

ABSTRACT

Foundations: Alcohol consumption affects negatively the whole organism and the organ that is damaged most often is liver. Liver diseases start developing subsequently. A whole range of diseases, from the lighter forms such as steatosis to a serious, life-shortening illness - the liver cirrhosis, can be caused by alcohol consumption. The degree of alcohol impact on liver depends on its dosage and length of usage. The degree of liver damage does not depend on the kind of the alcoholic drink but rather on its dosage. An important role in development of serious forms of liver diseases is played by other risk factors (mostly genetic) besides volume of consumed alcohol (Schiff et al, 2007). Therapeutic procedures for people with alcoholic liver damages include above all change of lifestyle including abstinence from alcohol consumption, ideally complete abstinence from cigarette smoking, weight reduction if indicated, and nutritional and pharmacological therapy. Liver transplant surgery is required in serious cases.

The main **aim** of my thesis is to chart and describe whether the quality of patients' everyday lives improves after liver transplant. In particular, I intend to focus on the physical, mental, and social areas of their lives. Another objective of this paper is to find out whether the patients' attitudes towards use of alcohol change in relation to the subsequent outpatient treatments. My goal is also to collect objective markers related to alcohol usage in patients after liver transplant, and the last aim is to find interconnections between the patients' subjective attitude towards alcohol, quality of their lives and objective evidence of their alcohol use.

Data creation method: To this end a structured questionnaire was used, which has brought answers to questions related to the individuals' quality of life in physical, mental, and social areas, and which was based on standardised instruments WHOQOL-BREF and AUDIT. **The research sample:** Consisted of 96 patients after liver transplant carried out because of alcoholic cirrhosis, who were treated in the Institute for Clinical and Experimental Medicine in Prague. This total selection of patients from the list of Hepatogastroenterology Department has been realized in the period between August 2014 and January 2015. **Data analysis method:** The collected data was processed by the method of descriptive statistics and the results presented

in individual tables and charts - particularly to be able to test hypotheses and their correlations of individual interval or ordinal variables. The last research question helped to form the component hypotheses and a goodness of fit test (chi-squared) for normal variables, or a t-test to compare normal and proportion variables.

Conclusion and results: The results indicate, that patients after liver transplant because of alcohol abuse perceive the quality of their lives relatively without regard to their age and sex. The research proves that the disease always represents a significant intervention in the patients' mental state, physical strength and social relations and has great impact on the overall quality of their lives after transplant. The patients who underwent liver transplant can return to their regular pre-transplant lifestyle without serious complications. These people can even get back to their original occupations, especially if they are middle-aged and their jobs do not require manually demanding activities.

Key Words:

Quality of life – relapse – alcohol – liver transplantation