

Abstrakt v anglickém jazyce

This bachelor thesis is focused the drinking regime among the paramedical staff on selected wards. The aim of this thesis was to analyse their drinking regime among on shift operation. The theoretical part contains general informatik about water, the water in the human body, drinking regime, the drinking regime rules, types liquids, minerals and complication drinking regime. Empirical part was approached by anonymous questionnaire. Approached by the paramedical staff on one - shift and three – shift operation. Research was carried out in faculty hospitál in Hradec králové. This data has been processed using descriptive statistics and for the sake of clarity have been presented using graphs and tables.

The results showed that the health regime did not couly with the drinking regime, even though the new chat to do. Futher, research shows that the drink more table water and tap water than mineral water. Health care providers do not have coffee or tea drink regime. Alcohol drinks occasionally. As shown in the surfy, the shift operation affects the drinking regime.

Keywords:

drinking regime – the paramedic staff - water - dehydration