

Abstract

Aim of thesis: The research aimed to evaluate the importance of individual education by a clinical dietitian and compare it to information brochures only.

Methods: 52 patients with type 2 diabetes from the Third Department of Internal Medicine of the General Hospital in Prague were selected for the research. Totally, 48 of them finished the research. These patients were divided into two groups. Group A was educated individually by a clinical dietitian. This group consisted of 27 patients, of which 13 were men and 14 were women. Group B was educated using a brochure only. This group consisted of 21 patients, of which 11 were men and 10 were women. Both groups were given the questionnaire before the education and then 4 months after the education. Additionally, glycated haemoglobin was measured in patients before the education and then 4 months after the education, during the next visit to their diabetologist.

Results: In both groups, some improvement was observed after the education. Either in knowledge or their levels of glycated haemoglobin. In group A, the education had better cognitive results in all questions of the questionnaire except for one. Levels of glycated haemoglobin decreased by 9,4 in men and by 4,8 mmol/mol in women in group A. In group B, education did not affect the knowledge of participants about the risks of type 2 diabetes, the potential harmfulness of DIA products or the awareness of the field of a clinical dietitian. Glycated haemoglobin decreased by 7,7 in men and by 1,4 mmol/mol in women of group B.

Conclusion: The results of this work point to the fact that individual education by a clinical dietitian has significantly better results in all aspects examined than education by information brochures only. However, there remains the problem that the individual type of education cannot be offered to all patients with type 2 diabetes due to the lack of clinical dietitians. Therefore, there is the necessity for further research on whether group education by a clinical dietitian has as good results as individual education and would be a suitable option.

Keywords: type 2 diabetes, education, clinical dietitian, diet, physical activity