Abstract:

The Bachelor thesis consists of two parts - the theoretical and the practical one. The theoretical part is divided into several chapters; the first one is focused on the main information about malnutrition such as its definition, prevalence, classification, causes, impact and the methods of diagnosing. The following chapter describes the algorithm for nutritional care; the rest of the chapters deal with the artificial nutrition, where the indications, contraindications, complications and other essential information related to enteral and parenteral nutrition are described.

The practical part is dedicated to the worldwide programme “Nutrition day” and also to the evaluation of the data given by patients of the 4th internal clinic VFN in Prague during the programme. The research part was carried out on grounds of quantitative survey through a standardized questionnaire.

There are two aims to the study; the first one was to find out the food intake of all patients of the 4th internal clinic. This goal was not accomplished, because not every patient placed in the standard ward was willing to complete the questionnaire. However, the study showed that only 29 % out of 62 patients who completed the questionnaire ate the whole portion of meal. The second aim was to find out if the daily calorie intake planned for the Intensive-Care-Unit patients was accomplished or not. This goal was reached but the results were not really positive either. The study showed that the calorie intake was not accomplished in 66.7 % cases.

From the results it is evident that malnutrition should be given more attention.

Keywords: malnutrition, nutritional support, enteral nutrition, parenteral nutrition, Nutrition day