

ABSTRACT

Title: Comparison of the quality of life of persons diagnosed with intervertebral disc herniation in relation to surgical and conservative treatment.

Objectives: The aim of the diploma thesis was the research and evaluation of the quality of life in patients with intervertebral disc lesion with and without surgery, assuming that both monitored groups will be treated with individual rehabilitation treatment.

Methods: This research was carried out using a standardized Short Form 36 (SF - 36) questionnaire on quality of life based on health. The Czech version used corresponds to MUDr. Petra, Ph.D. (2000). The study was conducted at the Na Homolce hospital at the rehabilitation clinic, where appropriate respondents (n = 170) were selected for this research. The final results were divided into the respective age groups in both groups. Subsequently, a statistically significant deviation between the respective files was verified in each age group and therefore it can be said that there are no significant differences between the analyzed files.

Effects: The average age of the respondents who underwent the surgery was 49.2 years, with the respondents treated conservatively at an average age of 47.6 years. In terms of total physical health (physical activity, physical limitation, physical pain, general health assessment, vitality) as well as overall mental health (general health assessment, social activity, mental health, constraints caused by emotional problems and vitality) who underwent surgery better than those who were conservatively treated. When comparing the role of higher education and female gender, the results among respondents did not differ much, so it can be said that there are no significant differences between the analyzed files.

Key words: herniace, discus intervertebralis, the scope and level of health, quality of life is conditioned by health, life-quality questionnaires SF-36