

## ABSTRACT

HILLOVÁ, Dagmar: *Rational nutrition of paramedics in workshift*. [Bachelor thesis]. Charles University in Prague. 1 faculty of medicine; Nutritional therapist. Consultant: Mgr. Nováková Alena. Prague, 2017, 46s.

This thesis discusses the rational eating habits of medics, paramedics and nurses who work shifts. The theoretical part describes principles of balanced nutrition with regards of rotating day and night shifts, the impact of poor diet on the job performance and on health of an individual. The work is focused not only on nutrition, but also on aspects that are closely related to nutrition, such as smoking and regular physical activity. The aim was to identify weaknesses in eating habits and then suggest possible and effective solutions considering the financial options of health facilities. Selected problem was solved by quantitative research using questionnaire methods. The questionnaire was directly focusing on different aspects of rational nutrition, smoking, sports activities and its own position towards health and nutrition. The observed data were graphically and numerically processed into graphs, and comparisons were made based on the age of the respondents and the country in which they operate (Slovakia or Czech Republic). In this work, there were suggested possible solutions in terms of space and time intended for nutrition, staff training on nutrition and diet and the possible services and benefits provided by the employer, which would improve the quality of dietary habits and condition of staff. The work includes an information leaflet, which includes specific recommendations for eating in a night shift and three-day sample menu. The benefit of the thesis is materializing the real problem in relation to eating of medical staff working in shifts and opening a new topic in the context of improving the working conditions and working environment, and with it related problem of improving the health services. The results are also the basis for further research, which is in the interest of every medical facility.

Key words:

Rational nutrition, workshift, nurse, eating habits, employee benefits