

## **SUBMISSION TO HEALTH INQUIRY - DIABETES IN AUSTRALIA**

### **ADDITIONAL INFORMATION**

**PUBLIC HEARING | FRIDAY 1 MARCH, 2024 | CANBERRA**

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Thank you for requesting additional information in relation to the cost of living with Type 1 Diabetes (T1D) as part of the public hearing on Friday 1 March 2024.

### **CONTEXT & PATIENT PROFILES**

Two separate spreadsheets have been prepared on the annual medical expenses related to Type 1 Diabetes to provide a comparison between concessional and non-concessional status. These are based on the following patient profiles:

#### **Patient 1 (Non- Concessional)**

- Type 1 Female, aged 41 years, living with T1D for 29 years.
- Patient has minimal eye retinopathy complications.
- Other conditions and auto immune related illnesses including: Depression and Anxiety, Endometriosis, Asthma, Skin Conditions, Temporomandibular Joint Dysfunction (TMJ), Postural Orthostatic Tachycardia Syndrome (POTS) and Overactive Sleep Disorder.
- Currently pays for a singles Private Health Insurance (PHI) policy.
- Works full-time, in a professional career, with average Australian income circa \$85K pa.
- 10 personal/sick days per year allocated as a full-time worker.
- No husband/partner/children.
- Rental cost approx. \$20K pa. 15kms from Melbourne City.

The costs calculated are the 'basics' required to maintain health and do not include additional expenses related with any unexpected illness. Note that some conditions are untreated due to financial constraints and additional time off work to attend appointments.

#### **Patient 2 (Concessional)**

- Type 1 Female, aged in early 20's, living with T1D for 12 years.
- Patient has no diabetes related complications.
- Other conditions and auto immune related illnesses including: Ehlers Danlos Syndrome (EDS), Bilateral sensorineural hearing loss, Postural Orthostatic Tachycardia Syndrome (POTS), orthostatic intolerance (OI), Anxiety, Premenstrual Dysphoric Disorder (PMDD), various allergies & dermatitis and Irritable Bowel Syndrome (IBS) including lactose and non-coeliac gluten intolerance.
- Due to age and full-time university student status, this patient is eligible for various concessions as a Health Care Card (HCC) holder.
- Currently contributes to the cost of a family corporate PHI policy.
- Does not work part-time or casually, due to inability to physically and mentally maintain both work and study requirements.
- No husband/partner/children.
- Lives at home with single mother and two adult siblings.
- An indicative full-time Graduate Allied Health Professional income in 2024 is circa \$80K pa.

- Estimated Higher Education Contribution Scheme (HECS) debt at completion of degree, \$43K.

## **COSTS BREAKDOWN EXPLANATION**

### Costs Included:

- Diabetes Management Devices and equipment, access to Insulin Pump Technology requires gold/silver+ level PHI, medications related to management.
- Medications related to other conditions, reported to be 'linked' to type 1 and other autoimmune conditions.

### Costs Not Included:

- Daily management: An additional estimated 180 decisions are made each day by a T1D to manage their disease.
  - o This does not include the time to attend appointments. For patient 1 this is approx. 83 hours and patient 2 at 190 hours excluding travel time. Refer to spreadsheet.
  - o Patient 1 forgoes medical appointments/treatment for some conditions due to work restrictions – FT work and some employers, do not provide enough flexibility to attend the required number of appointments, without forgoing income or creating workplace performance issues.
- Necessary technology (includes laptop and smartphone) required for operating CGM and Pump technology. Note: older technology is not compatible with upgraded versions of CGM and Insulin Pumps.
- Loss of sleep due to hypo/hyper management.
- Stress and Anxiety of disease and fear of complications.
- Travel time to attend medical appointments.
- Waiting time in clinics and hospitals.
- Administration:
  - o Appointment scheduling and co-ordinating,
  - o Prescription and supply ordering and collection at pharmacy,
  - o Delays/Follow up pharmacy orders, and
  - o Research and investigation to find appropriate treatment providers.
- Phone calls/logging requests for failed CGM sensor replacements and other technical issue/problem solving.
- Car parking fees at hospitals and medical clinics.
- Ability to provide/maintain own transport to attend clinics and hospitals.
- Management of full-time work with only 10 allocated sick days per year. Requires compassion, understanding and flexibility from employer.
- Higher Travel Insurance costs due to pre-existing medical condition.
- Contents Insurance for Insulin Pump. This is required because insulin pumps can only be accessed under PHI every 4-5 years. If a pump is lost/stolen, for example at the beach when wearer may be required to remove device, or during exercise, the full cost of replacement is not covered by the manufacturer under their warranty. (\$9-11K)

## OTHER CONSIDERATIONS

- **HCC STATUS –**
  - The provision of a HCC may entitle a patient to reduced fees or bulk billing at medical clinics and private specialists;
  - Medicines listed on the Pharmaceutical Benefits Scheme (PBS) are provided at a concessional rate for those with HCC and concession status.
  - Patient 1 has additional out of pocket medical costs of \$1732.50 compared with patient 2, who has a lower Medicare Safety Net due to HCC status.
  - NDSS - why does a HCC patient receive an annual allocation of 15 boxes of supplies per year vs a non-pension HCC user is allocated 13 boxes annually?;
  
- **PATHOLOGY** - Recent news headlines have indicated that government arranged Medicare subsidies for pathology services may be changing. Pathology costs have been included in the Spreadsheet to highlight this significant cost, currently fully funded by Medicare. Any changes to funding would increase out of pocket expenses for a T1D.

## INFERENCE

The comparison costs for a HCC holder and non HCC show that annual expenditure is significant in both cases.

It is evident that patients with T1D have to make significant sacrifices in life, financially and socially, as a result of this unavoidable diagnosis. Both patients have reported missed opportunities for employment, increased income and superannuation due to the physical and mental load of chronic illness.

## Recommendations

- 1. Implement broad disability status for T1D to allow for ongoing financial support regardless of age, and access to ongoing medical care required to maintain good health.**

“Diabetes is considered a disability under Commonwealth and State anti-discrimination legislation and the Disability Discrimination Act 1992 (Cth). It stipulates that disability discrimination occurs when a person is treated less favourably than a person without a disability in the same or similar circumstances.”

- 2. Implement Health Care Card status FOR LIFE**

Why is the provision of a HCC limited by age, for those with a chronic disease such as Type 1 Diabetes? T1D management actually increases over time, due to the plethora of co-morbid conditions and complications related to duration of disease; and other unrelated health challenges due to natural ageing.

PATIENT 2 - HCC eligible								
ANNUAL TYPE 1 expenses - average spend 2023		COST	MEDICARE REBATE	PRIVATE HEALTH REBATE	OUT OF POCKET	Occurrences	Details	
BUPA share of Family Hospital & extras Insurance		\$148.05			\$1,776.60	12.00	\$592.20 per month, 4 adults over 21 on single family corporate policy with 2 student dependants & max rebate. Cost exponentially increases after study ceases.	
General practitioner - 15 min consult		\$62.05	\$ 62.05		\$0.00	15.00		
General practitioner - 30 min consult		\$80.10	\$ 80.10		\$0.00	7.00		
General practitioner - 45 min consult		\$113.30	\$ 113.30		\$0.00	1.00		
General practitioner - After hours consult		\$75.00	\$ 70.75		\$4.25	1.00		
Mental Health Care Plan		\$100.20	\$ 100.20		\$0.00	1.00		
Mental Health Care Plan - Review		\$78.55	\$ 78.55		\$0.00	1.00	Annual follow up after 6 sessions	
Flu vax - appt with Nurse		\$20.00	\$ 20.00		\$0.00	1.00	Bulkbilled	
Chronic Disease Management Team Care Plan Coordinate		\$125.20	\$ 125.20		\$0.00	1.00	Bulkbilled	
Chronic Disease Management Care Plan Prepare		\$158.00	\$ 158.00		\$0.00	1.00	Bulkbilled	
Podiatry Initial consult - surgical procedure		\$120.00	\$ 107.70		\$12.30	1.00	Annual - using CDMP	higher rebate due to '517' reached threshold
Podiatry Standard - surgical procedure		\$118.00	\$ 90.90		\$27.10	1.00	Annual - using CDMP	higher rebate due to '517' reached threshold
Podiatry Standard PHI		\$118.00	\$ -	\$29.25	\$532.50	6.00	6 x per year - injury related due to hypermobility	
Practice nurse Procedure in Clinic		\$20.65	\$ 20.65		\$0.00	2.00		
Cardiologist Initial		\$300.00	\$ 290.15		\$9.85	1.00		higher rebate due to '517' reached threshold
Cardiologist Review		\$170.00	\$ 71.70		\$294.90	3.00		
Cardiology 24 Hr Hatter		\$156.75	\$ 156.75		\$0.00	1.00		
Cardiology Real Time Eco For every appointment with Cardiologist		\$300.00	\$ 282.50		\$35.00	2.00		higher rebate due to '517' reached threshold
Diabetes Nurse Practitioner/Educator Level A		\$8.65	\$ 8.65		\$0.00	1.00		
Diabetes Nurse Practitioner/Educator Level B (20min +)		\$19.60	\$ 19.60		\$0.00	3.00		
Diabetes Nurse Practitioner/Educator Level D (40min +)		\$100.00	\$ 54.85		\$135.45	3.00		
Diabetes Nurse Practitioner/Educator Level D (40min +)		\$100.00	\$ 90.95		\$9.05	1.00		higher rebate due to '517' reached threshold
Dietitian Initial		\$240.00	\$ -	\$54.00	\$186.00	1.00		
Dietician Review		\$185.00		\$31.00	\$154.00	1.00		
Dentist Check up		\$75.00		\$29.05	\$91.90	2.00		
Dentist Clean		\$130.00		\$56.25	\$147.50	2.00		
Dentist Procedure - Filling		\$213.00		\$67.10	\$145.90	1.00		
Dermatologist Initial		\$240.00	\$ 81.30		\$158.70	1.00	1 per year, Pension/HCC Rate	
Dermatologist Follow Up		\$160.00	\$ 40.85		\$357.45	3.00		
Optometrist Initial consult		\$62.45	\$ 62.45			1.00		
Ophthalmologist Initial consult		\$0.00			\$0.00	0.00		
Optometry - Glasses		\$580.00		\$250.00	\$330.00	1.00	Max Pvt Rebate, \$580 Lenses Only, used existing frame	
Audiology Initial Appointment		\$0.00			\$0.00	1.00	Fully Funded Govt Program	
Audiology Subsequent		\$0.00			\$0.00	2.00	Fully Funded Govt Program	
Hearing Aids Fitting		\$0.00				1.00	Fully Funded Govt Program CSO - under 26yo - after 26 no funding until 65	
Hearing Aid Adjustments		\$0.00				3.00	Fully Funded Govt Program CSO - under 26yo - after 26 no funding until 66	
Hearing Aids - Device reader		\$295.00		\$265.50	\$29.50	1.00		
Osteo Standard appointment		\$106.00		\$29.50	\$1,071.00	14.00		
Orthopedic Specialist Initial		\$240.00	\$ 207.40		\$32.60	1.00		higher rebate due to '517' reached threshold
Orthopedic imaging		\$142.35	\$ 142.35			1.00		
Pathology		\$742.00	\$ 742.00			6.00	min 6 x per year, total annual indicative cost	
Physiotherapy 1:1 Initial		\$75.00		\$42.60	\$32.40	1.00		
Physiotherapy 1:1		\$75.00		\$34.00	\$492.00	12.00		
Physiotherapy Group Pilates		\$35.00		\$14.00	\$819.00	39.00	Weekly during school term	
Psychiatrist Initial for Medication Contradiction		\$425.00	\$ 389.20		\$35.80	1.00		higher rebate due to '517' reached threshold
Psychologist Care Plan		\$137.05	\$ 137.05			10.00	10 x per year per MHCP	

PATIENT 2 - HCC eligible								
ANNUAL TYPE 1 expenses - average spend 2023		COST	MEDICARE REBATE	PRIVATE HEALTH REBATE	OUT OF POCKET	Occurrences	Details	
Psychologist	Private	\$137.05	\$ -			0.00		
Gynecologist	Initial consult	\$250.00	\$ 215.40		\$34.60	1.00		higher rebate due to '517' reached threshold
Gynecologist	Subsequent without higher rebate	\$100.00	\$ 39.25		\$60.75	1.00		higher rebate due to '517' reached threshold
Gynecologist	Subsequent with higher rebate	\$100.00	\$ 88.20		\$11.80	1.00		
Gynecology Procedure	Hospital Fee	\$789.00		\$289.00	\$500.00	1.00	Epworth Private PHI Excess	
Gynecology Procedure	Surgeon Fee	\$436.35	\$ 205.40	\$230.95		1.00		
Gynecology Procedure	Anaethsethics	\$486.55	\$ 206.85	\$279.70		1.00	charged scheduled fee	
Sonographer - gynecology		\$345.00	\$ 293.15		\$51.85	1.00		higher rebate due to '517' reached threshold
Sonographer - gynecology		\$97.10	\$ 97.10			1.00		
Histology - gyn		\$139.75	\$ 83.90	\$55.85		2.00		
X-ray gynecology		\$42.35	\$ 42.35			1.00		
Endocrinologist	Initial consult	\$310.00	\$ 295.40		\$14.60	1.00		higher rebate due to '517' reached threshold
Endocrinologist	Review	\$114.00	\$ 67.78		\$138.66	3.00		
Gastroenterologist	Initial	\$220.00	\$ 137.65		\$82.35	1.00		
Gastroenterologist	Subsequent	\$155.00	\$ 68.90		\$86.10	1.00		
Gastro Ultrasound	Initial	\$214.40	\$ 214.40			1.00		
							<b>190 Total Events related to Attending Appointments</b>	
Pharmacist								
Glucagen HypoKit		\$44.99	\$ 38.29		\$13.40	2.00		Extra discount for Pension recorded under medicate rebate
Norimin	Hormone control for BGL Management	\$6.70			\$80.40	12.00		up to PBS threshold
Sertraline	2 per month	\$6.70			\$160.80	24.00	2 different doses x monthly	up to PBS threshold
Insulin	Penfil	\$6.70			\$40.20	6.00	6 per year	up to PBS threshold
Ozempic	Insulin resistance	\$139.99		\$97.60	\$190.76	4.50	12 per year - max PHI rebate \$450.00	Non PBS
Ozempic	Insulin resistance	\$139.99			\$1,049.93	7.50	Cost after PHI limit exceeded	Non PBS
Corolan	Cardiac Medication	\$40.30			\$483.60	12.00	1 per month	Non PBS
	Antibiotic Ointment	\$21.99			\$43.98	2.00		up to PBS threshold
	Antibiotic Oral	\$6.30			\$12.60	2.00		up to PBS threshold
Tandem Auto soft infusion set	Pump consumables	\$19.00	\$ 5.40		\$176.80	13.00	10 sets per box. 122 items required annually	Extra discount for Pension recorded under medicate rebate
t-lock Cartridges	Pump consumables	\$12.60	\$ 2.40		\$132.60	13.00	10 sets per box. 122 items required annually	Extra discount for Pension recorded under medicate rebate
CGM Sensor pack	Box of 3 (30 day supply)	\$0.00			\$0.00	15.00	15 = max subsidised per year	Prior to 2022 - \$400 per transmitter
CGM transmitter	90 day expiry	\$0.00			\$0.00	4.00		Prior to 2022 - \$
Contour Next BGL Test strips		\$15.00	\$ 13.80		\$7.20	6.00		Extra discount for Pension recorded under medicate rebate
Ketone strips		\$15.00			\$15.00	1.00	Not NDSS Subsidised	
CGM Overpatch		\$31.95			\$95.85	3.00	Allergic to free patches provided by Dexcom	
2023 - Other pharmacy items								
	Alcohol swabs	\$12.99			\$25.98	2.00	Approx 2 boxes per year	
	Glucogel hypo treatment	\$16.00			\$192.00	12.00	pa	
	Probiotics 60pk	\$65.00			\$390.00	6.00	pa	
	Antihisimines 100pk	\$42.99			\$171.96	4.00	pa	
	Betadine	\$10.99			\$10.99	1.00		
	Tapes for Strapping	\$11.99			\$11.99	1.00		
	Hypo Tape under strapping	\$27.95			\$27.95	1.00		
	Vitamin D 300 pk	\$30.99			\$15.50	0.50	daily during winter	
	Vitamin C 150	\$36.99			\$73.98	2.00	daily	

<b>PATIENT 2 - HCC eligible</b>							
<b>ANNUAL TYPE 1 expenses - average spend 2023</b>		<b>COST</b>	<b>MEDICARE REBATE</b>	<b>PRIVATE HEALTH REBATE</b>	<b>OUT OF POCKET</b>	<b>Occurances</b>	<b>Details</b>
	Nasal Sprays	\$26.99			\$269.90	10.00	
	Voltaren 25mg 30pack	\$14.99			\$59.96	4.00	2 acute episodes per year
					\$0.00		
					<b>\$11,654.78</b>		
					\$ 1,732.50		Additional out of pocket without HCC/Pension
<b>Medicare Safety Net with Pension</b>	\$	811.80			<b>\$13,387.28</b>		Without HCC/Pension
Medicare Safety Net without Pension	\$	2,544.30					
	-\$	1,732.50					

# PATIENT 1 - NO HCC

ANNUAL TYPE 1 expenses - average spend 2023		PRIVATE					Occurance	Details
		COST	MEDICARE REBATE	HEALTH REBATE	OUT OF POCKET			
AHM hospital & extras Insurance		\$47.25			\$1,134.00	24.00	2 x per month	
General practitioner - 15 min consult		\$105.00	\$41.40		\$63.60	1.00		
General practitioner - 30 min consult		\$210.00	\$80.10		\$779.40	6.00	6 x year	
General practitioner - 45 min consult		\$315.00	\$118.00		\$591.00	3.00	3 x year	
Mental Health Care Plan		\$240.00	\$100.20		\$139.80	1.00	Annual	
Mental Health Care Plan - Review		\$210.00	\$78.95		\$131.05	1.00	Annual follow up	
Repeat prescriptions - same day		\$35.00			\$35.00	1.00		
Flu vax - appt with Nurse		\$20.00			\$20.00	1.00	Bulkbilled	
Chronic Disease Management Care Plan	Initial consult					1.00	Bulkbilled	
Chronic Disease Management Care Plan	Review					1.00	Bulkbilled	
Podiatry	Initial consult	\$120.00		\$45.00	\$75.00	1.00	Annual	
Podiatry	Standard	\$90.00		\$30.00	\$60.00	1.00	Annual	
Practice nurse		\$20.00			\$40.00	2.00		
Diabetes educator	Review	\$90.00	\$58.00		\$160.00	5.00	5 session CDM plan rebate	
Diabetes educator	Review	\$90.00			\$270.00	3.00	Private	
Dietitian	Initial consult	\$200.00			\$200.00	1.00		
Dietician	Review	\$85.00			\$85.00	1.00		
Dentist	Check up	\$75.00		\$29.05	\$45.95	1.00		
Dentist	Clean	\$175.00		\$56.25	\$237.50	2.00		
Optometrist	Initial consult	\$62.45	\$62.45			1.00		
Ophthalmologist	Initial consult	\$247.00	\$78.05		\$168.95	1.00		
Ophthalmologist	Initial consult	\$142.00	\$39.25		\$102.75	1.00		
Osteo	Standard appointment	\$105.00		\$32.00	\$730.00	10.00	10 per year	
Pathology		\$668.60	\$668.60			8.00		
Psychologist	Care Plan	\$220.00	\$88.35		\$1,316.50	10.00		
Psychologist	Private	\$220.00	\$88.35		\$1,843.10	14.00		
Gynecologist	Initial consult	\$620.00	\$100.00		\$520.00	1.00	Royal Womens	
Sonographer - gynecology	Initial consult	\$365.00	\$86.90		\$278.10	1.00		
Endocrinologist	Initial consult	\$480.00	\$240.00		\$240.00	1.00	Cabrini Hospital	
Endocrinologist	Review	\$370.00	\$140.00		\$460.00	2.00		
						<b>83.00</b>	<b>Total Events related to Attending Appointments</b>	

Pharmacist							
							3 months.
Zoely	Endometriosis	\$90.00		\$40.00	\$200.00	4.00	Limit of \$400 combined annually
Pristiq	50mg	\$18.60			\$446.40	24.00	2 weeks
Pristiq	100mg	\$31.60			\$379.20	12.00	1 month
Insulin	Penfills	\$30.00			\$240.00	8.00	Approx use
Ozempic	Insulin resistance	\$139.99		\$50.00	\$1,079.88	12.00	Non PBS. Limit of \$400 combined annual
Belsomra	Sleep disorder	\$59.95		\$20.00	\$479.40	12.00	1 month Limit of \$400 combined annually
Glucagen	Hypo Kit	\$31.60			\$94.80	3.00	Expires after 3-4 months
Tandem Auto soft infusion set	Pump consumables	\$20.10			\$261.30	13.00	10 sets per box. 122 items required annually . Access to pump consumables needs to be certified with additional GP appointment
t-lock Cartridges	Pump consumables	\$13.20			\$171.60	13.00	10 sets per box. 122 items required annually
CGM transmitter & sensor pack		\$33.90			\$440.70	13.00	13 subsidised boxes per year at \$33.90 per box. Prior to 2022 - \$400 per transmitter
Accu-Chek strips		\$15.00			\$90.00	6.00	
Ketone strips		\$15.00			\$15.00	1.00	Not NDSS Subsidised
2023 - Other pharmacy items							
	Alcohol swabs	\$12.99			\$25.98	2.00	Approx 2 boxes per year
	Hypo treatment	\$16.00			\$192.00	12.00	Pharmacy stocked item
	Ventolin	\$11.50			\$34.50	3.00	Approx 3 per year
	Dymista	\$44.99			\$134.97	3.00	Approx 3 per year
	Femazole	\$19.00			\$38.00	2.00	Approx 2 per year
	D3 vitamin	\$36.99			\$110.97	3.00	Approx 3 per year
	Astra 8 - Immune	\$68.99			\$137.98	2.00	Approx 2 per year
	Vimergy - Zinc	\$71.50			\$143.00	2.00	2 x annual
	Vimergy - B12	\$170.00			\$340.00	2.00	2 x annual
	Vimergy - Lysine	\$72.45			\$217.35	3.00	3 x annual
	Curcumin vitamin	\$55.00			\$660.00	12.00	1 x month
	Breo inhaler	\$31.60			\$63.20	2.00	Approx 2 per year
	Prescription	\$27.29			\$163.74	6.00	Approx 6 per year
	Papillomavirus vaccine	\$206.00			\$618.00	3.00	x3
	Amoxicillian	\$16.76			\$33.52	2.00	Approx 2 per year



	Methylprednisolone ointment	\$20.02			\$20.02	1.00	Linked with autoimmune conditions
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**\$16,558.21**