

DIABETOLOGICAL EDUCATION IN THE PROVINCE OF WARMIA AND MAZURY

Elżbieta Bandurska-Stankiewicz¹, Joanna Rutkowska¹,
Ewa Aksamit-Białoszewska¹, Janusz Pieczyński²

¹ *Chair and Department of Endocrinology, Diabetology and Internal Medicine, University of Warmia and Mazury in Olsztyn*

² *Department of Ophthalmology, Provincial Specialist Hospital in Olsztyn*

Introduction. Health education of patients with diabetes conditions the effective treatment of this disease. Imperfect educational methods and the changing realities of everyday life force us to evaluate the programs employed thus far and to search for more effective solutions.

Materials and methods. The level of diabetological education in the Province of Warmia and Mazury was evaluated on the basis of a questionnaire conducted among diabetologists and diabetic patients treated in Diabetology Outpatient Clinics and by Family Physicians/General Practitioners. The research participants comprised residents of the Province of Warmia and Mazury. We analyzed 30 questionnaire forms completed by diabetologists, 100 forms completed by patients treated in the Provincial Diabetology Outpatient Clinic and 100 completed by those patients treated by family physicians.

Results and discussion. On the basis of the collected data we demonstrated that 32% of specialists in diabetology cooperate with an educational nurse, 8% with a dietitian, and 5% with a psychologist. The collected data indicate that 15% of diabetologists educate their patients thrice a year, 39% – twice a year, and 46% once a year. Further, 89% specialists notice the need to allocate special resources for education by the National Health Fund. The analyzed forms completed by patients treated in a specialist outpatient clinic indicate that 40% of females and 32% of males assess their knowledge with respect to diabetes as good. Only 50% of patients demonstrate their willingness to broaden their knowledge concerning this disease. Patients are mostly interested in healthy nutrition and diabetes self-control; 5 respondents are interested in how to proceed in hipo- and hyperglycemic episodes and information concern-

ing diabetes complications. As many as 47% of patients remaining under the care of family physicians believe that their knowledge is insufficient. Respondents evaluated positively available book publications, and believed that information provided by media was insufficient.

Conclusions. 1. Education in Poland requires devising a National Diabetes Education Program. 2. The National Health Fund should allocate separate resources for diabetological education to be conducted in diabetology outpatient clinics and family physician practices.