

Summary:

Main theme of this bachelor's essay was stress de-tension of the patient before surgery.

This theme is above all particularly elaborate in two main parts, respectively theoretical and empirical. There is definition and clarification of term stress in the theoretical part together with using of special medical literature. There is also pointed to factors evoking and causing stress. This essay furthermore points to the relation between stress and pain at the patient, as the same as between stress and not enough communication to the patient before surgery. Next, there are described possibilities of pain treatment. Theoretical part contains also description of hospital surrounding and its influence to stressogenesis at the patient. In the end of theoretical part there are brought managing strategies, which could reduce stress of the patient before surgery.

In the empirical part, I have tried to find out by quantitative research the most frequent factors and continuities matched to stress at the patient before surgery. The research was content from patients of different age groups and different diagnosis, who were hospitalized in Masaryk Hospital in Ústí nad Labem.