

**VISOKA ZDRAVSTVENA ŠOLA V CELJU**

**DIPLOMSKO DELO**

**IZKUŠNJE PROFESIONALNEGA ŠPORTNIKA S SLADKORNO  
BOLEZNIJO TIPA1**

**THE EXPERIENCES OF A PROFESSIONAL ATHLETE WITH TYPE 1  
DIABETES**

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## POVZETEK

**Uvod:** Športniki s sladkorno boleznijo tipa 1 lahko pod pogojem, da imajo urejeno sladkorno bolezen ter podporo pri diabetološkem timu in športnih trenerjih, dosegajo vrhunske športne rezultate, vendar to od njih, v primerjavi z zdravimi, zahteva še več napora in samodiscipline. Treningi, tekme, pogosta potovanja ter stres lahko pri njih privedejo do nevarnih akutnih zapletov, kot sta hipoglikemija ali hiperglikemija, omejitve pa zanje predstavljajo tudi nekateri kronični zapleti. Namen diplomskega dela je predstaviti izkušnje profesionalnega športnika s sladkorno boleznijo tipa 1, ki ima to bolezen od 18. leta in se zdravi z inzulinsko črpalko.

**Metoda:** Raziskava je temeljila na kvalitativni metodi raziskovanja, metodi deskripcije. Podatki so bili zbrani maja 2016. Uporabili smo tehniko intervjuja, instrument raziskave je bil strukturiran vprašalnik, ki je vključeval 24 vprašanj odprtega tipa. Vprašanja za intervju so bila sestavljena na podlagi pregleda strokovne literature. Intervju je bil transkribiran, besedilo je bilo podrobno analizirano z metodo indukcije.

**Rezultati:** Odgovori so bili strnjeni v šest glavnih tem: športnikova anamneza in podatki o vrsti športa, prehranjevanje, zdravljenje z inzulinom, pogostost in vrste obremenitve ter sodelovanje z diabetološkim timom in zdravstvenim timom športne ekipe. Kategorije opisujejo začetek bolezni v povezavi s psihičnim stresom, za športnikovo disciplino pa so značilne velike anaerobne in aerobne obremenitve. Športnik dobro ocenjuje sestavo in količino zanj primernih živil, zato ne uporablja metode štetja ogljikovih hidratov. Njegovo prehranjevanje je v skladu s pravili stroke. Z uporabo inzulinske črpalke je zmanjšal število nočnih hipoglikemij. Med izpostavljenostjo napornim treningom in stresnim situacijam na tekmah si pogosteje meri krvni sladkor, poveča vnos ogljikovih hidratov in priredi vnos inzulina. Občasne hipoglikemije rešuje z uživanjem glukoze. Hiperglikemije ima redko, predvsem ob stresu. Sodelovanje z diabetološkim timom ocenjuje kot odlično, nekoliko slabše pa z zdravstvenim timom športne ekipe.

**Razprava in sklep:** Športnik s sladkorno boleznijo tipa 1 dobro kontrolira svojo bolezen in jo je sposoben zadovoljivo voditi. Dobro pozna akutne zaplete, ki predstavljajo dejavnike tveganja za profesionalno ukvarjanje s športom. Raziskava potrjuje odlično sodelovanje športnika z njegovim diabetološkim timom in nakazuje potrebo po dodatnem izobraževanju zdravstvenega tima njegove športne ekipe in njegovega trenerja v smislu pridobivanja specifičnega znanja, ki je potrebno za nadzor nad športno dejavnostjo pacienta s sladkorno boleznijo.

**Ključne besede:** sladkorna bolezen tipa 1, hipoglikemija, hiperglikemija, opolnomočen pacient, profesionalni šport.

## SUMMARY

**Introduction:** Athletes with type 1 diabetes can achieve top sport results. In order for this to be the case, their illness must be regulated and they must be supported by a diabetic health team and sports trainers. Because of the diabetes these individuals need even more self-discipline and are under greater strain compared with healthy athletes. Trainings, matches, frequent travelling and stress can cause dangerous, acute complications such as hypoglycemia or hyperglycemia. There are also certain restrictions due to some chronic complications. The purpose of this diploma paper is to present experiences of an athlete with type 1 diabetes who has had the condition since he was 18 and who uses an insulin pump.

**Method:** The survey was based on a qualitative method of research - method of description. The data were gathered in May 2016 by means of the technique of an interview. The instrument of the survey was a structured questionnaire which included 24 open questions which were formulated on the basis of the survey of professional literature. The interview was transcribed and the text was analyzed in detail by means of the method of induction.

**Results:** The answers were grouped into six main themes: the athlete's anamnesis and the data about the type of sport, the diet, the insulin treatment, the frequency and kind of strain and the cooperation with the diabetes care team and with the sport health care team. The categories describe the beginning of the diabetes in relation to psychological stress. The athlete's evaluation of the appropriate structure and quality of the food he consumes is good. Hence he does not use the method of counting carbohydrates. His diet is in accordance with the professional guidelines. Due to his usage of an insulin pump the number of nocturnal episodes of hypoglycemia has decreased. During his exposure to hard trainings and to stressful situations at matches, he measures more frequently the level of sugar in his blood, he increases the input of carbohydrates and adjusts the input of insulin.

**Discussion and Conclusion:** The athlete with diabetes type 1 controls his illness well and is capable of good management of it. He is well aware of the acute complications which present risk factors in professional sport engagement. The survey confirms an excellent cooperation between the athlete and his diabetes care team. At the same time, it reveals the need for additional education on the part of the sport health care team and his trainer in the sense of acquiring specific knowledge which is needed in order to exercise effective control over the sport activities of a diabetic patient

**Key words:** type 1 diabetes, hypoglycemia, hyperglycemia, self-procuring patient, professional sport.