

**Access and Willingness to Use Intensive Insulinotherapy of Patients with Diabetes:
the Case of Romania**

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Abstract

The aim of this paper is to identify factors influencing access to intensive insulinotherapy (ICT) as well as willingness of using an e-health application for patients with diabetes. The study has been carried out in two phases. Both phases have been conducted with the support of the National Institute of Diabetes, Nutrition and Metabolic Diseases Prof. Dr. N. Paulescu in Bucharest, Romania. Patients have been approached with the support of the physicians of the National Institute. The study revealed significant differences in terms of utilisation of ICT for disease management among patients with diabetes. Male respondents with higher revenues are more likely to both find information as well as to manage diabetes with the support of ICT. In what concerns utilisation of a specific e-health platform in the reference week, the significant variables are represented by marital status, age and type of diabetes. The respondents who are unmarried, rather young (under 40 years of age) and are type 1 diabetes patients are more likely to use the e-health solution for disease management. The study adds knowledge to understanding patients' need for ICT-based self-management tools. Yet, further research is needed in order to on the one hand, survey a sample representative for the entire population of patients with diabetes in Romania and on the other hand, complement the research with a study more focused on the clinical characteristics of the patients and conducted based on a longer trial period for the patients willing to use ICT.

Key words: diabetes, ICT-based self-management tool, Romania