

ABSTRACT

This bachelor's thesis deals with nutrition in patients with type 2 diabetes and diabetic foot syndrome. In the practical part, this group is compared with a control group of diabetic patients without this chronic complication.

Goals: The aim of this study is to find out, whether the diet of patients with diabetic foot syndrome differs from that of patients with diabetes without this syndrome.

Methodology:

This is a non-interventional study in the form of a questionnaire and a weekly food diary. The respondents were addressed by me directly in the ambulance. The minimum number of respondents in each group should be 10 patients, which was achieved. The research took place from December 2023 to mid-March 2024. The research group consisted of a total of 20 individuals: specifically, 10 diabetic patients without diabetic foot syndrome and 10 diabetic patients with diabetic foot syndrome.

The obtained food diaries were entered into Nutriservis, evaluated with regard to the recommendations of the Czech Diabetes Association and with regard to the comorbidities and preferences of the given patient.

The obtained data were processed and presented in the form of tables, graphs and verbal description.

Results:

However, since we are comparing these two groups according to the recommendations of the Czech Diabetes Society, there are no significant differences between the groups.

The groups differ only in fat intake, with the podiatric group not meeting recommendations and the diabetic control group meeting recommendations. Furthermore, both groups meet the recommendations regarding protein intake, carbohydrate intake and alcohol intake. All other recommendations are not followed by both groups.

Conclusion:

The results did not show a significant difference between the groups, but it is quite clear that none of the groups generally follow the recommendations of the Czech Diabetes Association.

Key words: type 2 diabetes mellitus, nutrition, chronic complications of diabetes, diabetic foot syndrome, podiatry