

Abstract

The thesis deals with the topic of oral nutritional supplements in clinical practice. The thesis aims to provide insight into the issue of malnutrition faced by a significant percentage of hospitalized patients. Poor nutrition significantly affects patients' quality of life, disease prognosis, length of hospitalization and has its share on increased morbidity and mortality. Nutritional screening, assessment of the patient's nutritional status, and diagnosis of malnutrition are crucial for the timely establishment of appropriate nutritional support. In cases a diet alone is no longer sufficient to meet the nutritional needs of a patient, administration of liquid enteral nutrition supplements is recommended. These oral nutritional supplements (sipping) are designed to cover or appropriately supplement the nutritional needs of the patient with a clearly defined formulation. Most often, they have liquid, cream or powder form. They are intended for direct consumption or can be added to food and beverages. Technically, they are the least demanding form of enteral nutrition. The practical part of the thesis is aimed at finding out the habits of administration of oral nutritional supplements/sipping. The aim was also to find out the key selection factors of the oral nutritional supplements in the public and private sectors of health care institutions in the Czech Republic. One hundred nutritional therapists participated in the questionnaire survey.

Keywords: Oral nutritional supplements, Nutritional support, Sipping, Malnutrition