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Life style to patients with diabetes type II

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Diabetes is a chronic disease that occurs when the pancreas does not produce the right amount of insulin or does not produce it at all. Diabetes is one of the major health problems of modern society. The key of quality of life is the right way of living. The presence of diabetes mellitus leads to a decrease in life quality in all areas. The purpose of this study is to evaluate and review the quality of life and the scale of satisfaction that patients have with treatments of type 2 diabetes. A sample of 212 patients who received health services in the Department of Endocrinology at the University Clinical Center of Kosovo have become part of a quantitative questionnaire research. The collection of data was done through questionnaire adapted from English language „Diabetes Quality of Life” (Thomas et al., 2004). The results show a significant connection between the knowledge that patients have about diabetes and how much they are pleased about diabetes management ($r = 203, p = 0.01$). This shows that patients who have more knowledge about their illness are more satisfied with diabetes management, which shows that medical personnel should work harder to educate patients how to properly care about diabetes management.

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