

Abstract

This bachelor thesis is focused on the problem of nutrition in geriatric patients and patients in palliative treatment. The theoretical part includes informations of nutrition in these fields and the methods of measuring nutritional status. The practical part is focused on the problem of the position and a lack of nutrition therapists for the elderly in terms of providing nutrition care. The research was conducted into two homes for the elderly. One house had available nutritional therapist and the second house for elderly did not have one. The results were obtained from structured interviews with the home's staff and from performed MNA screening and test Barthel (Activities of Daily Living) for selected clients at entry examination and exit examination in intervals of four months. These results show that in the home for the elderly with the lack of nutritional therapist is recorded only weight of clients monthly and there is not performed MNA nutritional screening. While in the home for the elderly with an existence of nutritional therapist is performed the MNA screening once in month. In this house is also contacted nutritional therapist more often when it is necessary, and there is cooperation with a licensed physician F016 as well. In the addition, results show that there is not properly established or calculated menu in the home for the elderly without nutrition therapist. My observation notes that in the home for the elderly with absence of nutritional therapist the number of clients with risk of malnutrition by the MNA screening increases by 12.5 % while in the home for the elderly with existence of nutritional therapist the increment is only 6 %. The research has also showed that weight loss is related to the reduction of ADL results of individual clients.

Keywords: nutrition – geriatrics - palliative care – home for the elderly