Abstract

This bachelor thesis focuses on patient satisfaction with dysphagia diets modified to the consistency of thick purée (level 4 according to IDDSI). The theoretical part summarizes current knowledge about dysphagia, principles of texture-modified diets, and importance of sensory quality of hospital food. The aim of the practical part was to compare patients' subjective evaluation of sensory and functional aspects of food in two neurological departments in Prague – Všeobecná fakultní nemocnice and Nemocnice na Homolce.

The study was based on an assumption that visually more appealing and sensorily pleasant meals contribute to greater patient satisfaction and better acceptance of dietary regimens. The thesis also included testing of meal consistency, showing that most of the dishes met the requirements for IDDSI level 4. No statistically significant differences were found in the overall food ratings between the hospitals, but there were trends towards significance in taste perception ($p = 0.0539$) and visual attractiveness ($p = 0.0647$). In VFN, extreme ratings were observed more freguently – both positive and negative. Statistically significant differences were found in the need to consume liquids during meals and in cough occurrence during meals.

The findings of this thesis confirm that quality of dysphagia diets is determined not only by meeting technical standards, but also by patients' subjective perception. The results may contribute to improving individualized nutritional care and strengthening interdisciplinary collaboration in treatment of patients with dysphagia.

Keywords: Swallowing disorders, dysphagia, neurological diseases, texture-modified diet, IDDSI level 4, dysphagia diet, thickeners, nutritional support