

SUMMARY

The goal of my baccalaureate thesis is an assessment of compliance of the patients with selected metabolic disorders treated by the diet. As an example of these disease most common civilization diseases as a diabetes mellitus, several types of hyperlipoproteinaemias and obesity were selected. Treatment of these disorders is based

mostly on the whole life regimen of the diet and life organization. Well accepted compliance is the basis for successful treatment and clinical compensation of mentioned diseases.

The aim of my work was a proving of seven working hypotheses about compliance, attitude and sense to dietotherapy and questions determined the influence to compliance assessment. Five hypotheses were confirmed and two ones refused.

128 respondents was included in the research group, included 40 patients with diabetes or obesity in the group with intensive intervention program, random selected group was consisted from 88 patients diabetes mellitus, hyperlipoproteinemias or obesity. The questionnaire was completed anonymously and computer program was used for statistical analysis and results demonstrated in tables and figures

The positive changes of dietary regimen during the course of intensive intervention program were proved. Positive correlation between satiety, the quality of dietary regimen adherence and the feelings during this adherence was proved. Statistically significant changes was not proved between the groups of diabetics and group of hyperlipoproteinemics about attitude to the active treatment. No changes were seen between several diagnostic groups and diet treatment and its feeling and adherence. Statistically significant positive correlation between successful adherence and satiety and well-being and negative correlation to the stress rate was seen. The level of education and rate of realization of the disease and dietary treatment importance was correlated. Significant influence of time course of diet therapy and education intensity on positive feelings during diet adherence was demonstrated.

In the education process is important to notify the paramedical process reflecting on only standards and recommendation to the treatment but competent psychological, pedagogical and scientific attitude of the educator to the educated patient reflected as a unic person in his whole life context. The better knowledge of needs, feelings and opinions of the patients the better mutual confidence and compliance.

This paper revealed the great room for next research and causal relationships elucidation because of not yet fully studied problem but inspired mosaic of personal and external factors is suggested.