

Abstract (thesis):

Basis: This diploma thesis follows the bachelor thesis that concentrates on the eating habits and water intake of blood plasma donors before plasmapheresis.

Goals: The research had four goals: 1) explore to what extent does providing of the educational material influence the awareness of blood plasma donors. 2) To map subjective state of health and lifestyle of plasma donors regarding their physical activity, healthy, regular, varied diet, smoking and sleep schedule. 3) To explore the knowledge of regime measures and risk behaviour before donating blood plasma. To evaluate donors' eating habits and water intake before plasmapheresis and reveal potential deficiencies. 4) Evaluate the knowledge of a given problem with those respondents who were provided with educational material in comparison with those respondents who got no educational material.

Methods: An educational material was created regarding regime measures of blood plasma donors. This educational material served as the basis for standardized anonymous questionnaire. Maintaining the ethical principles and with the ethical committee's approval, overall data of 40 respondents frequenting Haematology Department and blood transfusion of the Military University Hospital Prague. The sample consisted of two groups of randomly selected respondents. The first group comprised of 20 respondents who were provided with educational material before filling the questionnaire. The second group of 20 respondents received no educational material. The research was done during December 2017. The clients were filling the questionnaires anonymously while waiting for blood plasma donation.

Results: Providing the donors with educational material did not bring the anticipated positive effect in the knowledge of the regime measures, eating habits, or water intake in the blood plasma donors.

Conclusion: The result of the research should serve as a motivation for more thorough education of blood plasma donors.

Keywords: education, education material, blood plasma, plasma donors, plasmapheresis, eating habits, water intake, lifestyle