

Abstract

The correct providing of the selfmonitoring by the diabetic patients can lead to the sufficient offset of the diabetes. Continuous monitoring of the glycaemia belongs among its most modern methods and thank to it is possible to detect even four times more serious glycaemia deviations than if we use the standard glucose measure methods.

This bachelor thesis deals with the continuous glycaemia monitoring of the first type diabetes female patient. Main goal of this thesis is to describe the glycaemia changes in the case of the specific physical activities depending on the diet and daily regime providing the analysis of changes and prediction of the glycaemia.

The theoretical part of my thesis summarizes the basic information regarding the diabetes mellitus disease. Subsequently, thesis is mainly focused on the acute complications of diabetes, glycaemia monitoring and options of the insuline modes. The practical part is dedicated to the evaluation of the female patient diet, physical activities and sensors records. The evaluation is provided through the organized tables and charts.

The detail analysis of glycaemia was performed during the thirteen days. In the thesis were described causes of the outbreak of hyperglycaemia and hypoglycaemia depending on the nutrition, physical activities and daily regime.

The results of the glycaemia analysis show that the most frequent cause of the hyperglycemia of the female patient was the job stress often combined with the wrong assessment of the carbohydrates in food. The hypoglycemia occurred particularly during the physical activities phase, but the effect of the locomotion was persisting many hours after. The evaluation of the patient's diet refers to the insufficient intake of all essential nutrients.