

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**OCENA PREHRANSKEGA VNOSA PRI BOLNIKI S SLADKORNO
BOLEZNIJO**

**ENERGY AND FOOD INTAKE ASSESSMENT AMONG DIABETIC
PATIENTS**

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POVZETEK

Uvod: Zdrava in uravnotežena prehrana je bistvenega pomena za dobro obvladovanje sladkorne bolezni in lahko prispeva k izboljšanju dobrega počutja in boljšim dolgoročnim zdravstvenim izidom. Z raziskavo smo želeli ugotoviti primernost uporabe metode spremljanja prehranskega vnosa pri bolnikih s sladkorno boleznijo s pomočjo dnevnika prehranjevanja.

Metoda: Uporabili smo kvantitativni raziskovalni pristop, metodo deskripcije in metodo ocenjene količine zaužite hrane. Za izvedbo raziskave smo uporabili dnevnik prehranjevanja, ki je bil za potrebe raziskave dopolnjen z dodatnimi vprašanji. Uporabili smo neslučajnostni, priložnostni vzorec. V vzorec so bili vključeni naključno izbrani bolniki s sladkorno boleznijo, ki so izpolnjevali vnaprej postavljen kriterij starosti 25 let in več. Skupno je bilo razdeljenih 100 anketnih vprašalnikov. Vrnjenih jih je bilo 53, od tega je bilo 51 popolnih in 2 nepopolna. Realizacija vzorca je bila 51 %. Podatke smo analizirali v programu Excel.

Rezultati: Moški v povprečju zaužijejo 2090 ± 280 kcal dnevnega energijskega vnosa, ženske pa 1140 ± 277 kcal. Energijski vnos je pri moških ustrezen in v skladu s smernicami zdravega prehranjevanja, pri ženskah pa je nižji od priporočila. Vsi preiskovanci 51 (100 %) presegajo povprečni dnevni vnos ogljikovih hidratov, 44 (86,3 %) preiskovancev presega povprečni vnos maščob, 31 (60,8 %) preiskovancev presega povprečni vnos kalcija in 41 (80,4 %) preiskovancev presega vnos fosforja. Ostale vrednosti pri makrohranilih in mikrohranilih so v povprečju dosežene ali ne. Večina preiskovancev pozna ali v celoti spremlja smernice zdravega prehranjevanja, vendar jih po rezultatih sodeč ne upoštevajo, kot bi morali. Normalno hranjenih je 11 (21,6 %) preiskovancev, prekomerno telesno maso ima 21 (41,2 %) preiskovancev, v stopnji debelosti pa je 19 (37,2 %) preiskovancev.

Razprava in sklep: Pri bolnikih s sladkorno boleznijo je pomembno, da upoštevajo smernice zdravega prehranjevanja čim bolj dosledno, saj ima to pomemben vpliv na njihovo počutje, potek zdravljenja in na kakovost življenja. Nekajkrat letno bi bila potrebna edukacija in izobraževanje o prehrani, ki jo lahko uživajo bolniki s sladkorno boleznijo. Dnevnik prehranjevanja zahteva visoko motiviranost in sodelovanje osebe.

Ključne besede: sladkorna bolezen, bolniki s sladkorno boleznijo, zdravo prehranjevanje, energija, DACH priporočila

SUMMARY

Introduction: A healthy and balanced diet is essential for the successful management of diabetes and can contribute to the improvement of well-being and better long-term health outcomes. The study sought to ascertain the appropriateness of the method of monitoring dietary intake of patients with diabetes by means of writing a food diary.

Method: We used quantitative research approach, a descriptive method and the method of estimating the amount of food consumed. In order to carry out the research, we used a food diary, which was supplemented with additional questions for the research purposes. We used a random, ad hoc sample. The sample included randomized patients with diabetes who met a pre-established criterion of 25 years of age and older. In total, 100 questionnaires were distributed. There were 53 returned, of which 51 were complete and 2 incomplete. The realization of the sample was 51 %. Data was analyzed in Excel.

Results: The average daily energy intake for men was 2090 ± 280 kcal and for women 1140 ± 277 kcal. The energy intake is appropriate for men and in accordance with the guidelines of a healthy diet, but for women it is lower than recommended. All subjects 51 (100%) exceeded the average daily intake of carbohydrates, 44 (86.3%) subjects exceeded the average fat intake, 31 (60.8%) subjects exceeded the average calcium intake and 41 (80.4%) subjects exceeded the intake of phosphorus. The values of macro- and micronutrients were on average achieved or not. Most subjects knew and were aware of healthy eating guidelines, but considering the results, they did not take them into account as they should. 11 (21.6%) subjects are normally fed, 21 (41.2%) subjects are overweight and 19 (37.2%) subjects are obese.

Discussion and conclusion: It is important that patients with diabetes follow the healthy eating guidelines as consistently as possible, because this has a significant impact on their well-being, the course of treatment and the quality of life. Education on a healthy and balanced diet for patients with diabetes should be carried out a few times per year. The writing of food diary requires a high level of motivation and involvement of the patient.

Key words: diabetes, patients with diabetes, healthy diet, energy, DACH recommendations