

Diabetes Management Programs in Moscow Oblast

Svetlana A. BERTASH

Moscow Oblast Deputy Minister of Health,
Honored Physician
of the Russian Federation

07/30/02

Diabetes in Moscow Oblast

- **116,5 thousand patients with diabetes mellitus (in Russia - 7 million)**
- **Treatment of diabetes requires considerable financial input from the HC system**
- **The Moscow Oblast HC system experiences shortages of resources to provide diabetic patients with necessary medical care**
- **Currently, there is a high number of hospital admissions for diabetic patients due to complications**

Gore-Chernomyrdin Commission on Health Care



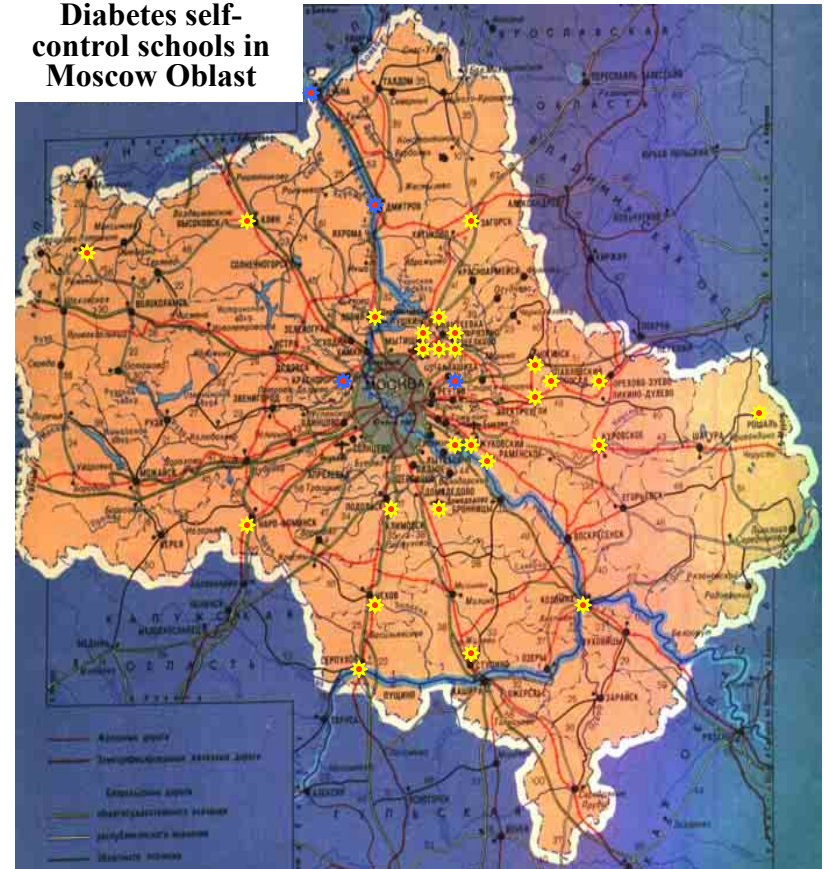
The Diabetes Prevention and Treatment Program has been identified as a priority for the RF - US collaboration in the framework of the Gore-Chernomyrdin Commission

1993-2002: 30 Diabetes Schools Created in Moscow Oblast

The first schools were set up in 1993-1996 according to Diabetes Screening, Health Education and Treatment Programs in La Crosse, Wisconsin, USA

To date, 30 schools promoting diabetes self-control have been created in Moscow Oblast

Diabetes self-control schools in Moscow Oblast

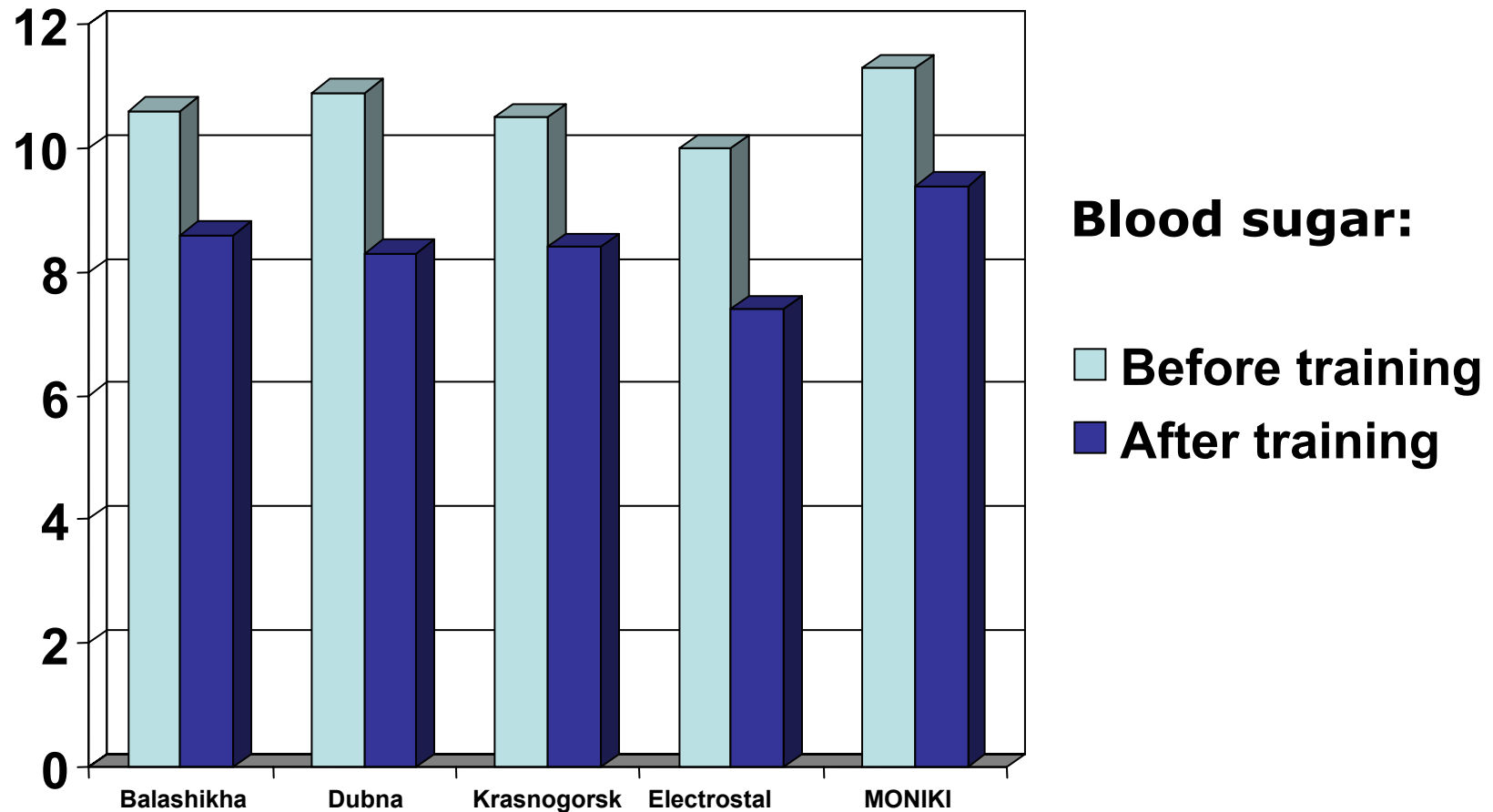


Diabetes Self-Control Schools in Moscow Oblast

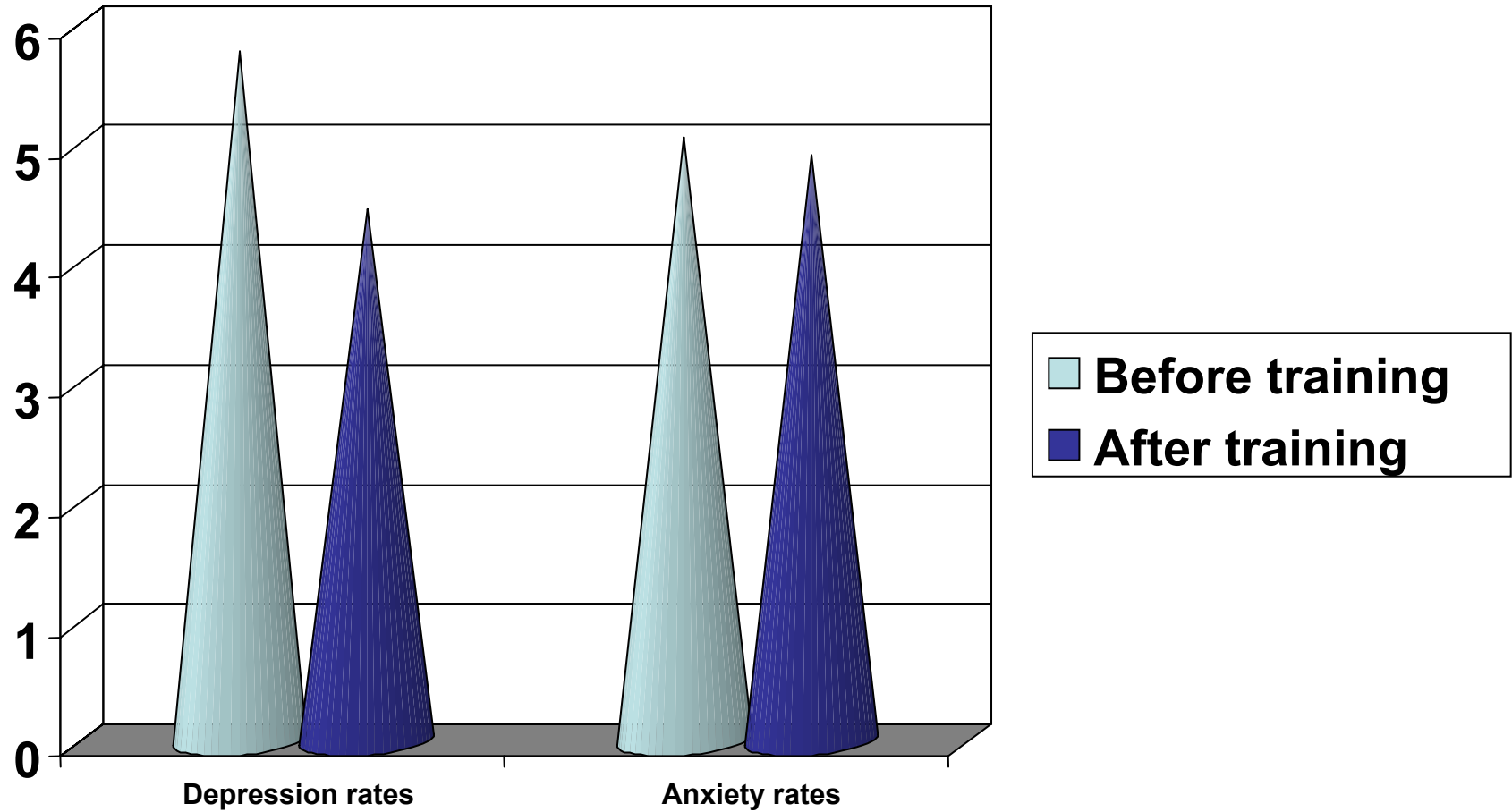
Self-control schools provide an integrated set of educational and clinical services

- **Training in self-control techniques for patients**
- **Treatment of patients by various specialists**
- **Reduction in hospital admission rates and length of hospital stay for patients with complications resulting from diabetes**
- **Quality of life improvement for diabetic patients**

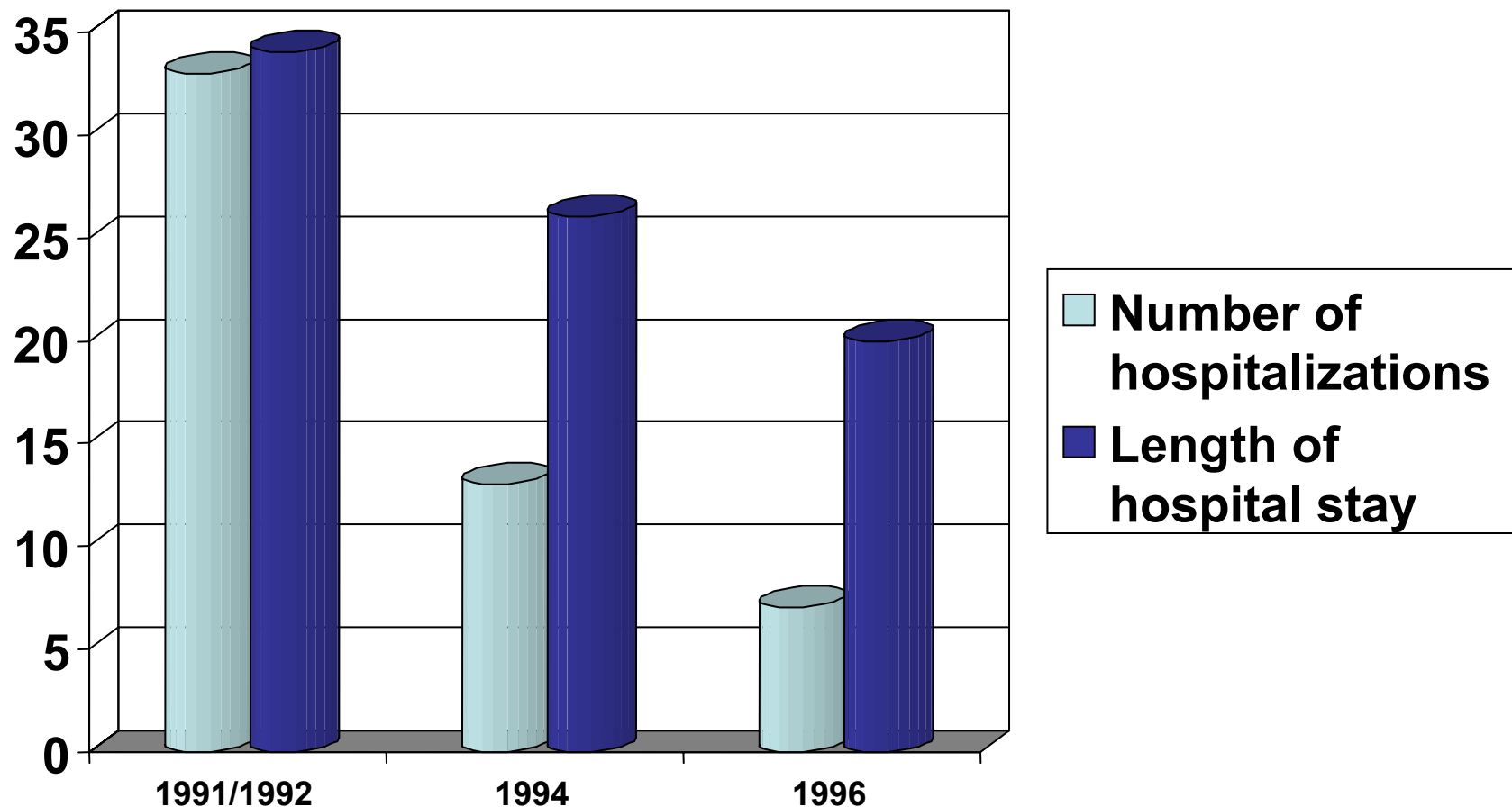
Performance of Self-Control Schools in Moscow Oblast



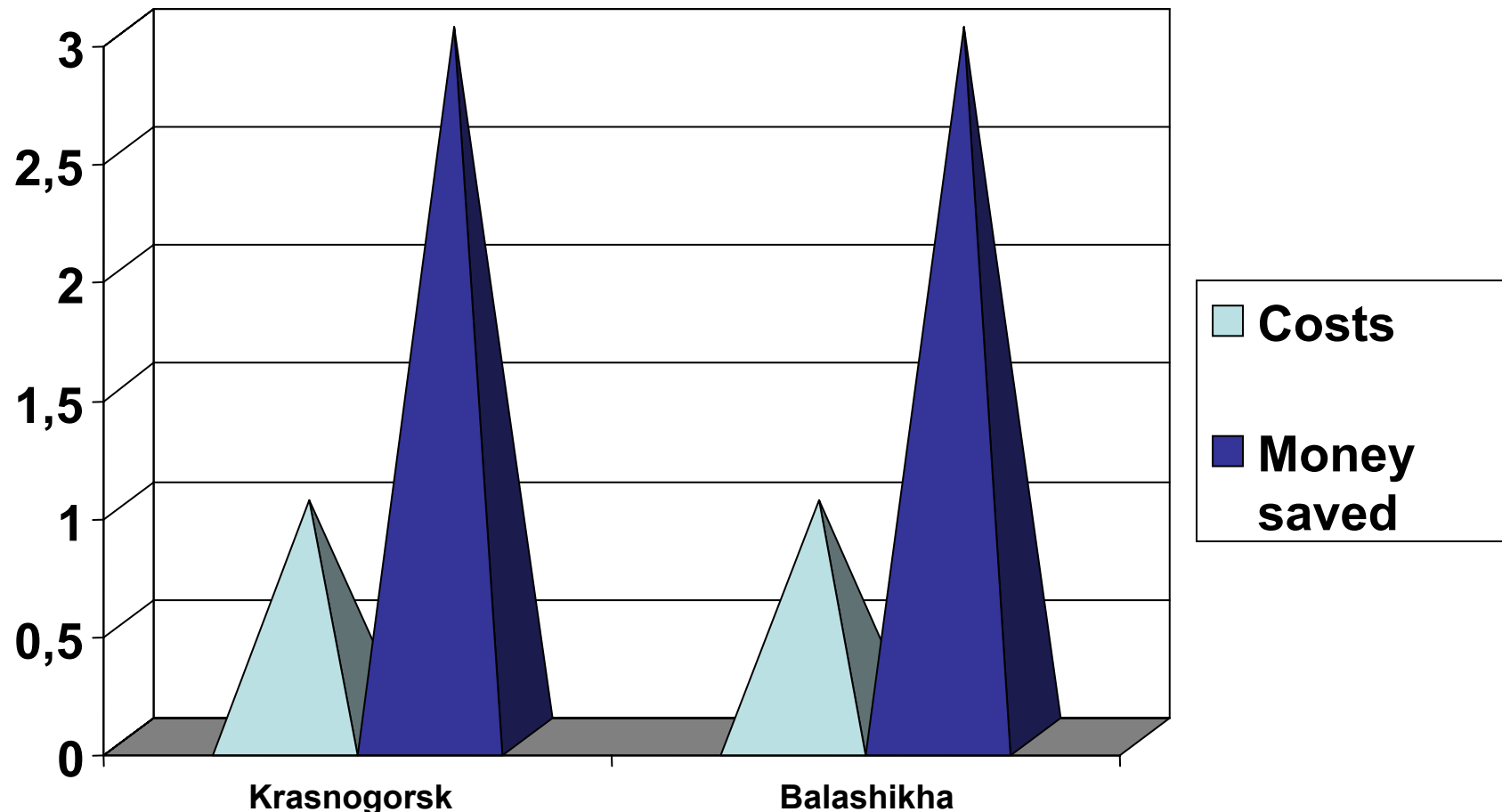
Improvement in Psychological Condition after the Training



Changes in Hospitalization Rates and Length of Stay for Diabetic Patients



Cost Containment Associated with the Training for Diabetic Patients



Profit/costs ratio in self-control schools is 3:1

Government Program on Prevention and Treatment of Diabetes and Its Complications in Moscow Oblast for 2003 – 2006

GOAL: To create a cost-effective system of medical care delivery to patients
with diabetes mellitus

- **Development of a patients register**
- **Delivery of modern treatment and self-control means**
- **Organization of new diabetes schools**
- **Provision of modern equipment to the diabetology service**