

Summary

Nowadays, diabetes mellitus belongs to wide-spread diseases. 4-7% of population suffer from diabetes in developed countries and the number is increasing. Education of patients with diabetes mellitus ensures effective treatment and it contributes to the delay of diabetic complications. Therapy itself without correct and effective patient education can hardly lead to successful treatment. One of the frequent diabetic complications is hypoglycaemia, which can be fatal due to patient ignorance. The aim of this pilot study was to evaluate the degree of patient knowledge about hypoglycaemia, to monitor its distribution among patients and to analyze its possible risk factors.

Cross-sectional observational study was used for the analysis. Data were obtained from structured direct interviews carried out among diabetic patients. The study was performed in Faculty hospital in Hradec Králové. Submission of patients into the study was random. Patients with diabetes mellitus types 1. and 2. visiting the diabetologic centre in Faculty hospital in Hradec Králové were included.

Information was gained from 100 patients (109 addressed (92 %)). The average age of respondents was 54 years and men prevailed (55 %). The number of diabetic patients of type 2 was two times higher than the number of diabetic patients of type 1. Patients were mostly well informed, while many of them (89%) assigned a doctor or a nurse as their main information source, only one patient assigned a pharmacist. Risk factors were perceived variously. Only 30% of respondents marked drugs as a risk factor. Dietary mistakes were considered as the most frequent cause of hypoglycaemia, while some patients didn't know the cause (16%).

The results of the study show that patients are well educated about hypoglycaemia, information sources are various and available. However not everybody can use his knowledge in practice. Hypoglycaemia still occurs, either due to patient's ignorance or not following recommendation. Hypoglycaemia can be sometimes caused by drugs which are not often considered as a risk factor. Therefore it would be appropriate to involve pharmacist to provide information. This study found problematic groups of patients on which better education should be focused.