

ABSTRACT

This thesis deals with nutrition in palliative care. The main aim is to introduce the issue of nutrition in palliative care, to help with a comprehensive perception of the context and the application of a palliative approach in nutritional care. The aim is to monitor and examine the current state of nutrition in facilities providing palliative care in the Czech Republic. The work is divided into theoretical and practical part. The theoretical part is focused on the issues of palliative care, nutrition and hydration. The practical part contains the objectives of the work, hypotheses and research with evaluation and analysis of the obtained data. There were two hypotheses established and evaluated.

From a methodological point of view, a combination of several research methods of a quantitative nature was used. As a means of obtaining data, the use of the survey in the form of an internet survey was sent to the management of individual facilities providing palliative care in the Czech Republic. The obtained data were processed using standard statistical methods. Using descriptive statistics procedures in the form of analysis of the obtained results, especially with the use of absolute and relative frequency. The total number of 97 questionnaires were distributed. 18 questionnaires for hospices, 70 questionnaires for mobile hospices and 9 for palliative care department. 53 valid questionnaires were returned and analyzed.

Based on the research, the established hypothesis was confirmed that most inpatient facilities have their own catering operation. The hypothesis that most facilities do not use the services of a dietitian was also confirmed. Not a single hospice or mobile hospice mentioned a dietitian working full time. Only 8 % of hospices and 3 % of mobile hospices reported a part-time dietitian. Regarding the communication about nutrition with the patient, the facility providing palliative care listed the doctor in the 1st place and the nurse in the 2nd place. Only 17 % of hospices and 14 % of mobile hospices stated that they have a detailed methodology for providing nutrition and nutritional care for patients/clients, incl. clearly defining competencies of individual specialties. 50 % of hospices and 43 % of mobile hospices stated that they are based only on local customs and general legislation.

After evaluating the results obtained from the research survey, it can be said that the provision of nutrition in palliative care has significant shortcomings that need to be solved. The involvement of dietitians in palliative care in the Czech Republic could lead to a significant improvement in nutrition and the provision of nutritional care to patients/clients.

Key words: palliative care, nutrition, hydration, dietitian, individual care plan