

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**PREHRANJEVALNE NAVADE PACIENTA S SLADKORNO
BOLEZNIJO – ŠTUDIJA PRIMERA**

**THE DIETARY HABITS OF A PATIENT WITH DIABETES – A CASE
STUDY**

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POVZETEK

Uvod: Sladkorna bolezen tipa 2 postaja vedno večji problem današnje družbe. Pomembno je zgodnje odkrivanje sladkorne bolezni, saj lahko njene posledice z uravnoteženo prehrano in zdravim načinom življenja preprečimo oz. zamaknemo v kasnejše starostno obdobje. Z raziskavo smo želeli ugotoviti, kakšne so prehranjevalne navade pacienta s sladkorno boleznijo in kako slednje vplivajo na kakovost njegovega življenja.

Metoda: Uporabili smo kvalitativno metodo raziskovanja, študijo primera z metodo utemeljene teorije. Instrument raziskave je bil polstrukturiran intervju. Prvi intervju je obsegal 13 vprašanj in drugi 11 vprašanj. Vprašanja za intervju smo oblikovali na osnovi pregleda literature. V oba intervjuja smo vključili pacienta, ki ima sladkorno bolezen tipa 2, se zdravi 18 let in živi v domačem okolju. Med enim in drugim intervjujem je minilo 60 dni, saj smo želeli ugotoviti, kako sprememba življenjskega sloga vpliva na njegovo kakovost življenja. Pred izvedbo intervjuja je pacient podal informirano soglasje k sodelovanju v raziskavi. Odgovore obeh intervjujev smo posneli, nato je sledila transkripcija in analiza besedila.

Rezultati: Na podlagi kvalitativne analize besedila, ki smo jo kombinirali s kvantitativno analizo opravljenih meritev pacienta, smo ugotovili, da se je kakovost življenja pacienta s sladkorno boleznijo po spremembi življenjskega sloga pozitivno spremenila. Po spremembi prehranjevalnih navad in življenjskega sloga je pacient izgubil 10,5 kilogramov, krvni sladkor je lažje uravnaval, prav tako pa se je tudi njegovo splošno počutje izboljšalo. Simptomi sladkorne bolezni so se po navajanju pacienta omilili. Iz izkušenj proučevanega pacienta izhaja, da uravnotežena prehrana in telesna dejavnost pomembno vplivata na potek sladkorne bolezni.

Razprava in sklep: Ugotavljamo, da uravnotežena prehrana in gibanje pozitivno vplivata na počutje pacienta s sladkorno boleznijo in sam potek bolezni. Sprememba prehranjevalnih navad za pacienta ni enostavna, saj zahteva spremembo njegovega življenjskega sloga, navad in vsakodneвне rutine, kot tudi znanje in samodisciplino, kar ni preprosto. Pomembno je, da se pacient prostovoljno odloči za spremembo življenjskega sloga in je osebno motiviran. Pomembno vlogo pri tem imajo medicinske sestre, družina in prijatelji.

Ključne besede: sladkorna bolezen, prehranjevalne navade, uravnotežena prehrana, pacient, kakovost življenja.

SUMMARY

Introduction: Type 2 diabetes is becoming a major problem in today's society. Early detection of diabetes is important as a balanced diet and a healthy lifestyle can prevent or postpone its consequences to a later age. This study researches the eating habits of a patient with diabetes and how they influence his quality of life.

Method: We used a qualitative research method, a case study using grounded theory. The research instrument was a semi-structured interview. The first interview consisted of 13 questions and the second 11 questions. The interview questions were developed on the basis of a literature review. A patient having type 2 diabetes, being treated for 18 years and living in a home environment was included in both interviews. There was a gap of 60 days between the first and the second interview, because we wanted to determine how a change in lifestyle affects his quality of life. Before the interviews the patient had given the informed consent to participate in the study. Both interviews were recorded, followed by transcription and text analysis.

Results: Based on the qualitative analysis of the text, which was combined with a quantitative analysis of the patient's measurements, we learned that the quality of life of the patient with diabetes after a lifestyle change transformed positively. Following a change in eating habits and lifestyle the patient lost 10.5 kilos, blood sugar was easier to regulate as well as his overall health improved. According to the patient the symptoms of diabetes reduced. From the experience of the observed patient it has been concluded that a balanced diet and physical activity have a significant impact on the course of diabetes.

Discussion and decision: We have noticed that a balanced diet and exercise have a positive impact on the well-being of a patient with diabetes and the course of the disease. A change in eating habits is not easy for the patient since it requires a change in his lifestyle, habits and daily routine, as well as knowledge and self-discipline, which is difficult. It is important that the patient voluntarily decides to change his lifestyle and is personally motivated, in which nurses, family and friends play an important role.

Key words: diabetes, eating habits, healthy balanced diet, patient, quality of life.