

The topic of his thesis Nutritional balance in hospitalized patients

I chose based on the fact that malnutrition (ie malnutrition) is currently time of a serious problem and in most developed countries, which suffer more illnesses of excess than a lack of food. People suffering from hunger paradoxically in hospitals a nursing home under medical supervision. As a result malnutrition there is a prolongation of hospitalization (about 20-50%), the extension stay in intensive care units (about 50-150%) and an increase in mortality and number of complications, which together increase the cost of treating patients. Often missing interest in the nutritional status of patients on their dietary habits, malnutrition is diagnosed late, the later and often inadequately treated.

Hospitals often missing and nutritional therapists, an article that the nutritional the patients care, awareness of nurses and doctors is often very low, lacks a system of care for nutrition, diet and nutritional status of patients.

The world is moving proportion of patients admitted to hospitals in the stage malnutrition from 20 to 40% during hospitalization nutritional status deteriorates further and proportion of patients with malnutrition and may reach 60-70%.

In 2003, the staff of the Center Nutrition Survey, which showed that number of patients in malnutrition in Czech hospitals is comparable with the data reported in the world literature.

Based on these alarming numbers originated in Austria international project Nutrition Day in Europe, whose aim is to improve the knowledge and awareness of malnutrition using simple screening tests nutritional risk. It is a day cross-sectional survey underway in European countries (see Annex 1). First Nutrition Day in Europe was held January 19, 2006 and FNKV was one of the participants this European project, which is also engaged in his thesis.

We can thus compare the results in FNKV with the overall results of all European countries.