



CHANGE? WHY NOT.

The Possibility of Nutritional intervention from the perspective of a nurse.

The mission of Motol University Hospital is treatment of illnesses based on actual pieces of medical knowledge and to provide complex and specialized high quality care for all stages of human life. The mission is summed up in our motto: "serving generations". Our main plan for future is to make the hospital "flagship" of Czech health service in general and specialized care. In order to achieve our goals it is extremely important to have an effective plan for operating the hospital, including a plan for increasing the quality of health care. Our hospital:

- provides basic, specialized and super specialized health care and services in medical fields in form of outpatient and in-patient care for children, adults and elderly patients
- the biggest health care facility in the Czech Republic
- is built in two single blocks that are connected together as well as few separate pavilions – has 2 410 beds
- more than 860 000 people per year are treated as outpatients
- more than 70 000 people are treated as in patients
- has more than 5 000 employees

The nurse uses in her work good nutrition principles. She takes into account the factors influencing the good nutrition, finds and pays attention to nutrition disorders. The nurse plays very important role in possibility of changing the bad habits in the field of nutrition.

Our project is focused on short interventions within the outpatient departments. We have chosen the Department of Internal Medicine of Motol University Hospital and 2nd Faculty of Medicine of Charles University and Department of Surgery of Motol University Hospital and 1st Faculty of Medicine of Charles University.

The questionnaires with the topic "Change? Why not." were distributed in the waiting rooms of the two participating clinics in November and December 2016. The nurses had four thematic brochures with a subject for the change in the selected topic (About the Nutrition, The Physical Activity, The Mental Aspect, How to find the Motivation). The nurses handed to the patients 100 questionnaires (50 from each Department). The rate of return was 70% in the Department of Internal Medicine (specifically 3% About the Mental Aspect, 40% About the Physical Activity, 14% About the Nutrition, 43% How to find the Motivation).

How to find Motivation, 43% About the Nutrition) and 65% in the Department of Surgery (specifically 18% About the Mental Aspect, 24% About the Physical Activity, 31% How to find Motivation, 27% About the Nutrition).

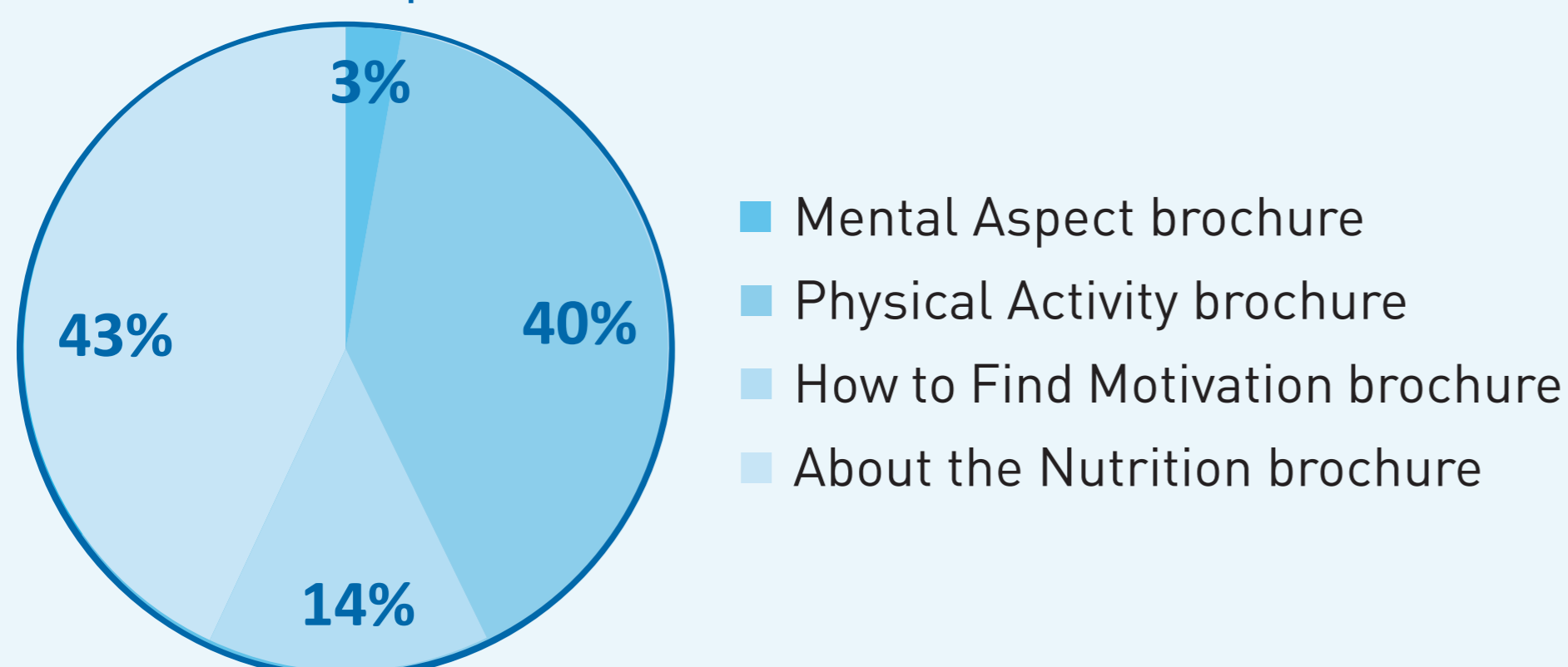
RESULTS AND CONCLUSION



The motivated nurse who is interested in the healthy nutrition and the change of lifestyle in general is the right and authentic motivation for the patients. It showed up that the leaflets/brochures must be handled by a nurse together with a short intervention, with free access they do not fulfill the function adequately. The short intervention is a subject to reflection for the patients and subsequently impulse for change in their routine stereotypes.

The project still continues ...

Department of Internal Medicine



Department of Surgery

