

## **ABSTRACT**

**Introduction to the subject matter:** Experts find obesity one of the most serious health issues of the 21<sup>st</sup> century. It increases the risks connected with both the physical and mental health (In: World Health Organization [WHO], 2020). The symptoms that most frequently accompany obesity manifest themselves in the form of metabolic syndrome which includes diabetes mellitus type 2, high blood pressure, high blood cholesterol and high level of triglycerides. Although obesity used to be considered problematic mostly in countries with high average economic income, it is gradually starting to include the developing countries as well (Pichlerová, 2013).

**Methodology:** In my bachelor thesis, I developed a theoretical case study about the stated subject.

**Objektive:** The thesis aims at the education of an obese patient in context of the nursing process.

**Result:** Education of patients in the health-care institutions based on didactic methods and the patients' individual educational needs.

**Conclusion:** Obesity has not yet been widely acknowledged as an illness. The number of obese people is rising globally. The education of obese people is a crucial factor in the fight against obesity.

**Contribution:** The thesis will serve as a material helping the patients in this area. An educational pamphlet for patients treated at home will be also created on the basis of the thesis.

**Key words:** obesity, education, nurse, patient, diet, treatment, metabolic syndrom