

Abstract

Introduction: The topic of the bachelor's thesis is „Effect of nutritional intervention on the compensation of type 2 diabetes mellitus in patients treated with insulin". Diabetes mellitus is a chronic civilization disease, the incidence increases every year. Nutritional education of patients is one of the effective ways to help better compensation of diabetes.

Aim of thesis: The aim of the work was to determine the effect of individual nutritional education on the compensation of T2DM in patients treated with an intensified insulin regimen.

Methods: For the research were selected 14 patients with T2DM who are treated with intensified insulin therapy. These patients are visiting the Third Department of Internal Medicine of the General Hospital in Prague. All patients completed the study. They were divided into two groups. Group A was individually educated. Group B patients served as the control group. Glycated hemoglobin results were recorded at the beginning of the study and after approximately three months at the next follow-up with a diabetologist.

Results: An improvement in glycated hemoglobin values was observed in the group individually educated group compared to the control group. At the same time, education had a positive effect on answers to most questions related to diabetes. In group A, the value of glycated hemoglobin decreased by an average of 2 mmol/mol. In group B, this value increased by an average of 1 mmol/mol.

Conclusion: The results of the study revealed that individual education has a positive effect on HbA1c values and knowledge regarding T2DM. Currently, however, individual education cannot be provided to all patients suffering from T2DM due to the insufficient number of nutritional therapists. A suitable option could be group education by a nutritional therapist. However, further research is needed to verify the effectiveness of group education.

Keywords: diabetes compensation, education, type 2 diabetes, insulin, insulin treatment