes (PwD). The threshold for the first and highest level of the co-payment system for medicines and healthcare services is set annually and can vary based on policy updates and budgetary considerations.

All types of insulin and other diabetes and CVD medicines as well as devices and technologies for blood glucose monitoring and insulin administration are available for PwD according to national guidelines.

There is currently no national diabetes plan nor register for PwD. Screening for the prevention of diabetes-related complications is available. However, there is no structured programme to invite PwD to undergo regular screening and they usually have to request it themselves.

Nurses are involved in diabetes prevention and they play a role in the management of people living with all types of diabetes. However, there is not special academic training to become a specialist diabetes nurse and they are not able to prescribe diabetes medicines.

Some e-health services such as electronic health records and prescriptions, telephone, SMS and email consultations are available.

## 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 guidelines

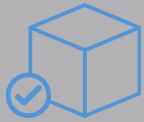
MONITORING FRAMEWORK?

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



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

\*different levels of co-payment may apply depending on PwD's annual expenses for medicines

## 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

Partially reimbursed for all PwD (1)

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

Partially reimbursed for T1D (1)

- Insulin pumps
- Automated delivery systems
- rtCGMs\*
- isCGMs\*\*

ARE SUPPLIES TECHNOLOGIES AVAILABLE AT THE POINT OF DELIVERY?

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

(1) Different levels of co-payment may apply depending on PwD's annual expenses for medical devices

\*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



FREE OF CHARGE?  
 ○ For all PwD  
 △ For all T1D only  
 ◯ For children only  
 □ Other

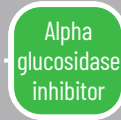


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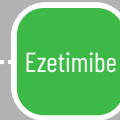
Different levels of co-payment may apply depending on PwD's annual expenses for medicines

## OTHER DIABETES MEDICINES



Different levels of co-payment may apply depending on PwD's annual expenses for medicines

## CARDIOVASCULAR MEDICINES



Different levels of co-payment may apply depending on PwD's annual expenses for medicines

## 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



Video consultations



Telephone consultations



SMS & EMAIL consultations



Electronic prescriptions



Telehealthcare & Remote monitoring



## ELECTRONIC HEALTH RECORDS?

● YES ● NO



## WORKING DIABETES REGISTER?

No

