

ABSTRACT

An Introduction to the Topic and Why it is Significant: The numbers of patients with second type of diabetes mellitus is every year increasing. Whether is genetic predisposition for this kind of disease important, for increasing trend is provably crucial unhealthy life style. Imbalanced nutrition with domination of carbohydrates, absence of regular movement and finally gaining weight are the main factors. Diabetes is potentially very serious disease, in case is not properly treated, can caused serious results even rising of disability, for example kidney malfunction and than dialysis dependency, limb amputation or blindness. The treatment of this disease is based on non-pharmacological procurement as nutrition precautions and increasing of sport activities but also pharmacological treatment. Very important part of treatment is consistent, repetitive and effective education (Karen & Svačina, 2020).

Methodology: For the elaboration of the bachelor's thesis, I chose a case study of a patient who was diagnosed with type 2 DM. Educational procedures are presented in a specific case.

The aim of the work: Conducting basic education at the beginning of diagnosis. Implementation of a comprehensive education, which already deepens the acquired knowledge and skills from the basic. And the implementation of re-education with a focus on the specific difficulties of the patient and his motivation.

Results: Application of educational procedures according to current recommendations with respect for the individuality of the patient.

Conclusion: Medicine is constantly evolving through research. In the field of diabetology, which is a very current topic due to its prevalence, progress is significant mainly in the field of pharmacotherapy. However, despite all the research and innovations in the field of pharmacotherapy, the basis of the treatment of diabetes mellitus remains non-pharmacological therapy. Here, education plays an irreplaceable role in effective, consistent and repeated patient education. Because it is an educated patient who, by following all the recommendations, Increases the effectiveness of the overall treatment and reduces the risk of long-term complications.

Benefits of the work: According to the information obtained from the literature and on the basis of professional practice in diabetology, an educational material was created for a patient with a newly diagnosed type 2 DM.