



Fund “Nauka” Project № 24034 Resume – Autumn Competition-based Session 2024:

“Awareness, treatment and control in patients with long-standing type 1 diabetes”

Project leader: assoc. prof. doctor Natalya Vasilevna Usheva, PhD

Type 1 diabetes mellitus (DM1T) is a chronic metabolic disease requiring lifelong insulin replacement therapy and proceeding with severe complications. For successful treatment and prevention of complications, it is extremely important that the patients themselves have knowledge and control of the disease. The aim of this study is to investigate awareness of the treatment and control of T1T in patients with a long history of diabetes.

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Tasks:

- (1) Investigation of the level of awareness of patients with T1T about the treatment and control of the disease;
- (2) Assessment of the quality of life of patients with T1T;
- (3) Identification of barriers to treatment and control of the disease faced by patients with T1T;
- (4) Assessment of the risk factors associated with the development and complication of the disease;
- (5) Determination of the needs for training programs for patients and their relatives on disease management.

Material and methods:

- (1) A prospective cohort study to assess the level of awareness, treatment and control in patients with long-standing DM1T in Northeastern Bulgaria.
- (2) A toolkit will be developed to conduct its own quantitative study – author’s questionnaire for studying the level of awareness, treatment and control in patients with T1T with a long period of time, which will be filled in once by the participants through an online access link.

The expected results of the proposed scientific research are related to revealing the needs and challenges faced by T1D patients in disease management, as well as establishing opportunities to improve their awareness and access to treatment, to different therapeutic approaches and to a better quality of life. The survey will establish the level of awareness of the risk factors leading to complications of the disease and the challenges of its management.

The publication of the results in dissertations and scientific articles in Bulgarian and foreign journals, as well as the presentation at scientific forums, will lead to their popularization and the creation of opportunities for national and international cooperation.