

Bachelor Thesis Abstrakt

Author: Anna Česáková

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: 76

Number of Appendixes: 4

Year of Thesis Difence: 2020

Key words: health, life style, stress, rest and relaxation, sport

The bachelor thesis is focused on the lifestyle of general hospital nurses. The work is devoted to individual areas of lifestyle. These include the components of food ingredients, the effects of stress on the body and its management. The theoretical part contains information about lifestyle, focus on nutrient nutrition, stress impact and ways of coping with stress. It also contains information about addictions and spiritual hygiene. The content of the work is focused on information about addictions and mental hygiene. It focuses mainly on details of eating habits, relaxation, drinking regime, physical activities and stress management. It also takes into account the health of nurses in general. The practical part presents the results that show us the real state of life of nurses and their means to cope with the amount of stress they face.