

Abstract

The aim of this work was to research the effects of activities provided during the free time of patients at the Department of Long-term Care in the Central Military Hospital - Military Faculty Hospital in Prague. Part of the task was to identify activities that could have a spiritual overlap. The thesis is divided into theoretical and practical part. The theoretical part introduces the topic, defines some important terms concerning needs, old age, quality of life and spiritual care, and offers a list of available activities at the time of hospitalization. The practical part is focused on the investigation, which took place at the Department of long-term care and also includes a description of the department where the research was conducted. The practical part describes selected leisure activities offered by the department and outputs from interviews with patients on the topic. The results of the investigation showed that patients see the importance and benefits of the activities offered. It turns out that the activities have a positive influence on the patients and divert them from thoughts of illness. Patients look forward to the activities, seeing them as a purposeful part of the day and a chance to talk. It has been highlighted that there is a sufficiently large number of activities offered at the department, but also that patients, despite the large number of social activities offered to them, are not familiar with each other. The survey also points out that patients often do not know what under the term 'spiritual care' refers to.