

## **ABSTRACT**

Bachelor thesis is focused at preventing complications in patients with 2<sup>nd</sup> type insulin-dependent diabetes mellitus. The aim of the final work was to determine complications associated with the basic disease, prevention of complications, patient education and awareness about diabetes and regime measures. Research was conducted in outpatient clinics for diabetics and subjects of research were 100 adult patients with 2<sup>nd</sup> type insulin-dependent diabetes mellitus. Research conducted on the basis of a questionnaire survey. The theoretical part focused on basic information about diabetes mellitus in particular classification, diagnosis, treatment, complications, prevention and treatment of disease complications. The practical part was focused on patients with diabetes and activity based on the questionnaire the data were analyzed and graphically processed using tables and graphs. The work showed the results of many research deficiencies in patient awareness and proper education. Many patients do not realize the severity of the disease and the consequences of underestimating the preventive measures.

**Key words:** 2<sup>nd</sup> type diabetes mellitus, diabetic complications, hypoglycaemia, diabetic foot, prevention of complications, treatment of diabetes, risk factors, insulin treatment.