

Abstract

The bachelor's thesis entitled Subjective perception of workload and fatigue of nurses deals with the issue and perception of the degree of workload, stress and fatigue of nurses. **The aim of the thesis** is to determine the subjective perceptions of workload of selected groups of nurses and then to evaluate the results of the research and suggest recommendations for practice. **The theoretical part** of the thesis contains a basic overview of the individual knowledge on the subject, describes the types of workload and fatigue and points out its consequences and prevention. **The empirical part** contains the results of our own research using a standardized Meister questionnaire. Furthermore, the results of the own investigation were compared with the results of other similar research on a similar topic. **The method** of the survey was a self-constructed survey, which was supplemented with the Meister questionnaire. The questionnaire was distributed to nurses employed at Motol Hospital in intensive care beds. The sample consisted of 94 respondents. **Results:** Considering the perceived burden, it was found that 44 % of the respondents felt that they did not have sufficient knowledge of relaxation techniques and activities to reduce the burden. **Conclusion:** Based on the results of the survey, I consider it more than important to improve nurses' knowledge of workload prevention. Nurses themselves, as well as their supervisors and employers, should be more deeply involved in this issue.

Keywords

Physical load, mental stress, nurse, nursing, shift work, workload, fatigue