Abstract (thesis):

Background: This study explores the issue of eating habits and water intake of blood plasma donors.

Objectives: The aim of this research was to map the blood plasma donors' awareness of well-balanced diet, evaluate their eating habits and water intake. Inquire donors' knowledge of plasmapheresis, their awareness of food suitable for replenishing proteins after the collection of blood plasma and iron in low levels of haemoglobin. Compare the differences in eating habits between men and women. Map the frequency of rejected plasma donors due to low haemoglobin, high level of leucocytes or chylous plasma. In the conclusion the respondents evaluate their own knowledge of the given problems.

Methods: The research was conducted in a method of a standardised anonymous questionnaire. Overall data of 300 respondents attending a private plasma centre were processed while maintaining ethical principles. The research took place in 14 days, from 18th November 2015 until 2nd December 2015, so as to avoid a situation in which one client fills more than one questionnaire. The questionnaires were filled anonymously by clients waiting for their plasma to be taken or during the process in a donation chair.

Results: 171 (57 %) of women and 129 (43 %) of men participated in the research. They were mostly young clients between the age of 18 and 25. 23 % of the respondents experienced low haemoglobin at some point, 4 % had high levels of leucocytes and 5 % had some experience with chylous plasma in the past, which was obvious after evaluating their eating habits. The awareness of the respondents was very good. The familiarity with recommended food before plasmapheresis was good in most respondents, yet a consummation of unsuitable food occurred very frequently.

Conclusion: The research yielded a closer view of the eating habits and awareness of blood plasma donors. It should be the clients' motivation to better educate themselves about plasmapheresis and donation criteria because there is only a very little information available about this topic.

Key words: blood plasma, plasma donors, plasmapheresis, eating habits, haemoglobin