Abstract

Coronary artery disease is the most common cause of premature death, not only in our country but worldwide. The purpose of this thesis is to determine the habits of patients with this serious disease, the impact of education on their knowledge needed to change their current lifestyle and diet, success and possible barriers in putting these changes into practice.

The easiest approach and conditions to the education in a physical activity area, lifestyle changes and nutrition have those patients with indicated spa treatment. For these reasons the research was carried out among patients treated in the spa Poděbrady through three consecutive surveys: in the beginning, at the end and three months after the end of the spa cure. The responses were carefully analysed. 45 patients with coronary artery disease and 22 patients after valvular disease surgery were involved in this study as a control group. With the further progress of the research the interest of patients and the response rate declined.

Hazardous behaviour like smoking, lack of physical activity, increased salt intake, excessive energy intake of the patients with coronary artery disease was confirmed by this study. The study uncovered the lack of patients’ interest in education resulting is low knowledge level of lifestyle and healthy diet issues needed for a successful changes.

The results of this research confirmed the importance of the education in nutrition and lifestyle. The research showed that success of the treatment depends not only on the expertise of trainers and the sophisticated system, but also mostly on the interest and cooperation of the patients. In this field I can see a great opportunity for a dieticians work.

Key words: Coronary artery disease, risk factors, treatment, prevention, lifestyle, nutrition