

## **Annotation**

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**Name of the thesis:** Education of Diabetics in the Area of Selfmonitoring

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glycaemic haemoglobin

Bachelor thesis is about education of diabetics in the area of selfmonitoring. Theoretical part of this thesis is oriented on education which is essential part of treatment and on the meaning of education, goals, phases, form, resources of education, organisation and contents. This part further demonstrates dilemma of selfmonitoring that is selfmonitoring of glucose blood, glycaemic haemoglobin, selfmonitoring of ketonuria and glycosuria, weight and blood pressure monitoring.

An emphasis of this thesis consist in a quantitative research investigation of knowledge in the area of selfmonitoring of glycaemia by diabetics in Broumov – Regional hospital of Náchod. Diabetics were separated into two age groups: 20-59 years and 60 years and more. Resulting information should be due to education similar in both groups of diabetics. Outcome of this thesis is proposal of educational plan for diabetics oriented on selfmonitoring of glucose blood.