

Abstract

This bachelor thesis investigated the nutritional recommendations during cancer chemotherapy. The aim of this study was to determine whether the side effects of chemotherapy affect the dietary intake of a cancer patient. Apart from that, several goals were set. Firstly, to determine the awareness of oncologic patients treated with chemotherapy about nutritional recommendations that could influence the side effects of this therapy. Secondly, to investigate whether they act in accordance with these nutritional recommendations and to detect the source which is commonly used. Finally, to summarize the information about cancer treatment focusing on chemotherapy, its side effects and nutritional recommendations for them.

The research was conducted in the oncology department of the Jablonec nad Nisou Hospital lasting from January to February in 2021. The data were collected anonymously by the non-standardized questionnaire. This questionnaire was given to the patient in the outpatient clinic and collected the next day when the patient attended the treatment. The research group involved adult oncology patients undergoing chemotherapy within the last 3 months. The total research group contained 37 patients, 20 women and 17 men were involved. The research focused on the relationship between chemotherapy and nutrition. Therefore, the researched group was not limited by the type of cancer. The results of this research were analyzed in Microsoft Excel to tables and charts.

It was found that the side effects of chemotherapy affect the cancer patient's dietary intake. Consequently, most of the researched patients were informed about the nutritional recommendations for affecting the side effects of chemotherapy and applied them in their life. As the most common source of information was marked a doctor of an oncology department, followed by an information brochure and internet.

To conclude, comprehensive individualized care for patients undergoing chemotherapy should be highlighted. The application of nutritional interventions is crucial for this treatment. Moreover, the patient's knowledge in the field of nutrition might be an active tool of participation in their treatment. That can lead to better treatment results and can positively affect the patient's mental state at the same time. The practical outcome of the thesis is the information brochure, which gives patients the opportunity to actively affect the side effects of chemotherapy through diet.

Keywords: oncology, chemotherapy, side effects, nutritional recommendation