



EDUCATION OF PATIENTS WITH METABOLIC SYNDROME ON DISEASE SELF- MANAGEMENT

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Abstract

Metabolic syndrome is a complex of interrelated risk factors for development of cardiovascular diseases and type 2 diabetes – two of the most common chronic non-communicable diseases today. This makes the metabolic syndrome a socially significant problem for society. The education of patients with metabolic syndrome is an indispensable element in the complex therapeutic approach and social behavior.

This article examines and analyzes the opinion of patients with metabolic syndrome on their need for education on disease self-management. The respondents were 978 patients over the period from 01.02.2015 to 31.03.2016 in Sofia – hospitals and medical centers. The analysis includes their opinion on the need for information about disease self-management and the methods of its receipt, the need to control the level of body fat, the frequency of this control, the need for measuring and monitoring the blood pressure and blood sugar levels. The education of patients with metabolic syndrome and their families on coping with the disease is an important moment in practical social behavior. It provides good quality of life and is a major factor in preventing complications of the metabolic syndrome in the context of secondary prevention.

Keywords: Self-management, metabolic syndrome, education.