

SUMMARY

DIABETES MELLITUS TYPE II IN THE LIGHT OF METABOLIC SYNDROME

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Background: My thesis deals with diabetes mellitus, a common chronic civilization disease, the essence of its creation, including the issue of the treatment, regime measures and it also mentions the associated health problems connected to the diagnosis.

The Aim of the study: The main purpose of this work based on a small sample of patients was to verify their level of information and knowledge of the disease, compliance, participation in home blood glucose measurements and to determine the health complications associated with diabetes and its treatment.

Methods: The study was carried out by questionnaire in a paper form. Data were obtained in a pharmacy during a short interview with 209 randomly selected diabetics type II. The questionnaire included two main characteristics of respondents (gender, age) and 6 simple targeted questions.

Results: In the survey 59 % female and 41% male took part. The mean age of patients was 66.9 years. Respondents were diagnosed with DM on average 11.1 years. Using PAD was the most common therapy (61 %). There was the most prescribed biguanide or SU or their combination (78 %). Patient compliance was very good (97 %), education training as well (96 %). There was 24 % of respondents, who participated on the self-monitoring, most often with insulinotherapy. 55 % of respondents have health complications, the most numerous was the cardiovascular one (45 %).

Conclusions: The results suggest that education training is still not fully used. The study also showed self-monitoring is not used for more than three-quarters of respondents. Results of health complications may then indicate that diabetes control is not satisfying for a greater part of respondents. One of the tools, which can contribute to better compensation is the frequent involvement of patients in their self-control and verification of the effectiveness of their treatment and their consistent education.

Keywords: diabetes mellitus, insulin resistance, metabolic syndrome.