

## ABSTRACT

According to available studies, the number of obese people is growing worldwide, we can speak about so-called pandemic obesity. Obese patients can be mostly found in hospitals and it is needed to react to this fact in medical and nursing care.

Subject of this thesis is the nursing process of a morbidly obese patient. The thesis is formed into a case study, which describes in detail the nursing care of a patient who has undergone stomach palsy due to a third degree of obesity. All attempts for conservative treatment were tried. Research was done in a clinic specialized in obesity treatment. Information for both theoretical and practical sections were based on Czech and international literatures and researches. In the practical section, an interview was done with staff of the clinic and a patient of the clinic.

Goal of the thesis is a detailed description of the nursing process according to functional health models by Margaret Gordon, gathering the most important facts in nursing care of an obese patient in a specialized clinic and suggesting how to use these facts even out of the clinic.

By analyzing the nursing process, I found out that nurses of the clinic follow given standards. In the discussion chapter, I am describing in detail how the clinic is structured, which tools the staff has at their disposal and what are my suggestions for improving the nursing care of obese patients both in and out of the clinic.

**keywords:** nursing process, morbid obesity, tools in nursing care, gastric plication, bariatric surgery