

## **ABSTRACT**

This thesis focuses on general nurses' knowledge of dietary and fluid restrictions in haemodialysis patients. It consists of two parts – theoretical and practical. Theoretical part overviews the kidney anatomy, physiology, renal failure, education, psychosocial circumstances, current options of haemodialysis treatment, dietary and fluid restrictions in haemodialysis patients. The information in the theoretical part comes from the National Medical Library's resources as well from the electronic sources obtained via Medline, PubMed and Web of Science.

Quantitative research in the form of voluntary, anonymous questionnaire using polar questions was used for the elaboration of the practical part of the thesis. In total, 200 questionnaires were distributed. 162 of them were returned and 12 of these were discarded for incompleteness. Respondents were recruited among general nurses from haemodialysis centres and intensive care units. Five hypotheses were stated prior to the statistical processing of the data and the results are evaluated in the discussion section.

The aim of the thesis was to assess the level general nurses' knowledge in the area of dietary and fluid restrictions in haemodialysis patients. The patients' options for acquiring information on this topic as well as who is the most common provider of these information were further assessed.

The outcome of the research is positive. More than a half of the respondents demonstrated sufficient knowledge of the topic of interest. This knowledge is however significantly influenced by respondents' hospital department and also by the achieved level of education as well as the length of clinical experience (higher education level and the lengthy experience lead to the better knowledge).

The outcomes of this research were used for the elaboration of the relevant educational materials for nurses.

**keywords:** hemodialysis, dietary and drinking régime, nurse, education, patient, knowledge