

ABSTRACT

Nutrition is one of the prognostic, predictive and also modifiable risk factors for the development of civilization diseases, which unequivocally cause the highest mortality in our territory. Obesity, metabolic syndrome, cardiovascular disease, hypertension, and type 2 diabetes mellitus have been shown to progress earlier and more progressively among people living with human immunodeficiency virus (PLWH) rather than in the HIV-negative population. Thanks to the modernization of antiretroviral therapy (ART), the incidence of wasting or lipodystrophic syndrome among adherent individuals is very low, if not zero. However, HIV infection together with the ART and unhealthy lifestyle now represent a certain risk of undesirable comorbidities in the form of civilization diseases. The complex topic of nutritional care for PLWH should be part of the professional knowledge of every nutritional therapist.

Questionnaire surveys intended for qualified nutritional therapists and educational institutions, which were applied for the first section of the practical part of this thesis, confirmed all formulated hypotheses. The result of this part is the finding of insufficient education and the absence of deeper knowledge in the field of nutrition for PLWH among almost 95 % of the interviewed nutrition therapists, together with the confirmation of the absence of this topic in 9 out of all 13 educational institutions qualifying nutrition therapists. Up to 98 % of therapists and 11 institutions expressed interest in including this topic in the educational curriculum. This required and at the same time necessary manual of comprehensive nutritional care for PLWH is then the subject of the entire second section. The brief overview, which is provided in Appendix 3 in the form of educational and support material, represents the primary goal of this thesis. The contribution of this newly created document is its provision for all educational institutions and its inclusion in educational scripts.

keywords: nutritional care, people living with HIV, nutritional therapist, education