

ABSTRACT

The bachelor thesis „Nutrition of patients treated with home haemodialysis“ deals with the analysis of diet and eating habits of patients treated with home haemodialysis.

The aim of the thesis is to show that patients treated with home haemodialysis can follow a more moderate dietary restriction, thrive better and lead an active life.

In the theoretical part I discuss the types of dialysis and their principles, complications of dialysis treatment, quality of life of dialysis patients and last but not least nutrition in different stages of kidney disease and dialysed patients.

In the practical part, I based the results on structured questionnaires containing 20 questions and a detailed weekly menu. All 5 dialysis patients of the dialysis centre who are treated by home haemodialysis participated in the quantitative survey.

The results of the survey showed that patients perceive a difference in their diet compared to conventional dialysis, with 60% of patients saying that they do not have to restrict themselves as much and 40% of patients even saying that they do not restrict themselves at all. Patients report these differences mainly in the amount of beverages, vegetables and fruits consumed. During the research, patients had normal laboratory results, felt better, experienced less fatigue and led a better quality of life.

The quality of life of patients on home haemodialysis is found to be better for many reasons, and one of these reasons is nutrition and less dietary restriction. From my point of view, I see the need for close cooperation between the attending physician and the nutritional therapist so that the nutritional status is monitored and the diet is consulted and individually adjusted.

Keywords: Dialysis, home hemodialysis, nutrition, malnutrition, proteins