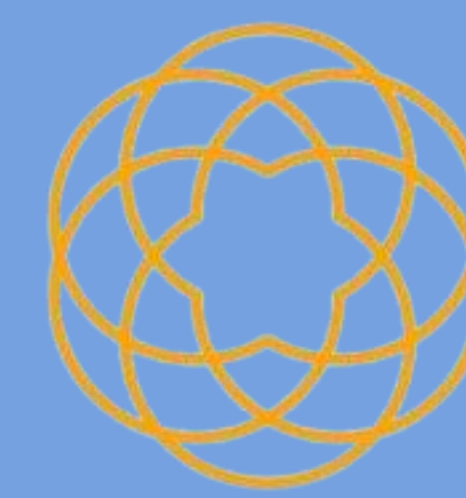


# Pay-for-Performance Pilot Program for Diabetes Patients: Practical Example for Risk Group Stratification and Target Biomarker Values



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**HPR81**



## INTRODUCTION

Diabetes mellitus (DM) is a significant health problem with 537 million adults affected worldwide in 2021.<sup>(1)</sup> The prevalence of DM in Bulgaria is currently 10%. Pay-for-performance (P4P) is a healthcare reimbursement model in which healthcare providers are financially incentivized based on the performance of quality and outcome measures.

## OBJECTIVE

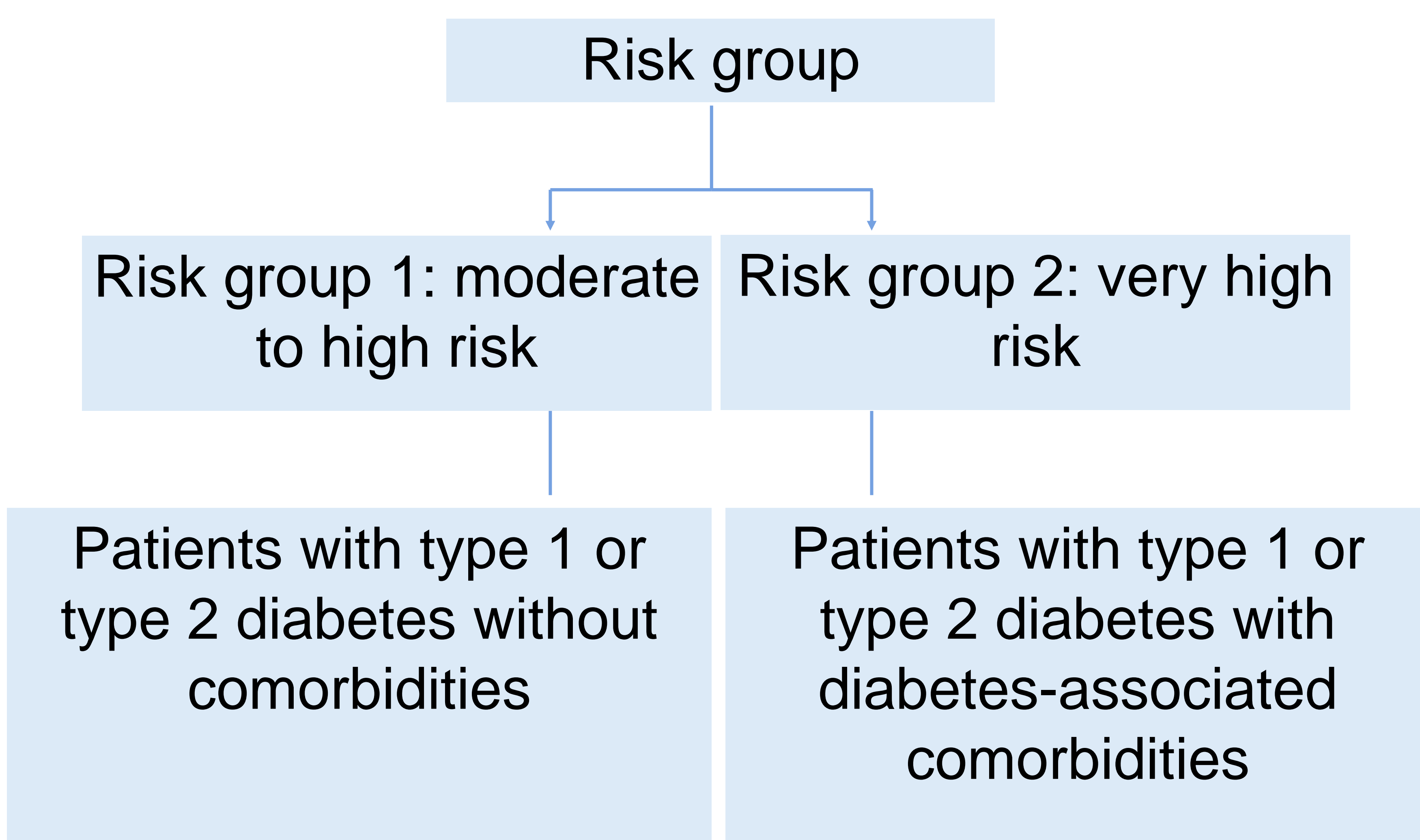
A proposal to implement the P4P model in Bulgaria through a three-year pilot program has been developed. To measure the quality and outcomes of diabetes patients' care, risk groups are stratified, and target biomarkers are defined for patient control.

## METHODS

Literature search and consultation with leading Bulgarian endocrinologists led to stratifying risk groups in diabetes patients and selecting biomarkers for outcome measurement and control.

## RESULTS

The selected biomarkers are glycated hemoglobin (HbA1c), total cholesterol, and body mass index (BMI). The risk group stratification is shown on Figure 1. The target values for HbA1c were defined according to these two risk groups. The target values for total cholesterol and BMI were set in accordance with the recommendations

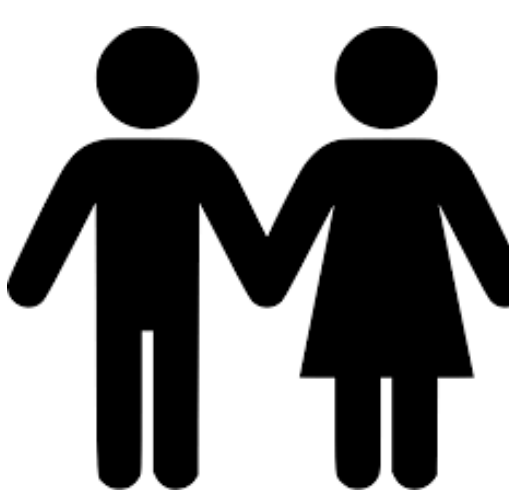


### Target biomarker values for quality measurement in diabetes care

#### HbA1c target values

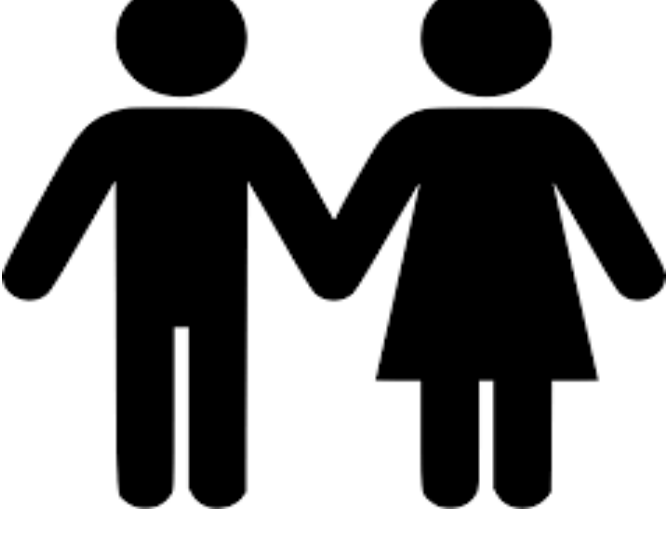
Risk group 1:  $\leq 7.5\%$  Risk group 2:  $\leq 8\%$

#### Total cholesterol target values

  
 $< 4.5 \text{ mmol/l}$

  
 $\leq 4.4 \text{ mmol/l}$

#### BMI target values

  
 $18.5\text{--}24.9 \text{ kg/m}^2$

  
weight reduction by 5%\*

  
 $< 85^{\text{th}}$  percentile

\*The target BMI value for patients with BMI  $> 30 \text{ kg/m}^2$  is weight reduction by 5% from the original weight

**Figure 1.** Risk stratification for patients with type 1 and type 2 diabetes



## CONCLUSION

The P4P model aims to enhance the therapeutic care for diabetes patients in Bulgaria by adapting risk group stratification and target biomarker values to the local healthcare landscape. This approach ensures that healthcare providers have achievable goals tailored to their specific context. At the end of the pilot program, data will be analyzed, and the target values will be reassessed.



## CONTACT

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## REFERENCES

1. International Diabetes federation Diabetes Atlas <https://diabetesatlas.org/>