

Keywords: swallowing disorder, energy intake, protein intake, IDDSI

Abstract

Swallowing disorders have a significant negative impact on patients nutrition in health-care facilities. They are associated with a wide range of etiologies and are one of the frequent causes of malnutrition. In recent years in the Czech Republic, meals for patients with swallowing disorders have been increasingly prepared in special food moulds. Although literature documents multiple studies confirming the safety of food made using the moulds, research into its capacity to saturate patients and meet the energy and protein intake requirements has been limited. This thesis aims to investigate whether food prepared in a food mould contributes to a higher energy or protein intake. A total of 19 full day diets of stroke patients at the Sokolov Hospital were measured between July and August 2024. 10 patients in the control group were fed standard hospital food, while 9 patients in the intervention group were offered an enhanced plate presentation, which was based on innovative recipes used in the General Faculty Hospital in Prague. Research found no significant difference between the two groups and did not confirm that an enhanced plate presentation would contribute to a higher energy or protein intake.