

Abstract

Czech people are the leaders in alcohol consumption in Europe and in the whole world. Chronic consumption of excessive amounts of alcohol has a negative impact on the entire organism. Ethanol increases mucosal permeability, changes intestinal motility and disrupts water and electrolyte absorption. Its consumption affects the absorption of essential and non-essential amino acids. Last but not least, alcohol consumption causes a liver damage. Due to a nutrient absorption disorder combined with a lack of quality food, which alcoholics often replace with alcohol, chronic alcoholics are prone to protein-energy malnutrition, lack of vitamins, minerals and selected trace elements. Inadequate nutrition is a predictor to higher morbidity and mortality in chronic alcohol users, especially if they suffer from liver disease as a result of alcohol abuse.

The aim of the work was to find out how experts in the Czech Republic take care of the nutritional status of their patients. If and how is malnutrition diagnosed and treated, and whether experts see the point of nutritional care for the alcoholics, especially in terms like a preventing the onset and progression of liver disease, and what is the potential difference between psychiatric facilities and gastroenterology departments. The research showed that the majority of experts see the point of nutritional care for patients with chronic alcohol abuse. Experts investigate the nutritional status of patients and they try to solve it both in psychiatric departments and in gastroenterology departments. The biggest differences are in the use of nutritional screenings to detect malnutrition, in the awareness of the presence of sarcopenia in patients with chronic alcohol abuse, and in monitoring the nutritional status of outpatients between psychiatric departments and gastroenterology departments. In all these aspects the psychiatric units fared slightly worse than the gastroenterology departments. However, the hypothesis, that the diagnosis and treatment of malnutrition in patients with alcohol abuse is more often performed in gastroenterology departments than in psychiatric facilities was not confirmed.

Keywords:

Malnutrition, alcohol abuse, vitamin malnutrition in chronic alcohol abuse, mineral malnutrition in chronic alcohol abuse, trace element malnutrition in chronic alcohol abuse, sarcopenia and alcoholic liver disease, nutrition in alcoholic liver disease