



Summary – Diabetesheildarættlan for type 2 Diabetes in english

The sudden growth in the number of patients diagnosed with type 2 diabetes in recent years - both in the Faroe Islands and around the world – is a cause for concern with health politicians. This initiated the decision that the Faroese Minister of Health Affairs, Karsten Hansen took in 2013. He decided that there had to be made a national action plan. His message was a better treatment for all people diagnosed with type 2 diabetes.

In recent years several studies have been made of Faroese people diagnosed with type 2 diabetes, including a study by the Department of Occupational and Public Health conducted in 2013¹. The survey shows that around 3,000 people in the Faroe Islands have been diagnosed with type 2 diabetes and other 3,000 have the precursor to the disease. The study substantiates the claim that the situation is critical.

It is estimated that the treatment of type 2 diabetes in the Faroe Islands has not been optimal, which is one of the reasons that there is a desire to revise the area. The lack of GPs and the competence within the field of type 2 diabetes between the GPs has led to discrimination of patients diagnosed with type 2 diabetes. The lack of a general plan for the field has affected the possibility of inclusion of patients diagnosed with type 2 diabetes in fixed plans, and therefore there is potential to improve treatment at several points.

In the summer of 2012 the Minister of Health Affairs established a working group to analyse the area and develop a national action plan for the treatment of diabetes. The working group has focused its work on the type 2 diabetes. The working group estimates that the treatment of patients diagnosed with type 1 diabetes is satisfactory. A clear and stable framework for the treatment and control of patients diagnosed with type 1 diabetes is established.

In July 2013 the working group submitted a total of 19 recommendations for improvements, which were introduced to the Minister of Health Affairs, Karsten Hansen.

The primary goal of the recommendations is to improve the value of the treatment which will result in fewer hospitalizations and complications. It is also recommended that all residents should have the same access to receive diagnosis, treatment and control of the disease. This means that all residents diagnosed with type 2 diabetes should have the opportunity to receive follow up and treatment of the disease locally. Only patients with complicated type 2 diabetes shall have direct access to the diabetes clinic at the National Hospital in Torshavn.

The working group analyses the course of the disease in the action plan; treatment including medication and control of the disease and the importance of diet and exercise. The working group recommends a number of health care professionals to meet the patient population in the Faroe Islands to insure coverage within all areas.

¹ <http://www.health.fo/>

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The working group also emphasizes the importance of collaboration between the different sectors of health and social care for an optimal result. To be more accurate the working group stresses the importance of close collaboration between the different occupational groups the GP's, nurses, ophthalmologists, dieticians and podiatrists. One of the recommendations from the working group is that in its start-up phase the diabetes clinic at the National Hospital in Tórshavn shall educate the health staff of the medical houses around the Faroe Islands. Thereafter the clinic will function as an advisor and collaborator for the primary health sector.

The Minister of Health Affairs, Karsten Hansen wants to pursue the recommendations from the working group on the budget for 2014, there has been allocated funding for the start-up phase.