

## **Bachelor Thesis Abstrakt**

Author: Veronika Müllerová  
Name of Institution: Charles University,  
Faculty of Medicine in Hradec Králové  
Department of Social Medicine  
Division of Nursing  
Thesis Title: Healthy Life Style of General Nurses  
Thesis Supervisor: doc. MUDr. Lenka Hodačová, Ph.D.  
Number of Pages: 95  
Number of Appendixes: 3  
Year of Thesis Defence: 2017  
Key words: health, life style, nurse, stress, physical activity, regeneration,  
rest

This Bachelor Thesis deals with a life style of medical nurses. It discusses the principles of a healthy life style, an influence of stress on our organism, advantages of a regular physical activity, various ways of a healthy diet and it also describes individual components of a diet. A subject of the thesis is the influence of our profession on following the rules of a healthy life style with the emphasis on work shifts, on a way of eating, physical activity and dealing with stress. The thesis also focuses on the attitude of medical staff members to this topic and it inspects their opinion whether a member of medical staff should give a leading example in following the rules of a healthy life style. The practical part of the thesis presents the results of the questionnaire survey and it compares various types of work environments