

ABSTRACT

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Title: Sipping in the nutrition of oncologic patients

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Number of pages: 75

Number of supplements: 5

Year: 2015

I focused on the description of main principles and specifics of nutritional needs of teamers in the theoretical part of this Bachelor thesis. Supplementation during gravidity was another item I focused on. I tried to compare the opinion of more specialists and to find out the differences.

The practical part of the thesis is divided into two parts- a research and an educational part. The research focused on the gravid women to find out their interest of gravidity nutritional needs, where do they find the information about this topic and how are they satisfied with their quality. The research confirmed my premises that women are interested about this topic and their main source of information is internet (93% of respondents use it). They are mainly satisfied with the accessibility of information but their satisfaction of understandability and contents is worse.

I tried to prepare a simple and understandable educational material which should be helpful for pregnant women to cover all nutritional needs during gravidity.

My Bachelor thesis is focused on teamers without any health difficulties.

Key words: gravidity, child, physiological changes, nutrition, supplements