

FINANCIAL BURDEN AND OUTREACH OF DIABETES CLINICS FOR PATIENTS IN NEPAL

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Financial burden and outreach of diabetes clinics for patients in Nepal

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Financial burden and outreach of diabetes clinics for patients in Nepal:

In the capital city of Nepal, there are only two hospital based endocrinology referral centers, which is run 6 days a week with loads of around 120 patients a day with 2-3 doctors handling the burden.

Most of the patients visiting higher centers are from remote areas of Nepal who travel for around half a day or whole day to reach doctors' clinics.

As per trend from 2006 to 2014 the per capita income of Nepal is increased by \$327 to \$426.48 according to world bank. Now we can see how much is a burden for patients who need oral hypoglycemic agents and insulin therapy everyday to fight with diabetes.

Only few studies are being carried out in Nepal which states that the cost of initial visit to doctor with laboratory investigations and treatment cost around Nepalese Rupee 3000 to 4500 (\$20 and \$35) which patients have to bear on self, which does not include personal and travel cost.

Though the tertiary centers are located in centers of the capital, most of the patients visiting government hospitals are from remote and nearby villages, who visit tertiary centers not as an initial presentation but with complications. Which states that the financial burden to the patients is increased more with screening for Diabetes retinopathy, Nephropathy, peripheral vascular disease, diabetes foot examination and use of insulin therapy.

Some facts given by IDF

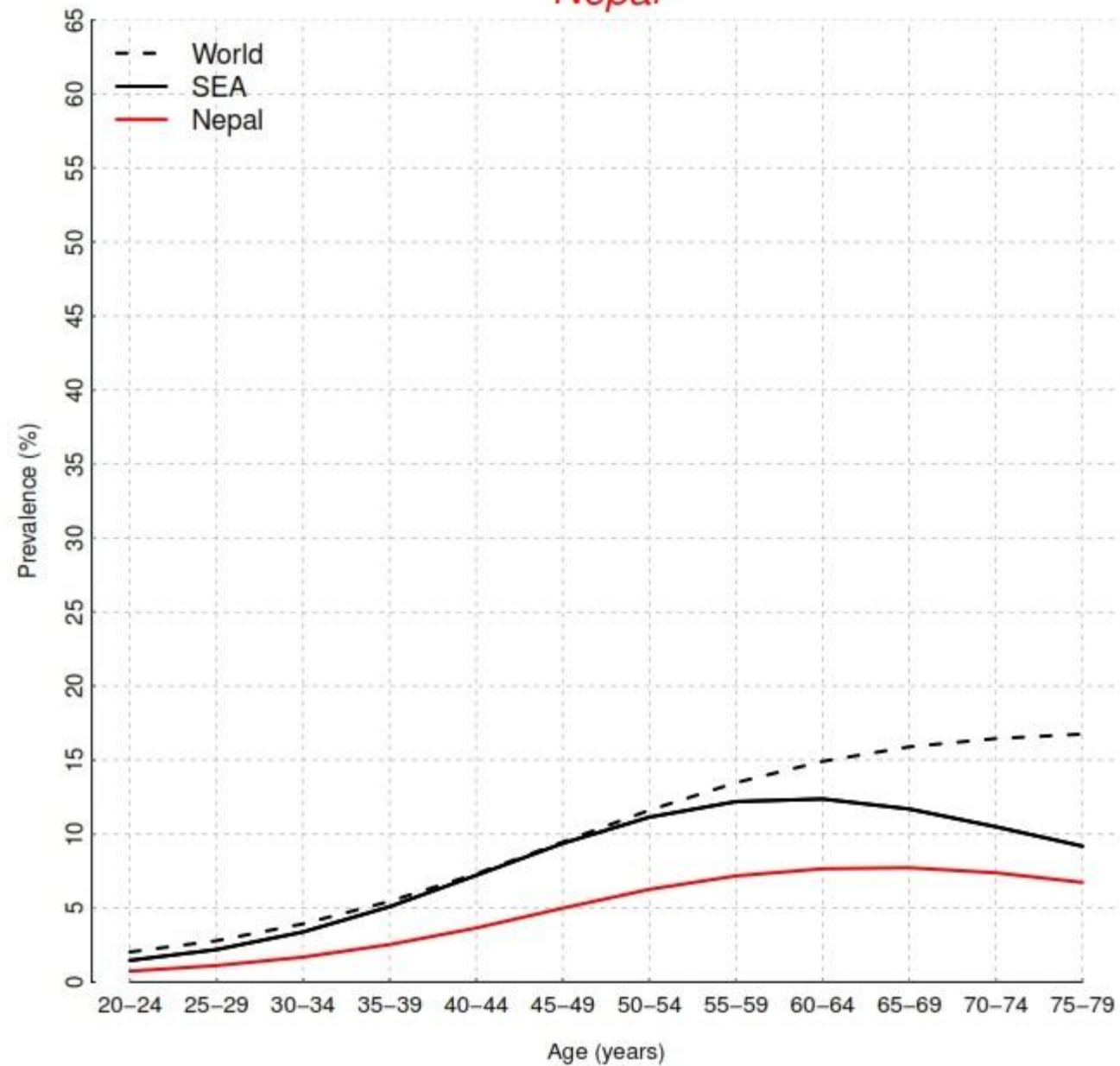
Diabetes national prevalence-3.3%

Nepal GDP per capita on 2014- USD 426.48

Mean Diabetes related expenditure per person with diabetes-USD 68.5

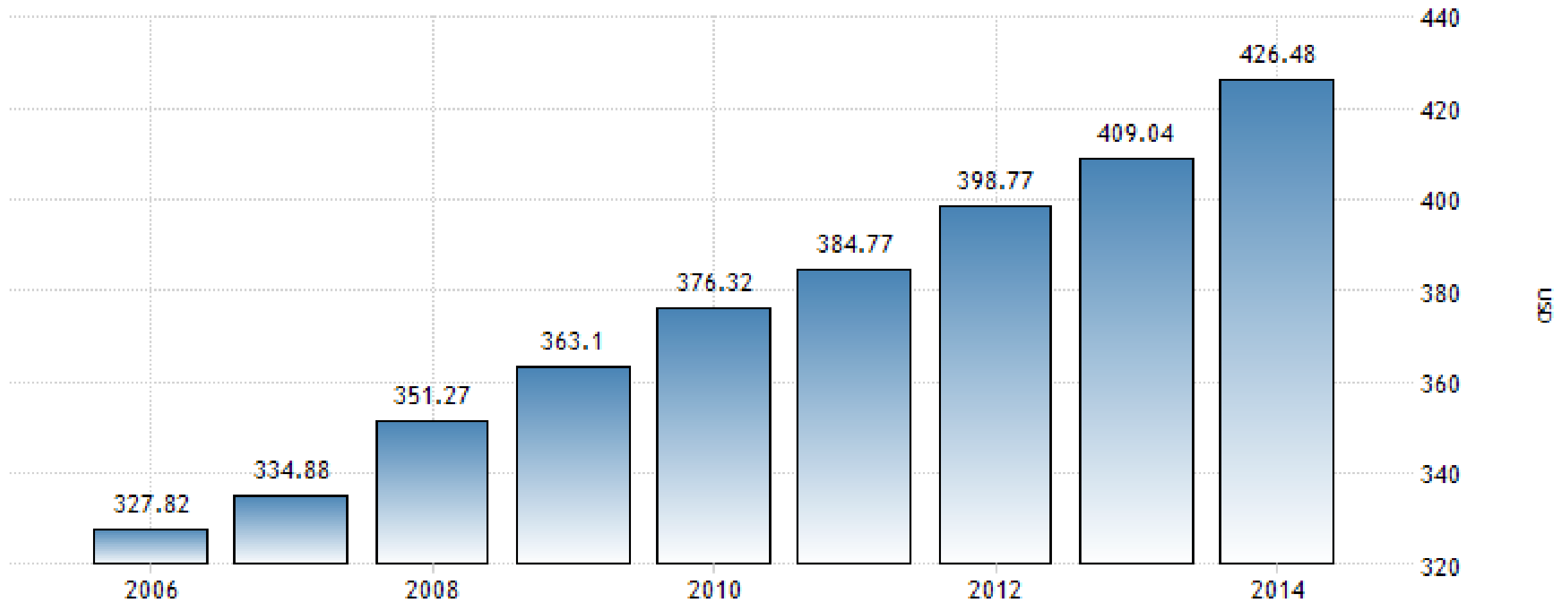
Prevalence of diabetes in adults by age, 2015

Nepal



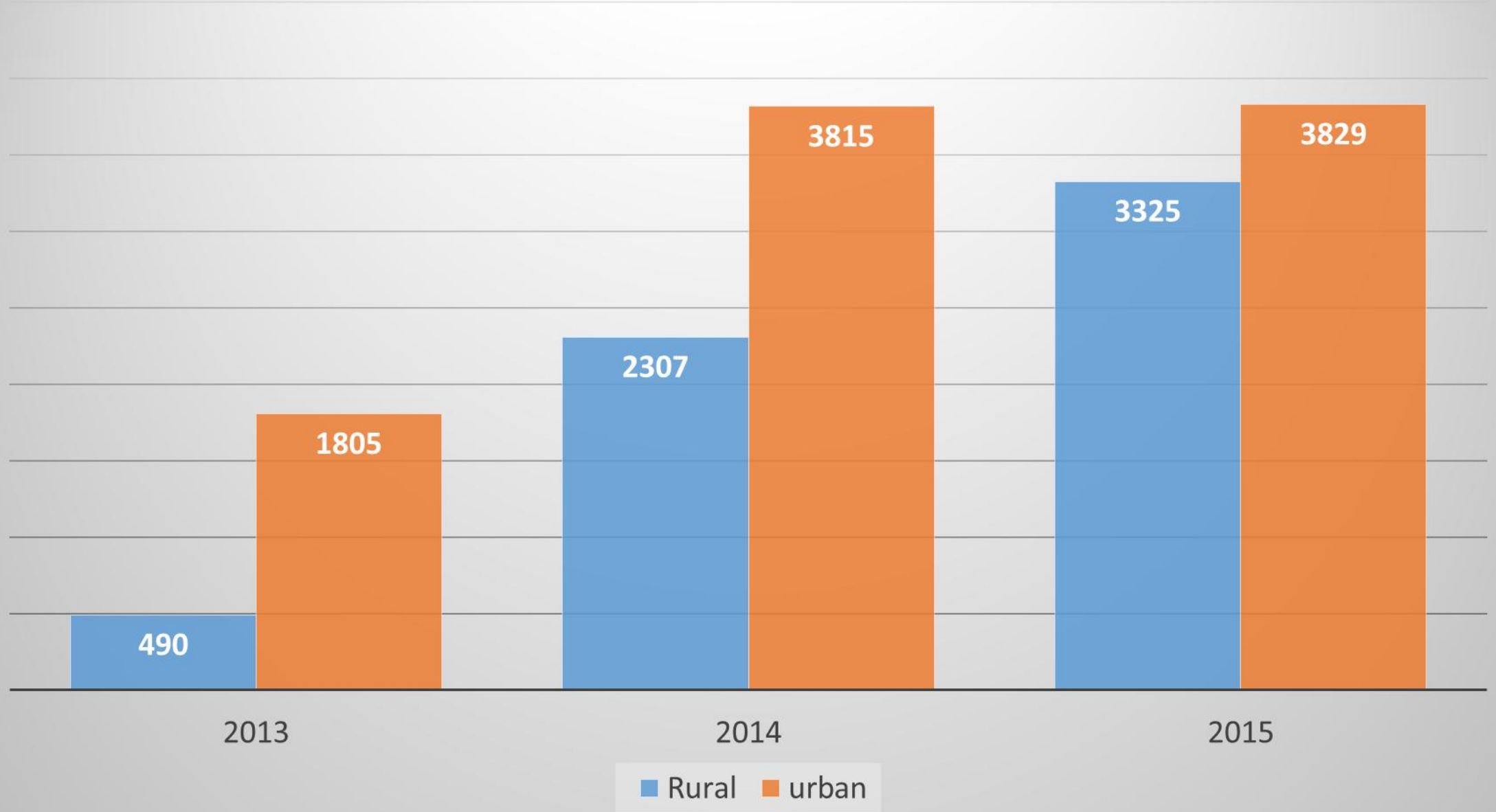
Source: IDF Diabetes Atlas, 7th Edition, 2015

NEPAL GDP PER CAPITA

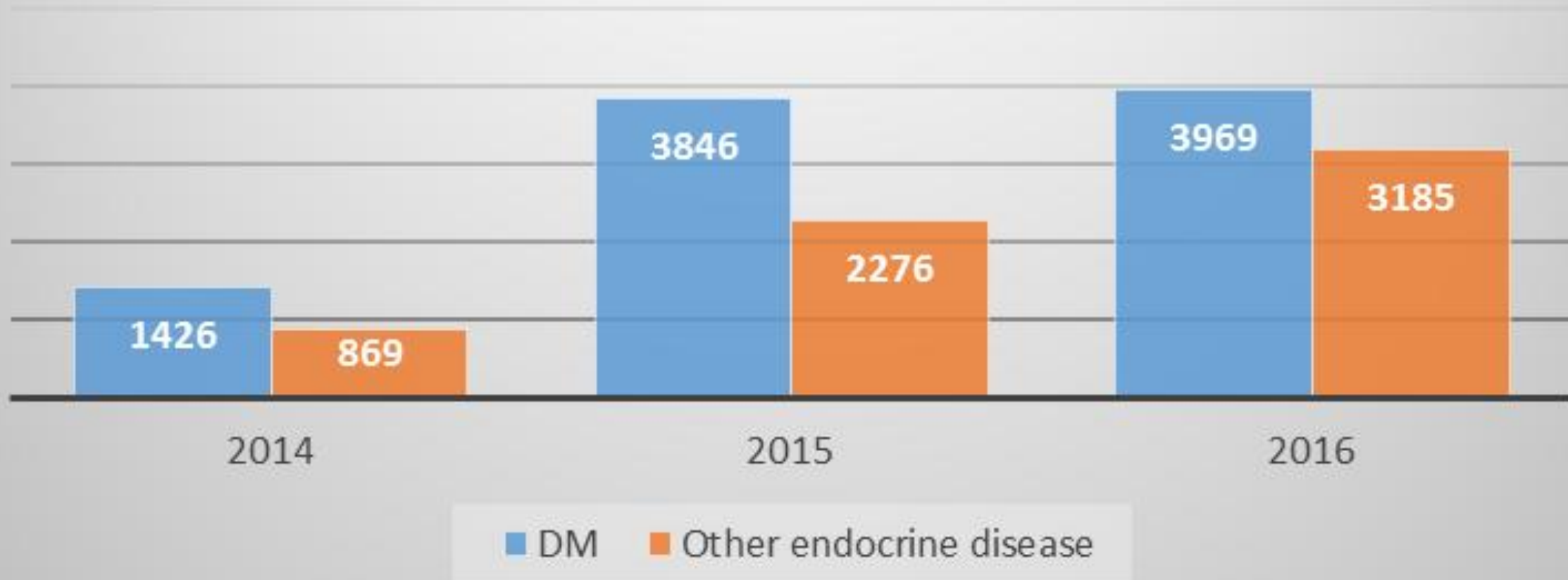


S.N	Country	Per Capita Income in USD	Ranking
2	Luxembourg	43,940	2
3	Switzerland	39,880	4
4	usa	37,610	5
5	Japan	34,510	7
6	UK	28,350	12
7	Germany	25,250	22
8	Canada	23,930	24
9	Australia	21,650	27
11	China	1,100	133
12	Srilanka	930	140
13	India	530	160
14	Pakistan	470	166
15	Bangladesh	400	174
16	Nepal	240	192
17	Ethiopia	90	208

Patients from Rural and Urban areas visiting our endocrinology OPD

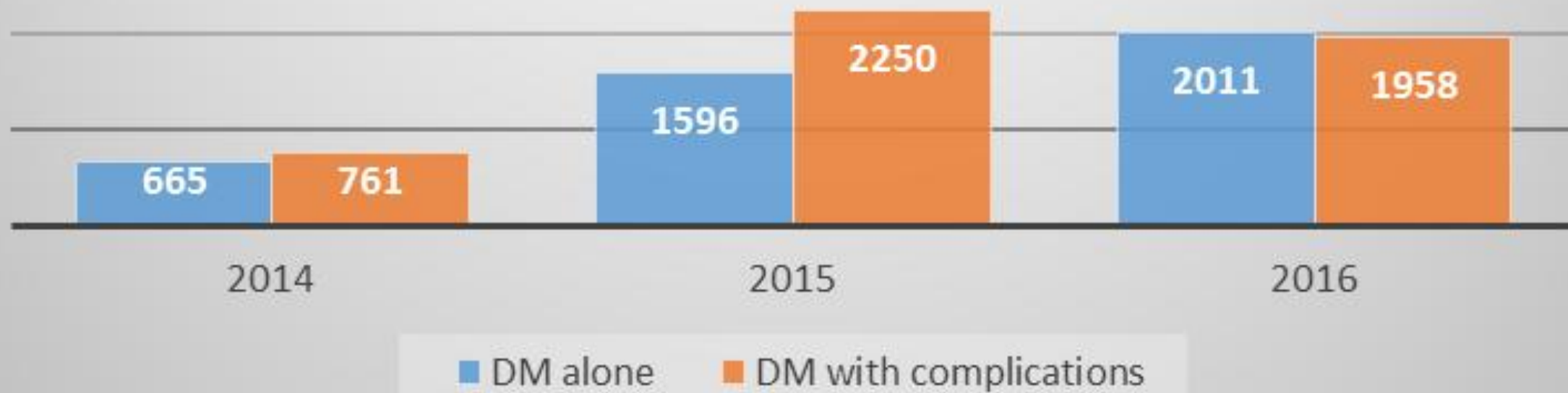


Total number of Patients In Endocrine OPD with Diabetes and other endocrine pathology

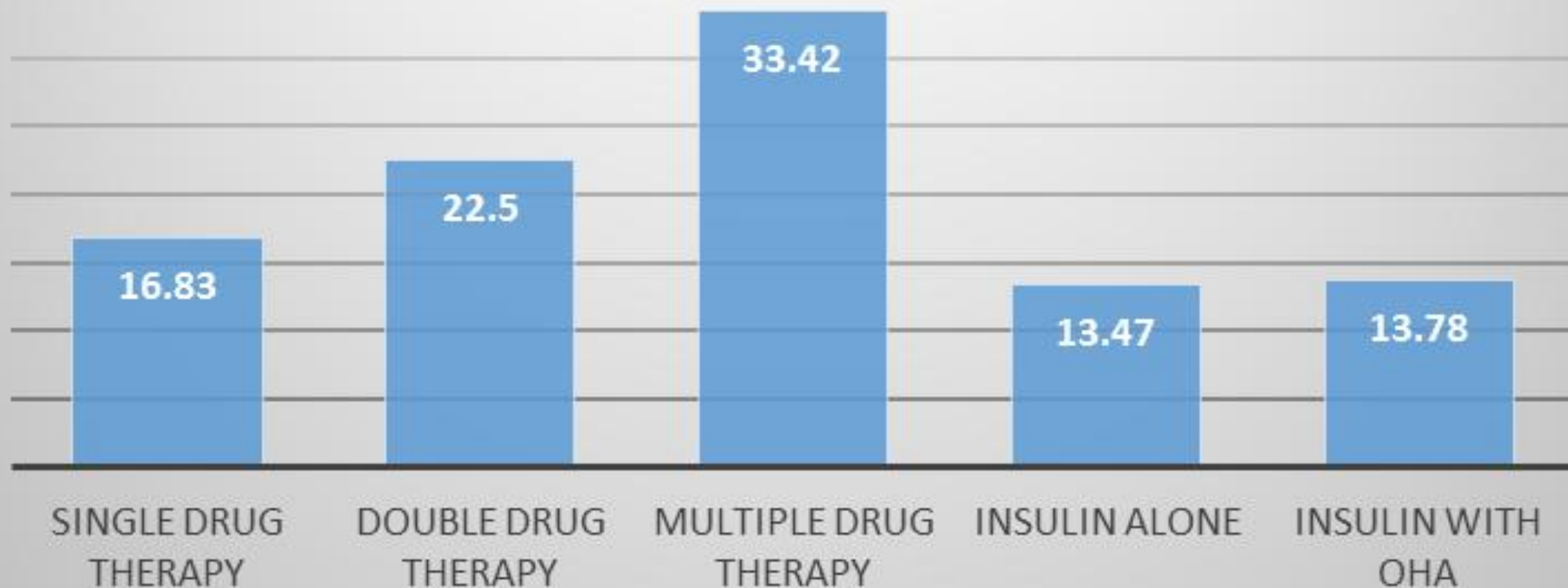


- In about 62% of our patients, they presented with complications of diabetes
- That means not only complications of diabetes but with additional comorbidities with Cardiovascular disease and respiratory illness.
- This add more financial burden to the patients.
- Only 32% of the diabetes patients do the full investigation panels as prescribed by physician.

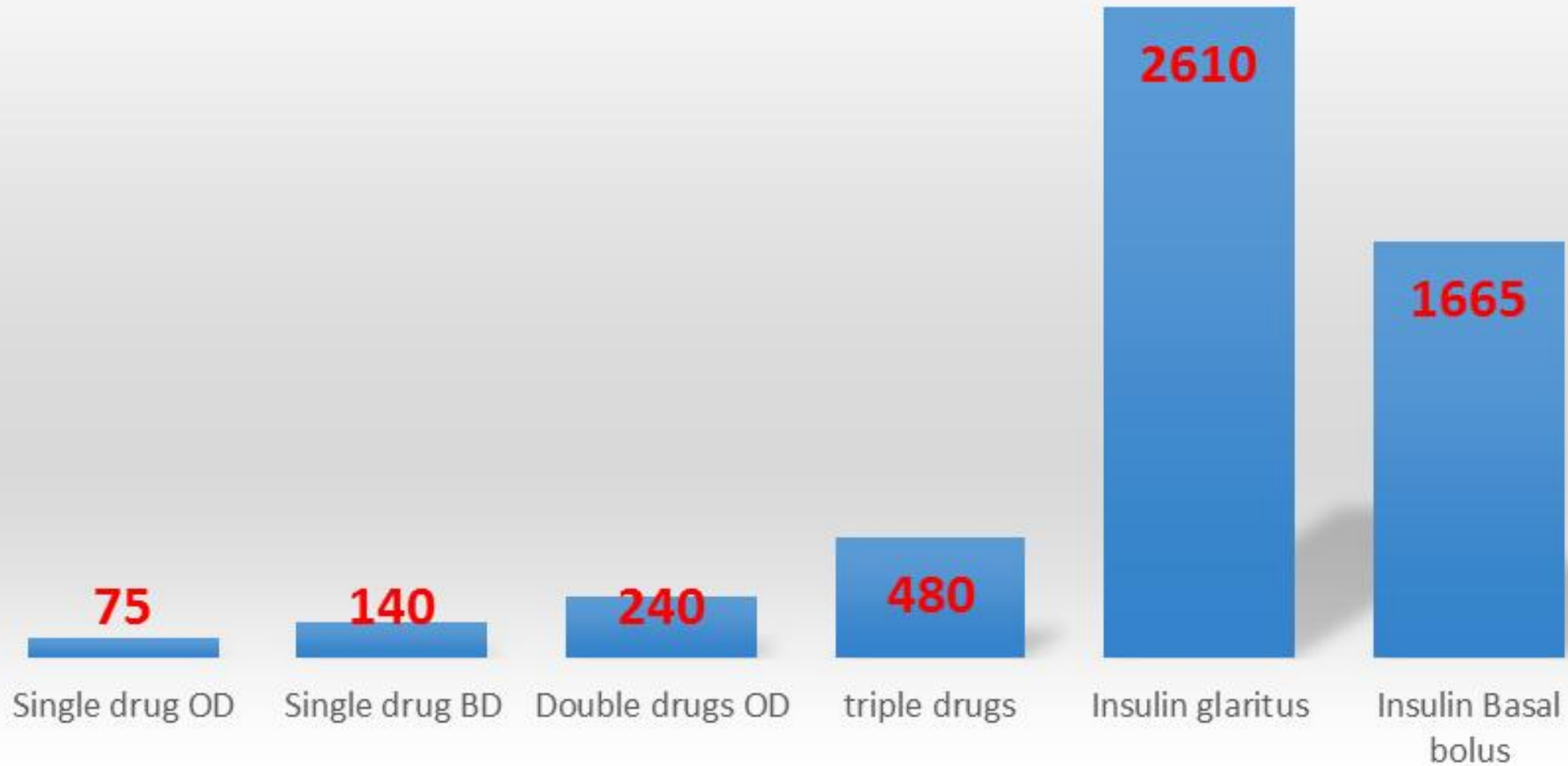
Total number of patients with Diabetes alone and with Diabetes and their complications(Comorbidities)



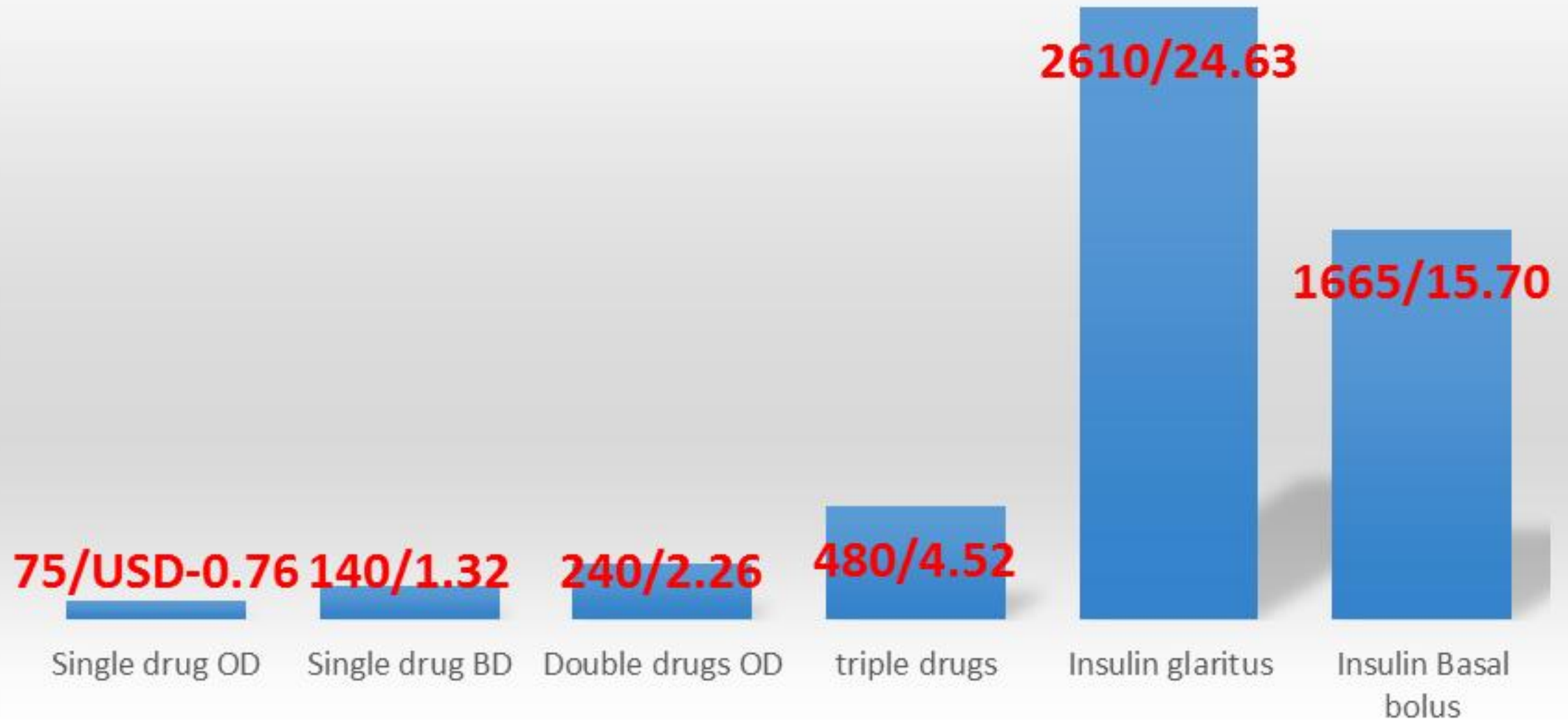
Uses of drugs on diabetes as per record on 2015 with diabetes



Cost of Diabetes for various drugs



Cost of Diabetes for various drugs



Patients being carried by a traditional doko to nearest health post or near the highway for transportation(HILL AMBULANCE)









