

Abstract

The bachelor's thesis deals with the issue of immobilization syndrome. It aims to point out the risks associated with long-term immobilization, recognize the early symptoms of immobilization syndrome and prevent complications. The theoretical part focuses on the characteristics of the immobilization syndrome in individual organ systems, where related changes and prevention are described in detail. The empirical part consists of a questionnaire survey, which focuses on the knowledge of nurses from the standard and ICU departments. The verified knowledge concerns the prevention and nature of the immobilization syndrome. A total of 99 respondents across the Faculty Hospital in Motola participated in the survey. The obtained data were processed and then the knowledge of nurses was compared based on education, type of workplace and length of practice.

Objectives: The aim of the bachelor's thesis was to provide a comprehensive overview of relevant findings on immobilization syndrome. Furthermore, the goal was to find out, through a questionnaire, the nurses' own construction of knowledge about immobilization syndrome.

Methods: The investigation was conducted through a quantitative research survey. The self-designed questionnaire was distributed in printed form to practical and general nurses. The questionnaire contains 27 questions, consisting of open and closed answers.

Results: From the own investigation, there is a noticeable difference in the knowledge of the respondents in connection with the type of workplace where they are employed.

Conclusion: From the conclusion, it follows that nurses know the essence of immobilization syndrome, but there is still room for deepening knowledge, so that the occurrence of immobilization syndrome can be well prevented.