

Abstract

Diabetes mellitus is a metabolic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Only in the Czech Republic, we detect over one million people diagnosed with this disease. By 2045, over 700 million people are predicted to be diagnosed with diabetes worldwide (Global diabetes data report 2000 – 2045 (diabetesatlas.org)).

Medical community and pharmaceutical companies give big importance and pay significant attention to the development of innovative ways of treatment. Nowadays, there is a wide range of treatment available, but only hand in hand with the right compliance and patient's motivation can medical treatment bring the desired outcome.

This bachelor thesis aims to explore the level of awareness among diabetic patients about the disease itself and nutrition knowledge through out a questionnaire survey. The main part of the thesis describes factors that can help with the patient's motivation. Questionnaire survey was used in a set of 271 patients treated in Klatovska nemocnice. Results of the survey are presented in the form of graphs.

Results of the survey show that men are more satisfied with the ongoing threatment than females. On the other hand, both men and women do not view the level of education provided as sufficient, but seek nutrition therapist as a primary source of quidance and information. As a result we can see that medical workers do have the ability to motivate patients to follow prescribed threatment or dietary regimes. Motivation itself can also be triggered by the way the medical workers speak to the patients and how much time and effort he or she is providing them.

Key words: Diabetes Mellitus, motivation, compliance, nutrition therapist