

INFORMISANOST PACIJENATA OBOLJELIH OD DIJABETES MELITUSA

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Diabetes mellitus je značajan uzrok radne nesposobnosti, invaliditeta, velikih troškova zdravstvene zaštite kao i prijevremene smrtnosti. Navedeno oboljenje spada u grupu masovnih nezaraznih bolesti, koje su u stalnom porastu i predstavljaju problem svih starosnih grupa. Cilj rada je utvrđivanje prisustva oboljenja od diabetes mellitusa kod pacijenata Doma zdravlja Cazin. Cilj rada je usmjeren na istraživanje vrste terapije, načina ishrane, kontrolu GUK-a, udruženih bolesti, kao i važnost edukacije i prepoznavanja simptoma diabetes mellitus-a. U istraživanju je korišten anonimni upitnik, sačinjen od strane autora. Učestvovalo je 75 ispitanika oboljelih od diabetes mellitusa. Najviše oboljelih ispitanika (57%) je u dobi od 19 do 64 godine starosti, 11% odnosno osam osoba u dobi od 17 do 18 godina, a 32% ispitanika pripada starosnoj grupi preko 65 godina. Više od polovine bolesnika, 34 (45%) u liječenju dijabetesa koristi oralnu terapiju, dok inzulin koristi 41 (55%). Pravilnog načina prehrane se pridržava 40 ispitanika, odnosno 53%. Na pitanje dnevne kontrole GUK-a, 52 ispitanika (69%) dnevno mjeri GUK, dok mjesečno mjeri njih samo 3 (4%). Poražavajući su rezultati vezani za prepoznavanje simptoma bolesti, odnosno njih 37 (49%) poznaje i 38 (51%) ne poznaje simptome šećerne bolesti. Većina bolesnika, njih 56 (75%), je zadovoljno sa pružanjem edukacije pacijenta od strane medicinske sestre, dok je manji broj pacijenata 17 (22%) nedovoljno ili nikako zadovoljno s edukacijom. Na osnovu rezultata istraživanja možemo zaključiti da pacijenti nisu dovoljno edukovani, obolijevaju mlađe starosne grupe, kao i da se isti ne pridržavaju pravilne ishrane. Sa aspekta medicinskih radnika pridajemo veliki značaj investiciji u prevenciju diabetes mellitusa kao masovne nezarazne bolesti u smislu fokusiranja i modifikacije na faktore rizika i intervencija ranog otkrivanja.

Ključne riječi: dijabetes, prevencija, zdravstvena edukacija, stil života, pravilna prehrana

AWARENESS OF PATIENTS WITH DIABETES MELLITUS

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Diabetes mellitus is a significant cause of incapacity for work, disability, high health care costs as well as premature mortality. This disease belongs to the group of mass non-communicable diseases, which are constantly increasing and are a problem for all age groups. The aim of this study was to determine the presence of diabetes mellitus in patients of the Cazin Health Center. The aim of the paper is to investigate the type of therapy, diet, control of GUK, associated diseases, as well as the importance of education and recognition of the symptoms of diabetes mellitus. An anonymous questionnaire, developed by the author, was used in the research. 75 respondents with diabetes mellitus participated. Most of the affected respondents (57%) are aged 19 to 64, 11% or eight people aged 17 to 18, and 32% of respondents belong to the age group over 65. More than half of patients, 34 (45%) use oral therapy in the treatment of diabetes, while 41 (55%) use insulin. 40 respondents, or 53%, adhere to a proper diet. When asked about the daily control of GUK, 52 respondents (69%) measure GUK daily, while only 3 (4%) measure them monthly. The results related to the recognition of the symptoms of the disease are devastating, ie 37 (49%) of them know and 38 (51%) do not know the symptoms of diabetes. The majority of patients, 56 of them (75%), are satisfied with the provision of patient education by the nurse, while a smaller number of 17 patients (22%) are insufficient or not at all satisfied with the education. Based on the results of the research, we can conclude that patients are not educated enough, younger age groups get sick, and that they do not adhere to a proper diet. From the aspect of medical workers, we attach great importance to investing in the prevention of diabetes mellitus as a mass non-communicable disease in terms of focusing and modifying on risk factors and early detection interventions.

Key words: diabetes, prevention, health education, lifestyle, proper nutrition