

## **Abstract**

### **MOTIVATING PATIENTS TO CHANGE THEIR LIFESTYLE AFTER HOSPITALIZATION AT INTENSIVE CARE UNIT FOR PANCREATITIS ATTACK**

**Introduction:** This diploma thesis focuses on the motivation of patients to change their lifestyle choices and habits after they suffered an acute pancreatitis.

**The aim:** The aim of this thesis was to analyse the barriers and motivators to change their lifestyle patients after they suffer an acute pancreatitis.

**Methods:** The research group of this qualitative study consisted of twenty probands (seven male and thirteen female) aged 45,15 – 12,41. The analysis of aspects motivating them to change their lifestyle after an acute pancreatitis was conducted right before they were released from intensive care in a faculty hospital in Prague into aftercare at their homes. The analysis was conducted through semi-structured interviews. The interviews were recorded with the patient's permission in order to be transcribed and analyzed later on.

**Results:** The main barriers to lifestyle change after pancreatitis attack are fear of the future, feeling guilty, seducing guilt on others, feeling sick, loneliness and separation, emotional inertia towards love done; feel overworked, constant rush, lack of time for yourself and for other family members, fear of reintegration into society; bad eating habits lack of physical activity, alcohol or drug addiction and ignorance toward the treatment itself. The main motivators in changing lifestyle after pancreatitis attack is the patient's commitment to life chase itself – adjustment of the food diet, movement habits and activities, working time regulation or possibility of job change; a sense of security, safety and hope; help from family and closest friends; endeavor to prolong life, build or care for a family, and the vision of a new life beginning.

**Conclusion:** Although there were probands from different research groups of social background, it was possible to be found in their barriers and motivators certain trends, both within the perception of their future, lifestyle, motivation, or within their perception of emotions, feelings and interaction with the company that surrounds them.

**Keywords:** aspects of quality of life, hospitalization, pancreatitis, lifestyle, habits