ABSTRACT

This bachelor thesis deals with eating and drinking regime of nurses on selected Wards. I chose this topic because I think it is very actual and it is important to talk about it. Nursing job is very demanding in many ways. The shift work is very hard and it can significantly interferes into life quality of nurses. Disruption of the cirkadial rhythm can result in sleeping disorders and many serious diseases. It is very often that to those difficulties contributes nutrition and eating regime. The chosen example of nurses were working in days and nights shifts. The main goal of this study was to survey the eating and drinking habits of nurses working two shifts. The partial goals of this research were to find out the dietary conditions of nurses working two shifts, to determine whether if there is any increase / decrease in body weight (more than five kilograms) from taking up the present job, if sisters in two shifts eat regularly five recommended doses. Then to determine how many nurses from the research sample suffer from digestive and dyspeptic difficulties and to find out if they drink recommended amount of fluids during their work. The research was conducted within the framework of an unnamed hospital in Prague. The data were collected using non-standardized anonymous questionnaire of our own design. The main results obtained data describes descriptive statistics for better clarity mathematical information presented in graphs and tables.

I was found from the results that the diet of nurses is rather irregular. Nurses eat frequently during their shifts 2 to 3 times a day. More than half of those surveyed eat breakfast after coming to work. The high number of respondents have their lunch between 13 to 14 hours (79%) and they have dinner after coming home from work (67%). Nurses frequently have their dinner in the night shift (58%) and eat only one time per night (62%). During the daily work shift the nurses usually have a break but irregularly (70%). Dining conditions for the most part are acceptable. The research also showed that nurses are mostly dissatisfied with their dietary regime (55%). The most frequent reasons for their dissatisfaction were irregular meals and lack of time. Answers to the questions concerning drinking regime showed that nurses drink during working hours 1-2 liters of fluids (59%). A high percentage of respondents (70%) said that from their taking up employment there has been no significant decrease or increase in body weight. Almost all amount of nurses do not suffer from any digestive or dyspeptic complaints (73%).

The meaning of this bachelor thesis is to draw attention to this topic. Furthermore to inspire nurses to reflect on their own eating and drinking regime and provide them a basis for a possible amendment.

Keywords: nutrition, drinking regime, life style, nurses nutrition, drinking regime, shift work