

The theoretical part of this thesis deals with the issue of coronavirus disease. First, the general characteristics of the disease, the major variants of the virus, the epidemiology and symptoms of the disease are described, followed by an introduction of the diagnosis and treatments methods. Information on the importance of vaccination and rehabilitation cannot be omitted. Towards the end of the theoretical part, the impact that the disease can have on the lifestyle of health professionals is presented, in all aspects, from diet to physical activity, stress, sleep, psychological hygiene and mental state. Last but not least, I also describe the post-covid syndrome and the subsequent care of healthcare workers.

The practical part of this thesis is concerned with exploring how Covid-19 disease has affected the normal daily activities of women working in healthcare. Whether this period had an effect on weight gain in these women and whether there was a change in laboratory parameters. The necessary data was collected by questionnaire survey and then recorded in graphs. The questionnaire was distributed online on Google Forms platform. The questionnaire was filled correctly and completely by 128 women working in health care in different professions. The results of blood tests were provided anonymously from 20 women. Comparison of results was made from standard blood tests at regular GP appointments before and after covid disease.

It was found that most women did not change their diets during the pandemic, and only minimally changed their shopping patterns by adhering to government-mandated restrictions. They included more fruits and vegetables, more dairy products and white meat in their diets. They limited white bread and red meat consumption. The weight gain during the pandemic was minimal for these women. Nineteen women stopped playing sport during the lockdown, so in total over fifty percent of women working in health care did not play sport. A quarter of the women experienced anxiety or depression during the pandemic, but only two women took medication. A quarter of the women experienced changes in sleep quality, felt very tired, had difficulty falling asleep and woke up frequently at night, but only six women started taking medication. Changes in the values of the laboratory parameters monitored were only minimal, with the greatest changes in cholesterol and fasting glycaemia. This change was noted in four women.