

In-Depth Investigation of KAP for Type I Diabetes amongst Children 6-18 Years in Gaza Governorate: Randomized Clinical Trials

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In Palestine, the prevalence of Diabetes is high; it is in the range of 15.3% compared to a worldwide prevalence of 6%, however, anecdotal information from numerous sources suggest the rate could be much higher (18-21%) and total diabetic population in Palestine, 4.4% of persons are diagnosed with type 1 diabetes, 95.3% are diagnosed with type 2 diabetes (WHO, 2016).

The study was conducted with the aim of assessing knowledge, attitude and practice for diabetes type I patients in Gaza Governorate and provide suitable intervention in order to control their blood sugar level appropriately with objective to determine the current level of knowledge and awareness toward diabetes type I disease and to examine the effectiveness of nutrition program in controlling the blood sugar level among diabetic type I patients.

Methodology: The study design was conducted based on the Randomized Controlled Trials (RCTs) design. The sample size is 148 patients from Gaza Governorate **Exclusion criteria include** diabetic neonates and diabetic patients with other diseases. A total of 148 patients will be interviewed and asked to full self-administered questionnaire as well as lab tests needed to study (HbA1c, C-peptide, TG, and liver function and urine analysis). This same questionnaire will be used pre and post intervention for comparison setting and assessment the efficiency of intervention.

Result: Reduction of insulin dose for diabetic patients with preserving normal blood glucose level and improve lifestyle of children in accordance with their health status.