Abstract

The final thesis The Specificity of Geriatric Patients' Nutritional Needs deals with the issue of nutrition at old age and foremost of nutrition of geriatric individuals. These form a special group of patients.

The main meaning of this thesis is to report on the investigated issue. This is nowadays due to the rising number of the geriatric patients a very current topic.

The thesis has two parts – the theoretical and the practical one. The theoretical part deals with the elucidation of the key terms, description of the diet systems and outlining of the demographical development in the Czech Republic. The thesis also describes the hospital bed capacities for geriatric patients.

The practical part compares the approaches to the geriatric patients nutrition described in the domestic publications and the diets really provided to the geriatric patients in the Czech Republic. For these purposes, two geriatric workplaces were chosen – Clinic of Geriatrics of General University Hospital in Prague and The Department of Geriatrics at the Thomayer Hospital. The focus of the comparison was mainly on the values related to the intake of energy, proteins, saccharides, fats, vitamin D and calcium, iron and zinc minerals.

In the conclusion and discussion the results of the practical part are summarized and commented. The surveyed values of the really used diets were in general within the rather wide intervals recommended by the literature. Research of the literature showed, there is only a limited number of publications with new data relating the investigated issue, which does not correspond with the current demographic trend in the Czech Republic.

Keywords: geriatric patient, nutrition in geriatrics, nutrition at old age, nutrition recommendations, diet