

Diabetes, No 2 (70) MAY, 2011 Lithuanian Diabetes Association

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Social integration programme for the disabled

The article presents the project of the services of the community for the disabled in 2010 and the results of the project for the assistance of the Lithuanian Diabetes Association in 2010. The Association of Diabetes performed the project of publishing the periodicals. Funds, received from the Department for the Affairs of Disabled at the Ministry of Social Security and Labour (27 thousand Lt) were used for the publishing of the newspaper „Diabetes“. Club „Lemtis“ (Fate) for the people with diabetes of Šiauliai region, performed the project of informing, consulting and representing, increasing independence and the project of publishing services for the single nature information editions: organized a seminar on the analyses of the rights and demands of the people with diabetes and analyses of the problems in the services for diabetes, nutrition, overweight etc; restored and expanded the activities of the Diabetes School, produced the information leaflet „Šiauliai region Club for the people with diabetes „Lemtis“ in 1991-2011“ .

LDA used the funds, received from the Department for the Affairs of Disabled at the Ministry of Social Security and Labour (225 thousand Lt) for defending the rights of the people with diabetes (representing the people with diabetes, organizing conferences, seminars, trainings, other events.), also for the improvement of the specialist's skills, international cooperation, development of the independent life skills and active recreation camps.

The rights of 70 thousand people with diabetes (800 hundred children with diabetes among them) were defended in 51 local administration authorities. The two-day seminar on the finance performance of the diabetes clubs was organized for 62 (52 disabled, no children among them) persons, who are responsible for organizing activities of the regional diabetes clubs. One republican conference „Training on diabetes control and prevention“ (more then 320 participants) in Vilnius was held on the 14th of November to celebrate the World Diabetes and United Nations Day. The walk of the participants of the conference from Seimas to the Cathedral was held before the event. They distributed blue balloons with the signs of the World Diabetes Day, newspaper „Diabetas“ (Diabetes), flyer „Understand diabetes and control it“, information sheets about diabetes' risk factors and symptoms. They also invited people to the conference and asked them to carry out a preventive health check. 55 diabetes clubs organized 55 events on this subject.

Training seminars for people with diabetes, children's' paintings competitions, meetings with the representatives of the government institutions, teachers and the public also took place. Leaders of LDA and regional clubs, physicians disseminated information on the illness on republican and local radio and TV accomplished 8 thousand preventive tests of blood glucose level in different institutions and during the meetings with community. The blood glucose level was increased even in 9,5% of the tested people. They were advised to contact medical institutions for diagnosing the illness. The clubs disseminated conference information, flyers and newspaper „Diabetas“ (Diabetes) in their regions. A lot of information on diabetes was published in local and regional publications.

We consider, that more than 100 thousand people (72 thousand disabled and 800 hundred children among them) received this information.

One day seminar „Nurse diabetologist is an adviser to a person with diabetes“ was organized for nurses diabetologists; they educate sick persons.

Two LDA members participated at the 46th annual Conference of the European Diabetes Studies Association in Stockholm (Sweden); activities of LDA were introduced in the poster presentation. The President of LDA Mrs. Vida Augustinienė gave a presentation „Work experience of Lithuania Diabetes Association in cooperation with the Government Institutions“ at the conference in Moscow on November 1-3, dedicated to the World Diabetes and UN Day on the occasion of the 20th anniversary of the Russian Diabetes Association. 3 delegates with the right to vote represented Lithuanian Diabetes Association at the General Assembly of the International Diabetes Federation European Federation and took part at the conference „ Together we are stronger“ in Brussels on November 27-28.

12 camps for the development of the independent life skills were organized: 7 one-day educational seminars and 5 seven-day educational camps (one for adults with diabetes type 1, two for adults with diabetes type 2 and two for children and youth with diabetes type 1).

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- The Chairwoman of the Council of Representatives of Patients' Organizations in Lithuania Mrs. Vida Augustinienė participated at the session of the Council of the Compulsory Health Insurance, which took place at the Ministry of Health of the Republic of Lithuania on the 10th of February.
- The President of Lithuanian Diabetes Association (LDA) and the Chairwoman of the Council of Representatives of Patients' Organizations Mrs. V. Augustinienė shared her knowledge at the conference „Celiac disease and diabetes type 2“, held at the central polyclinic of Vilnius region on the 12th of February.
- The Chairwoman of the Council of Representatives of Patients' Organizations Mrs. V. Augustinienė participated at the meeting of a work group to prepare „Lithuania Health Programme 2011 - 2020“ on the 16th of February at the Ministry of Health of the Republic of Lithuania.
- The President of the Council of Representatives of Patients' Organizations in Lithuania Mrs. Vida Augustinienė met to discuss cancer prevention and treatment problems in Lithuania with specialist physician Mrs. Birutė Aleknavicienė from Vilnius University (VU) Oncological institute cancer control and prevention centre cancer register and with the Director of the VU hospital Santariškes Clinic's Urologic centre Prof. Mr. Feliksas Jankevičius.
- The meetings of the board of the European Patients' Forum (EPF) took place in Brussels (Belgium) on February 21-22. The Chairwoman of the Council of Representatives of Patients' Organizations in Lithuania and a member of the Board of EPF Mrs. V. Augustinienė took part at it.
- The Chairwoman of the Council of Representatives of Patients' Organizations in Lithuania and the member of the commission Mrs. V. Augustinienė took part at the session of the commission of the “Correction of the Lists of Diseases and Compensatory Medicine“ at the

Ministry of Health Care of the Republic of Lithuania on the 24th of February, on the 10th and 24th of March, on the 7th and 20th of April.

- The Chairwoman of LPOAT Mrs. V. Augustinienė and the President of the Prostate Cancer Society Mr. Gediminas Žižys took part at the meeting of the work group on the programme on the early diagnoses of prostate cancer, held at the VU hospital clinic Urologic centre on the 25th of February.
- Cooperation opportunities were discussed at the meeting of LDA with the representative of the company *Linus Medical* Mrs. Milda Trakimienė on the 28th of February.
- The Chairwoman of LPOAT Mrs. V. Augustinienė participated at the presentation of the research „The Awareness of the Lithuanian Citizens, Confidence in Lithuanian Compulsory Health Insurance System, operations of the State Patients‘ Fund and Institutions of Personal Health“ on the 7th of March at the Ministry of Health Care.
- The President of LDA Mrs. V. Augustinienė participated at the meeting of the work group on „Preparation of the Methodology of Diagnostics and Treatment of Diabetes, which are compensated from the Compulsory Health Insurance Fund budget „ on the 7th and 25th of March.
- The sessions „On the projects selection“ took place at the Ministry of Health Care of the Republic of Lithuania on the 8th of March and on the 4th of May. The Chairwoman of LPOAT Mrs. V. Augustinienė took part at the event as a social partner.
- The secretary of LDA Mrs. Svetlana Kuznecova represented LPOAT at the work group formed under the order of the Minister of Health Care, issued on the 18th of November, 2010, No. V-999 „On the formation of the work group for the collection of the suggestions for the improvement of the deontological services‘ accessibility for children“ on the 15th of March.
- The President of LDA participated at the session held at the State Patients‘ Fund on the changes in insulin grouping procedure on the 16th of March.
- Preparation for the Council meeting was discussed at the Board meeting on the 17th of March.
- The Chairwoman of LPOAT Mrs. V. Augustinienė and other members: the President of the Lithuania Arthritis Association Mrs. Ona Stefanija Telyčėnienė, the President of the Association of Bechterev disease „Judesys“(Motion) Mr. Gintautas Paltanavičius participated at the round table discussion „Ready to work“ in Seimas.
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- The President of LDA Mrs. V. Augustinienė participated at the meeting of the representatives of the specialists and medicine producers on the changes of insulin grouping. The meeting took place at the Ministry of Health Care on the 22nd of March.
- A group of students from Mykolas Riomeris University visited LDA under the supervision of the lecturer Mrs Janina Balsienė on the 25th of March. The President of LDA presented the cooperation of the patients‘ organizations with the state institutions and their influence on the creation of legal acts. The visit took place on the 25th of March.
- The Chairwoman of LPOAT Mrs. V. Augustinienė participated at the review meeting of the Society of the Patients with Bechterev disease „Judesys“(Motion), held in Trakai on the 26th of March. The Chairwoman’s Deputy, the President of the Association of Clubs of people with asthma Miss E. Kvedaraitė and a member, the President of the Arthritis Association of Lithuania Mrs. O. A. Telyčėnienė also took part in it.
- The meeting of the Council of LDA took place on the 28th of March; the reports on the activities and finance performance in 2010 and the plan for 2011 were approved of, current questions were discussed. Mr. Valerijus Michailovičius Melnykas from Ukraine, Doctor,

reanimatologist, ozon therapist, the member of the Union of Asian and European Ozon Theraputists and Producers of the Medical Equipment, made a presentation „Application of ozon in the treatment of I and II type diabetes“. He also answered the questions from the public. The Member of the Russian Academy of Medical Engineering, the Manager of UAB „Medozonas“, Mr. Valentin Žurbenko informed about the application of ozon. The Director of the UAB Mrs. Jelena Žurbenko also took part at the presentation.

- Proff. Mr. Antanas Norkus and the President of LDA Mrs. V. Augustinienė represented Lithuania at the 13th meeting of the European region of the International Diabetes Federation experts from the new EU members (DEPAC). Mrs. V. Augustinienė made a presentation on the care of diabetes in Lithuania and on the activity project for 2011 of Lithuanian Diabetes Association. The event took place in Krakov (Poland) on March 31-April 1.
- The Chairwoman of LPOAT Mrs. V. Augustinienė gave an interview to the Baltic TV about the additional payments at the medical institutions on the 8th of April.
- The club „Smalsučiai“ for children with diabetes in Klaipėda celebrated their 10th anniversary. The Prezident of LDA Mrs. V. Augustinienė participated at the celebration. She highly evaluated the activities of the organization and expressed acknowledgments for the Head of the Club Mrs. Jolanta Jasiulionienė, doctor, children's endocrinologist Mrs. Sigita Vainienė, nurses Mrs. Kristina Zaglubockaja and Mrs. Ingrida Šukienė, as well as for the Doctor in Chief of Klaipėda children's hospital Mrs. Klaudija Babenskienė.
- The European Day of the Patients' Rights was celebrated in Brussels (Belgium) on April 11-12, the report „The EU Charter of Patients Rights: a civic assessment“ was delivered. LPOAT presented information on the survey on the implementation of the patients' rights in Lithuania.
- The General Assembly and the seminar „VALUE+capacity Building“ took place in Brussels (Belgium) on April 12-13. The Chairman of LPOAT and the member of the EPF board Mrs. V. Augustinienė was elected for the second time to the EPF board for the period of 2011-2013. The Chairwoman of LPOAT Mrs. V. Augustinienė and the secretary of LDA took part at the events. The representative of the Nefrological Patients Association „Gyvastis“ Mr. Simonas Stončius took part in the EPF programme for the young people.
- The Chairwoman of LPOAT Mrs. V. Augustinienė participated at the conference of the Society of the Oncologists of Lithuania on the 15th of April at the VU Oncological Institute.
- The training course „Good Control of Diabetes-the Prevention of Complications“ was organized by LDA and diabetes club „Diabetes ABC“ from Kelmė (Chairwoman Mrs. Larisa Rarovskaja) on the 19th of April. The Main sponsors of the event- The Department for the Affairs of Disabled at the Ministry of Social Affairs and Labor.
- The Chairwoman of LPOAT Mrs. V. Augustinienė was invited to participate at the celebration of the day of Medical Worker, held at the Šiauliai Drama Theatre on the 26th of April.
- The session of the board of LPOAT took place on the 27th of April. The topics for the upcoming LPOAT Board meeting were discussed.
- The training course „The Good Control of Diabetes – the Prevention of Complications“ took place in Utena on the 3d. Of May. It was organized by LDA and Utena region diabetes club „Viltis“ (Hope). The Chairman of the club is Mr. Vytautas Kazela. The Department for the Affairs of Disabled at the Ministry of Social Security and Labor was the main sponsor of the event.
- The Chairwoman of LPOAT Mrs. V. Augustinienė answered the questions of the newspaper „Kaunas Diena“ (the Day of Kaunas) on the 3d of May; she also answered the questions of DELFI journalists on the management of the funds of the Compulsory Health Insurance on the 4th of May.

- The session of the Council of the Ministry of Health Care took place on the 6th of May. The member of the Council Mrs. V. Augustinienė participated at the session.
- The training course „The Good Diabetes Control-the Prevention of Complications“ took place on the 10th of May in Varėna and was organized by LDA and diabetes club „Riba“ (The Verge) of Varėna region. The Department for the Affairs of Disabled at the Ministry of Social Security and Labor was the main sponsor of the event.
- The Chairwoman of LPOAT Mrs. V. Augustinienė was interviewed by the journalist of the newspaper „Vakarų Lietuvos Medicina“ (The Medicine of Western Lithuania) on the 5th of May. The interview is on www.vlmedicina.lt.

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The latest technologies which can help in diabetes control.

Nurse diabetologist, the member of the Council of LDA, the Chairwoman of the society of Nurses Diabetologists Miss Virginja Bulikaitė shares her information on latest technologies, which help to control diabetes. She also enumerates the characteristics of the insulin pumps. The expenses for the changeable parts of the insulin pumps (cateters, reservoirs) are reimbursed from the funds of the Compulsory Health Insurance. It is done only for children and young people up to 19 years with I type of diabetes, for women who are planning maternity and for children up to 1 year, for pregnant women with the uncontrolled diabetes. The reimbursable amount for the set is 300 Lt.

You can read more about the measures that help to prevent diabetes in this article.

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A week in Istanbul

The Lithuanian Diabetes Association received an invitation for the young people with diabetes in Lithuania to take part in the international exchange programme. The programme is organized by the Diabetes Fund of Turkey in cooperation with one of the schools in Istanbul -KOC. The programme is for 15-19 year old schoolchildren with diabetes. The schoolchildren staid with the families from the 1st till the 7th of April. They also took lessons at one of the best schools of Istanbul.

On receiving this invitation the Lithuanian Diabetes Association sent it to the Clubs of diabetes witch have children and young people with diabetes among their members. The Association informed about the opportunity to participate at such a programme organized in Turkey for the first time. It also urged the Clubs to send the contact information of the applicants a.s.a.p. LDA sent the received information of the applicants to the organizers of the programme. The young people, applying for the participation were to be fluent in English. 4 applications arrived: 2 from the Vilnius Diabetes Club „Diabite Plus“ for children and young people; 1 from the Diabetes Club „Lemtis“ (Fate) of the Šiauliai region and one from the diabetes club „Mes“ (We) for children and young people from Alytus. We are happy that even 3 Lithuanians were among the 12 invited from the whole Europe.

The organizes of the exchange programme seek to build an international friendship bridge between different European cultures. They also hope, that this exchange programme will take place every year. The international exchange is an important step in building mutual understanding among different cultures and helps to keep long lasting relations between people. We are happy that LDA takes part in the implementation of these nice goals.

The young people expressed their gratitude for the Lithuanian Diabetes Association and the organizers and implementers of the international exchange programme. They also exchanged their impressions about the trip.

We are offering some extracts from the letters we received :

Mr. Ignas Varpulevičius, a member of the diabetes club for the young people „Mes“ (We) from Alytus:

„...I found out about the opportunity at the diabetes club „Mes“ for young people in Alytus. The club is cooperating with the Lithuanian Diabetes Association. At first I had to prepare a short description about myself (in English) for LDA. The selection was made by the organizers of the exchange programme in Turkey. It was planned that we will have to attend lessons at the private school „KOC“ in Istanbul and stay with the families.

The new friends, who also were the participants of the programme, met us at the Istanbul airport. We visited the museums; saw the famous and historical places of the city. So we had an opportunity to get acquainted with one of the oldest cities of a former Byzantine Empire. We visited Hagia Sophia, ancient water reservoirs and different museums of the city. You cannot imagine the city without the Bosforus Channel and a trip on a ship across it.

We started to attend school at the beginning of the working week. On Mondays a meeting takes place before the lessons. The upcoming events and the guests of the school are introduced at the meeting. The national anthem is also sang at the meeting. We participated at 9-10 lessons every day; they were delivered in English. This enabled us to understand educational and training differences between schools in Lithuania and Turkey. We were very much impressed by the fact that the school is close to the track of „Formula-1“.

Staying with the families, we had an opportunity to understand the country, its traditions, and habits better; we also tested national food. I experienced a lot during the week: I acquired new friends, I got some understanding about the culture and history of the country. The essential thing is, that I understood that my illness is not a hindrance to travel, to perceive, to communicate and to enjoy life.

Mr. Paulius Raškauskas, the member of the diabetes club for children and young people „Diabite Plus“ from Vilnius:

When in Istanbul, we visited the monuments of historical heritage of Turkey, such as Hagia Sophia, underground water storage, Sultan’s Palace, Sultan’s treasury and other places of interest.

On workdays we attended the lessons at *KOK* school. We got acquainted with the features of the educational system of Turkey. We met a lot o friendly people who gave us a warm welcome.

We had a dinner with the member of the Diabetes Fund of Turkey Mrs. Sehnas Karadeniz on the last day. We discussed the issues of diabetes’s control.

We want to express our gratitude to the Lithuanian Diabetes Association, for the Diabetes Fund of Turkey and Proff. Dr. Mrs. Sehnas Karadeniz for the invitation to see the wonderful and overwhelming city of Istanbul.“

Commemoration of the 5th day of European Patients' Rights

The Italian non-government organization „Active Citizenship Network“ (ACN) organized a conference in Brussels (Belgium) on April 11-12. It was dedicated to commemorate the 5th day of European Patients' Rights. The report on the monitoring project of the implementation of the Charter of European Patients' Rights was presented. The representatives of the patients' organizations from Italy, Greece, Malta, Belgium, Slovenia, Romania, Hungary, Slovakia, Denmark, France, Bulgaria and other European countries participated at the conference. Lithuania was represented not only by the members of patients' organizations, such as Mrs. Vida Augustinienė and Miss Svetlana Kuznecova, but also by Prof. Mr Juozas Galdikas, the Director of the State Accreditative Office for the supervision of the health care activities.

The day of European Patients' Rights was very much supported by the European Parliament and European Commission. The Commissioner for the Health and Consumer protection Mr. John Dalli, the member of the European Parliament Mrs. Antonia Parvanova were among the participants of the conference. We can boldly declare, that the issue of patients' rights is becoming an object of discussions in the European Union Health Programme.

The goal of the monitoring project of the implementation of the Charter of Patients' Rights is to evaluate the patients' rights in the European systems of health protection. The aim of the project was to collect important information on the rights declared in the Charter. It is necessary to get a more clear picture on the Health Care Systems which are available to the European citizens as well as on the adjustability of the Health Care Systems to the patients. The report rendered a lot of knowledge on the real status of these rights in all 20 participating states. It also displayed a general situation of these rights in Europe. 20 countries, 56 hospitals, 23 Health Care Ministries and 70 public organizations took part in it.

It is necessary to point out that the present condition of the patients' rights is a new sphere of research. There is little data on it.

The Lithuanian Patients' Organizations' Council prepared information about the survey on the implementation of patients rights in Lithuania. 2 hospitals in Vilnius were monitored during the project and the heads of the hospitals had to answer different questions. The representative of the Health Care Ministry and patients organizations had to answer the provided questions.

It became clear during the presentation of the results of the project, that many countries encountered problems in building up contacts with certain institutions. It was necessary to wait for the responses for months. E.g. the implementers of the project in Germany were not able to get in touch with a single manager of any hospital. We are glad, that the situation in Lithuania is completely different: it was possible to build up contacts with relevant institutions. They also extended benevolent support. This means, that we have good and close cooperation relations with the institutions and health care establishments. The Director of the Accreditative Office Prof. Mr. J.Galdikas also confirmed the fact. He highly evaluated the cooperation of the Lithuanian Patients' Organization (headed by the Chairwoman Mrs. Vida Augustinienė) and state institutions. We are proud, that the institutions, which are concerned about the health care in Lithuania, accept our idea, that a close relation between the citizens and institutions is a true way in order to improve the health care system in Lithuania.

This time we want to present the general results for Europe.

We will present the results of the project in detail during the conference, dedicated for the commemoration of the European Patients' Day in Vilnius in June. (for more information contact LPOAT, tel. +370 5 26207 83.

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The General Assembly of the European Patients' Forum (EPF) and the seminar „VALUE +Capacity Building“ took place in 2011 on April 12-13. EPF activity and financial reports for 2010 were presented and approved of at the Assembly. The activity and financial plans for 2011 were also confirmed; the nominee for the auditors' position was approved of.

4 new members of the EPF Board were elected for the period of 2011-2012. Mrs. Vida Augustinienė (The Board of the Representatives of Lithuanian Patients' Organizations) was among the others.

A special attention is paid to the young people of EPF. Young people from different European countries participated at the Assembly. The member of the Association of Nephrological Patients of Lithuania “Gyvastis” (Life) Mr. Simonas Stončius represented Lithuania. The plenary meetings took place as well as activities in work groups.

Involvement of the patients into the procedures of making decisions on all the levels (political, regional and social) was the main question for the discussions at the work groups.

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The sweet bees are celebrating the 15th anniversary.

Vilnius citizens (and not only they), who have children and young people with diabetes, attend the diabetes club “Diabetes plius” for 15 years already. Children grow up, enter the adult life and start families. But unfortunately, the others get sick and the club is always in need. The club has more than 100 hundred members for today. The age ranges from 3 to 25 years. The duration of the illness is from some months to some years. Not only patients but also the members of their families cluster in club “Diabetes plius”. The parents, the elder children and young people are invited to the club to participate at the lectures 5-6 times per year on the subjects of diabetes control, complications, innovations in treatment etc. Doctors, various specialists, representatives of the companies participate at the meetings. They can give expert answers to various questions of concern. The members take part in the events for the World Diabetes Day. They inform community about the illness, make blood glucose level test. Anyone with diabetes has an opportunity to learn in action to control glycaemia. Christmas parties, summer weekend trips, diabetes-training camps for children, trips on canoes are traditionally organized every year. Summer camps for small children and their mothers are very beneficial.

The members of the club take an active part at the camps of the Lithuanian Diabetes Association. They also assist in arranging the camps and raising the funds. The members of the club also support the preparations of the publications about children in LDA newspaper “Diabetas” (Diabetes).