

# Abstract

**Aim of thesis:** The aim of the research was to evaluate whether individual education by a clinical dietitian has a positive effect on the overall treatment of patients suffering from histamine intolerance.

**Methods:** Eighteen patients with histamine intolerance attending the allergy outpatient clinic of the Department of Immunology and Microbiology of 1<sup>st</sup> Medical Faculty and General University Hospital in Prague were selected for the study. All eighteen of them completed the study. Before education, the patients filled in a questionnaire and blood was taken for subsequent analysis. This was followed by an approximately one-hour consultation with a clinical dietitian, from which each patient also received an individually created output. Patients also had the opportunity to contact the clinical dietitian with any questions via email. After three months, the patients again completed the questionnaire and blood was drawn again for subsequent analysis. Based on this information, it was compared whether or not the patients with histamine intolerance had improved their clinical symptoms and quality of life due to education by the clinical dietitian. Three respondents developed the acute respiratory disease at the beginning of the study, so it was not possible to collect blood from them before education. In two of them, blood collection was done after three months, but in one of them it was not possible to take blood even after three months of education due to the acute disease. However, these respondents were also included in the study because they had been educated by a clinical dietitian and completed the questionnaire before and after education.

**Results:** Satisfaction with information availability among respondents increased by 0.11 points after education. At the same time, the response that the most helpful source of information was "doctor/health professional" increased by four respondents to seventeen respondents. At the same time, the rating of knowledge regarding diet in histamine intolerance increased by 0.61 points. All eighteen respondents indicated that they would be interested in professional help in developing a diet, but only five of them could define who is a clinical dietitian was before education; after education, all of them could define it. Only four respondents had sought out a clinical dietitian. The main focus of the education was the correct setting of an elimination diet, which resulted in six respondents being better able to identify problem foods after education and having fewer symptoms of histamine intolerance as a result. The average weight also increased by 0.5 kg after education, which is positive given the diagnosis. Blood tests after education did not show any significant changes to assess whether health status had improved or worsened.

**Conclusion:** Based on the questionnaires, it was shown that education by a clinical dietitian has its place in the treatment of patients with histamine intolerance and can help to better stabilize the health condition. Unfortunately, there is still a problem in the impossibility of offering this individual support, due to the lack of clinical dietitians, finances and space. One of the next steps could be further research to verify whether group education under the guidance of a clinical dietitian can achieve as good results as individual education. If it turns out that it does, group education could be a suitable alternative.

**Keywords:** histamine intolerance, low-histamine diet, elimination diet, clinical dietitian, education