

Abstract

Introduction: Hospice palliative care is provided to patients in the terminal phase of life with the aim of ensuring quality of remaining life with an emphasis on their individual needs and wishes. An integral part of palliative care is nutritional care and ensuring the patient's adequate nutrition.

The theoretical part of the thesis describes the principles, standards and concept of development of palliative care, and provides a comprehensive overview of the types and forms of hospice care currently provided in the Czech Republic, and concludes with a consideration of nutrition and hydration in the terminal phase of the disease. In the practical part, the results of the questionnaire study are processed and presented.

Objective of the thesis: The main objective of my bachelor's thesis is to determine whether an individual approach is applied to nutrition in the inpatient care of a selected hospice. The secondary objective is to discover whether patients in inpatient hospice care are satisfied with the nutrition and meals provided.

Methodology: The project deals with research into the inpatient care of St. Štěpán's Hospice in Litoměřice. The research is designed as a questionnaire study. The data source is my own semi-structured questionnaire with 30 questions; 15 questions are closed, 13 semi-closed and 2 open. Data collection took place in the period from the start of January to the middle of February 2023. 35 participants took part in the study, 25 questionnaires were filled out. 91 % of patients had an oncological diagnosis and 9 % had a non-oncological diagnosis (immobilization syndrome after stroke, IHD, ALS). 40 % of patients were aged 81-90, 32 % 71-80, 24 % 61-70, and 1 % were aged 41-50.

Results: An individual approach to nutrition and meals is applied. 96 % of hospice patients are satisfied with the nutrition and meals provided.

Conclusion: The study proved that if an individual approach respecting patients' needs and wishes is applied to nutrition and meals in hospice inpatient care, almost all patients can be satisfied, despite the fact that they are already in the terminal phase of life.

Keywords: hospice, palliative care, nutritional care, nutrition, hydration, terminal phase of disease