

Prevention and Management of Diabetes

1st Regional Health Authority of Attika (YPE)



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Short description of Diabetes Management in Greece

Where do we stand on

- A framework of 13 Diabetes Centres supervised by the National Centre of Diabetes (Scientific Association).
- Two patients' organizations
- A National Program of action developed by a council of specialists of the ND Centre and the Hellenic Diabetes Association, adopted from the Ministry of Health since 2012 but not officially and systematically implemented.

SWOT Analysis

The Greek case

Strenghts

- Strong and wide spread expertise of MDs in the prevention and management of DM
- High expertise of health care professionals (nurses, health visitors, dieticians etc) in the management of DM and the prevention of its complications
- Guidelines and specific prescription criteria for the management of DM (therapeutic protocols incorporated in the national e-prescription system)
- High level educational programs for health care professionals (workshops, seminars etc)
- Activated patients' representative bodies and associations
- Extensive awareness and alert in the mass media

Weaknesses

- Lack of official epidemiologic data regarding diabetes complications in Greece.
- Lack of adequate number of personnel (nurses, dieticians etc) in the public health facilities
- Limited number of Clinical Centers for Diabetes, especially in rural and remote areas
- Fragmentation of all the existing diabetes prevention and care/cure programs and clinical activities
- Lack of structured educational programs for multimorbid patients and absence of the integrated care approach.

Opportunities

- Crisis induced health and system reform momentum
- Movement to a patient centered and coordinated care approach
- Implementation of ICT tools in the everyday clinical practice (e-records, e-prescription, e-protocols etc)
- Alignment with the European best practices of chronic care management and integrated care
- Increased awareness of the national insurance system for the “preventive and meaningful care” and more effective reimbursement schemes
- The active role of the social sector (local communities/municipalities) in health and diabetes prevention, through awareness raising and empowering citizens to effective behavioral modification

Threats

- The effect of austerity measures on healthcare services
- The emerging main barrier of access to treatment (medicines, diagnostic tests, devices) due to the impact of the economic crisis to people suffering from DM
- A very high level of obesity in children and high levels of un-healthy behaviors (smoking, physical inactivity, diet, etc)

Recent Initiatives of our Ministry of Health

“Ipioni” Program for chronic patients

- Extensive preventive measures for DM at the level of the primary care
- Systematic follow up of already diagnosed patients with DM, also at the primary care level



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