

ABSTRACT

Introduction

Many patients diagnosed with type 1 diabetes mellitus (type 1 DM) do not have consistently satisfactory glycaemic control. This may be associated with inadequate education of patients about diet, carbohydrate counting, and insulin dose adjustment based on their carbohydrate intake.

Goals

My paper aims to survey the awareness, motivation and daily routines of type 1 DM patients and to assess the adequacy of their knowledge in this area.

Methods used

I conducted the research using anonymous questionnaires designed for type 1 DM patients in two different groups. The first group consisted of patients from a diabetological outpatient clinic in Kutná Hora. The questionnaire in paper form was distributed only to patients diagnosed with type 1 diabetes. The second group consisted of members of groups on social media (Facebook). There were 424 responses in the form of electronic questionnaires.

Results

The main outcome of this study is the finding that 72 % of patients are not regularly re-educated. Another important finding is that 63 % of respondents do not count the amount of carbohydrates in their food and are confident in their estimates despite the fact that there was considerable variance in the answers to questions regarding the amount of carbohydrates.

Conclusion

Although most patients said that they had a good idea of the content of carbohydrates in foods and no longer count, but instead only estimate carbohydrates, some of the responses do not confirm this statement. It is evident that not much emphasis is put on re-education which is often skipped or does not happen at all. It is also advisable for patients to verify their estimates from time to time by weighing their food and checking the quantities of carbohydrates using appropriate sources.