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## **DIET SYSTEMS IN PROJECT COUNTRIES**

**Nursing schools from the Czech Republic, Finland, Macedonia and Spain are comparing performance of nursing procedures**

2018-1-CZ01-KA229-047990



Co-funded by the  
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# Diet system in the Czech Republic



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# Types of hospital diets

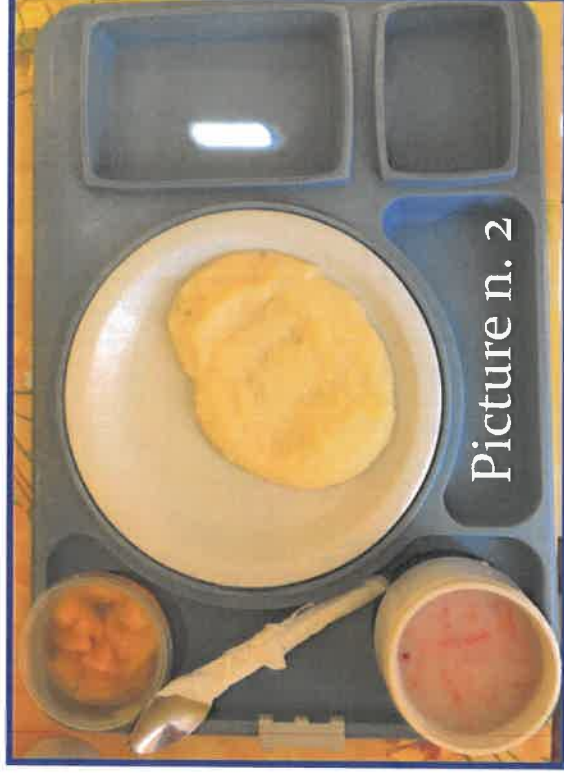
## Basic diets

## Special diets

## Standardized diets

# Basic diets

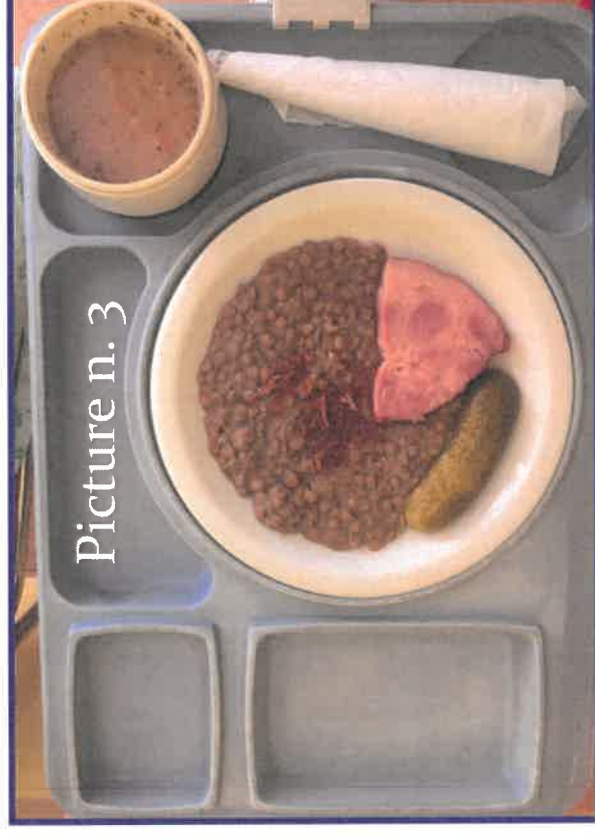
- 0 - Full liquid diet
- 1 - Soft diet
- 2 - Bland diet
- 3 - Regular (normal) diet
- 4 - Fat - restricted diet
- 5 - Low - residue diet (Protein diet)
- 6 - Low - protein diet
- 7- Low - cholesterol diet





# Basic diets

- 8 - Reducing diet
- 9 - Diabetic diet
- 10 - Salt -restricted diet
- 11 - Nutritious diet
- 12 - Diet for toddlers
- 13 - Diet for older children



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# Special diets

- **0S - Tea diet**
- **4S - Very low – fat diet**



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# Standardized diets

- **SP – Pancreatitis diet**
- **Gluten - free diet**
- **Lactose (dairy) - free diet**





# Drinking regime

- Drinking regime is provided on wards for all day.

## *Curative teas:*

- Urological tea
- tea



Picture n. 4

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- **Preparation and transit**
- **Serving**
- **Hygienic rules**

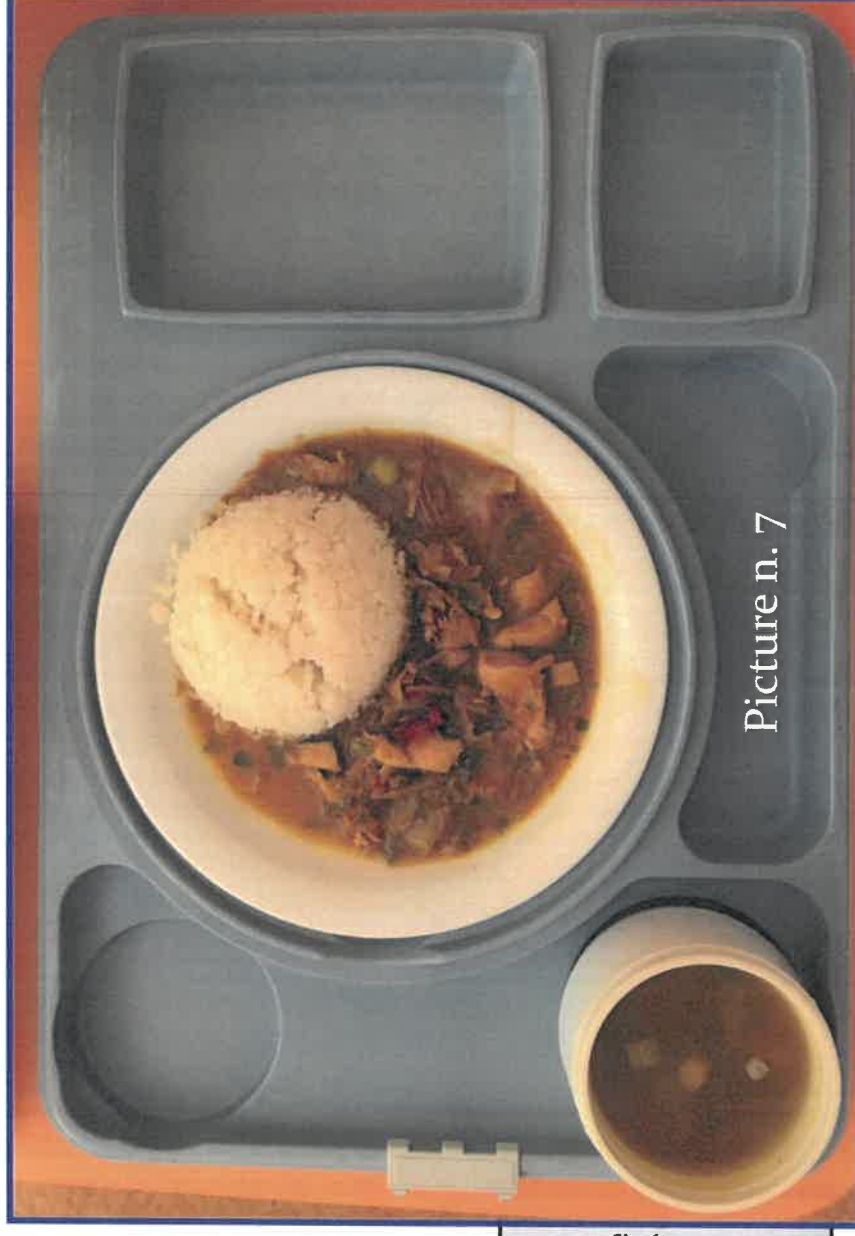


Picture n. 5

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# Financing



DIETA: 3  
rohlík\*  
med porce  
máslo por  
jablka  
A: 1,7

\*  
laník smet.  
porce 10g\*  
ka zelená  
7 Picture n. 6

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# Average salary

32 466 CZK

=

1 252.7 EUR



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PhDr. JARMILA KELNAROVÁ, Ph.D. A KOLEKTIV,  
*Ošetrovatelství pro střední zdravotnické školy 1. vydání, Praha 7:*  
Grada Publishing a.s., 2015, ISBN: 978-80-247-5332-4
- Czech – English dictionary
- Pictures: 1-7 own photos



# Diet system in the Czech Republic

**What is diet?** Hospital diet is a meal that has therapeutic effects, it is part of the treatment. Diets are prescribed by doctors and planned by a nutritional therapist based on a patient's disease.

## The types of hospital diet

In the Czech Republic diet system is divided into 3 groups:

basic diets, special diets and standardized diets.

### ***BASIC DIETS***

Most patients are getting one of basic diets. They are numbered from 0 to 13.

#### **0 - FULL LIQUID DIET**

Indication: for patients after surgery in oral cavity or oesophagus disease.

#### **1 - SOFT DIET**

Indication: after gastrointestinal diseases and surgery or oesophageal cancer

#### **2 - BLAND DIET**

Indication: for patients with long-term gastrointestinal diseases (especially stomach)

#### **3 - REGULAR DIET**

Indication: for patients without dietary restrictions.

#### **4 - FAT - RESTRICTED DIET**

Indication: This diet are prescribed for chronic pancreatitis, gallbladder or liver diseases





## **5 - LOW - RESIDUE (FIBER) DIET**

Indication: for patients with diarrhea, inflammatory bowel disease (Crohn's disease or ulcerative colitis)

## **6 - LOW - PROTEIN DIET (RENAL DIET)**

Indication: a low - protein diet is simply a diet that has been prescribed for someone with kidney disease.

## **7 - LOW - CHOLESTEROL DIET**

Indication: This diet is designed to reduce cholesterol blood levels. After heart attack or stroke.

## **8 - REDUCING DIET**

Indication: for obese patients or sometimes for overweight patients with 2 type diabetes

## **9 - DIABETIC DIET**

Indication: A diabetic diet is a diet that is used by people with diabetes mellitus 1 or 2 type or high blood glucose. They eat 6 meals a day. The diabetic patients have a *second dinner* (especially fruits or vegetables).

## **10 - SALT - RESTRICTED DIET**

Indication: salt - restricted diet is usually prescribed for patients with high blood pressure, edema and blood vessel disease

## **11 - NUTRITIOUS DIET**

Indication: for patients suffering from cancer, realimentation after infections (tuberculosis), *2nd dinner!*

## **12 - DIET FOR TODDLERS**

Indication: diet used for toddlers (1- 3 years)

### ***12b - Diet for infants (0 -12 months)***

## **13 - DIET FOR OLDER CHILDREN**

Indication: for children without dietary restriction (4 -14 years.)



## ***SPECIAL DIETS***

**OS - Tea diet** – The patient can slowly drink tea after 2 hours after surgery or one day after surgery in the digestive tract.

*(It is important that patients do not drink until they are fully awake to avoid choking.)*

**4S - Very low – fat diet** – diet after gallbladder attack and surgery

## ***STANDARDIZED DIETS***

**Pancreatitis diet** – diet after **NPO (nothing per mouth)** in acute stage of pancreatitis (1-8 days). BUT Amylase level in the blood must be in norm.

**Gluten - free diet** – for patients with coeliac disease or non-coeliac gluten sensitivity

**Lactose (or dairy) - free diet** – for patients suffering from lactose intolerance or dairy allergy. *(Difference between lactose intolerance and a dairy allergy is that most patients find they are able to tolerate some level of lactose)*

## ***DRINKING REGIME***

Drinking regime (which include sweet and bitter hot tea or still water) is provided on wards for all day. Type of tea depends on a patient's disease.

### **Curative teas**

They must be unsweetened and always freshly prepared!

**Urological tea** – tea for patients with cystitis (an inflammation of the urinary bladder)

**Camomile tea** –tea, which is useful in treating anxiety, insomnia, gum disease or after otorhinolaryngology surgery



## ***SERVING***

### **Preparation and transit**

In the Czech Republic we use a thermo tray system. The individual meals are plated onto heated porcelain plates and bowls with number of diet and patient's name. After placed into the individual stainless steel ward trolleys to be wheeled to the different wards.

### **Serving**

Most patients have 4 (breakfast, lunch, snack, dinner) meals a day. Some of them have second dinner (diabetics). Diets are served from trolley by nurse. Bedridden patient is feed by a nurse or nursing assistant.

### **Hygienic rules**

Nurse in a hospital have to follow some hygiene rules:

She wears clean protective clothing, such as a disposable apron.

She washes and dry her hands thoroughly before serving meals, and wash and dry them again frequently during work.

## ***FINANCING***

On the one hand, patients with regular diet have not choice from menu in hospital, but on the other hand financials budgets for all-day meals for patients are paid by the insurance company.

How much does it cost? For example:

Regular diet- 64 CZK without *VAT (value added tax)* = 2, 4 EUR

Diabetic diet- 68 CZK without VAT = 2, 6 EUR

## ***AVERAGE SALARY***

Average salary in the Czech Republic in 2019 is:

**32 466 CZK = 1 252.7 EUR**





*Hospital diets*

## *Different hospital diets*

- Enhanced diet, if the patient has no appetite or he/she has risk of malnutrition. The energy of enhanced diet is 1800 to 2700 kilocalories.
- Vegetarian food
- Liquid food if the patient can't bite and swallow normal food.
- Soft food meals, if the patient can't bite normal food.
- Lactose free diet meals, that the patient can't eat lactose-containing foods.
- Food allergy diet
- Celiac disease diet





# *Menu: Monday 15.11.2019*

## **Breakfast at 8:00am**

- Porridge
- Bread (rye bread or white bread)
- Edam-cheese
- Apple juice, water, milk, coffee, tea
- Cucumber

## **Lunch at 11:30am**

- Meat sauce (gluten and lactose free)
- Potatoes
- Vegetables
- Red cabbage beet salad
- Blueberry soup



# *Menu: Monday 15.11.2019*

**Coffee or tea and berry cake at 2:00pm**

**Dinner at 4:00pm**

- Salmon soup
- Bread (rye bread or white bread)
- Raspberry soup with whipped cream
- Milk, juice, water, sour milk

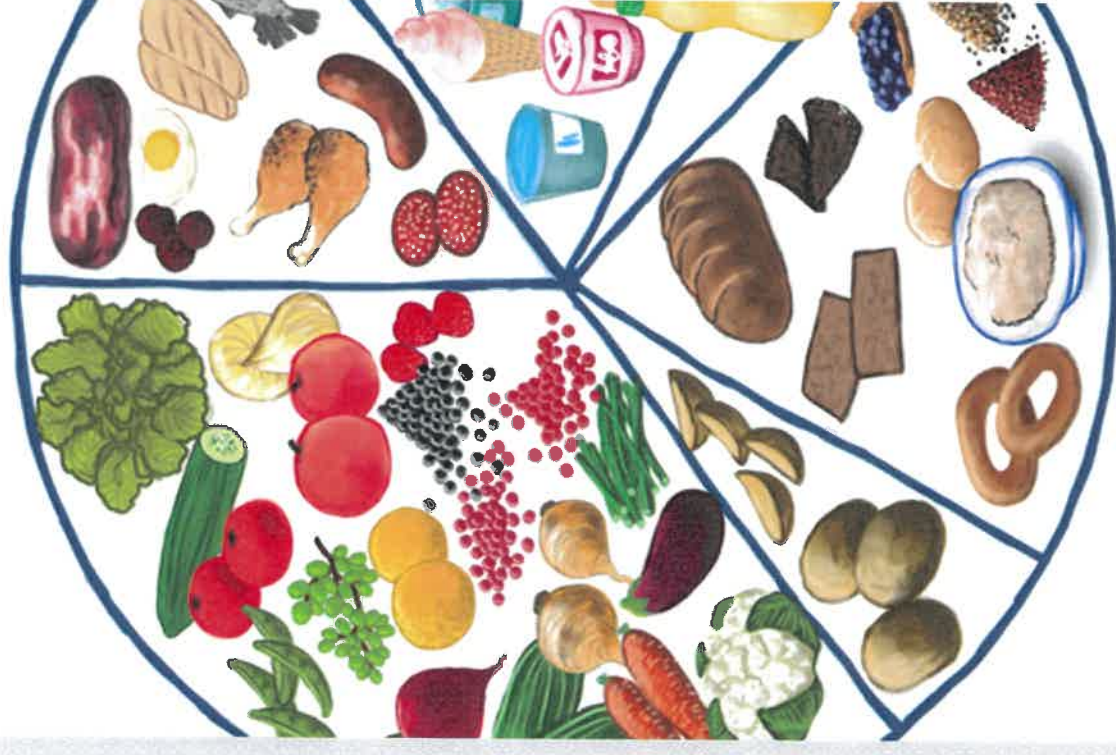
**Evening meal at 7:30pm**

- Rolls
- Turkey slices
- Yogurt
- Tea, milk, juice, water



# *In Finnish hospital*

- In Finnish hospitals, patients are offered food five times a day.
- Breakfast, lunch, coffee, dinner and evening meal.
- Patients will be offered a normal meal if they don't have any diets. But they can choose what they want to drink and what bread to eat at the meal.
- The average salary of a Finn is about 3,386€/month (208,17 АЕН / 86,55 Kč)
- The food patients eat costs 20,17€/day (1242,70АЕН / 515,49Kč) But if the patient has a diet the food costs 30,23€/day (1858,39АЕН / 772,74Kč)
- The patient costs to the hospital 48,90€/day (3008,41АЕН / 1249,98Kč)



- The food comes from the central kitchen to the ward in a heated trolley and it is pre-dispensed on plates.
- Department assistants help practical nurses and nurses with food distribution in the hospital.
- When you start sharing food you need to wash and disinfect your hands. You don't need to wear protective gloves or an apron if you don't want to. But if you use protective gloves, you must change them when you go to a new patient.
- You need to check to the list what food the patient can eat and which diet he or she is following.
- After you have taken the food to the patient, then disinfect your hands.
- If the patient is a bed patient, practical nurses will help him/her in eating.









**NATIONAL AGENCY  
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**Erasmus+**

**“Nursing schools from the  
Czech Republic, Finland,  
Macedonia and Spain  
compare procedures for  
performing health care”**



Средно обединенско училище

„Горче Петров“ - Прилеп

# Diet system in our country





Meals offered to patients inside the hospital are part of their overall care for recovery. Obviously, this food should be safe and of a good quality. Our local hospital has five different diets:

- General food
- Light food
- Diet without salt
- Diet for diabetic patients
- Diet for patients with hepatitis

- General food- for patients that don't have any diet restrictions.
- Light food- for patients who had surgery. They receive this kind of food in the postoperative period.
- Diet without salt- for patients who have acute kidney inflammation or glomerulonephritis acuta. Basic principles of this diet are: no salt, protein and water restriction. Patients can eat unsalted bread, rice, biscuits, cooked potatoes, jam.
- Diet for patients with hepatitis- for patients with Hepatitis type A. Food is prepared by boiling and pureeing the products. Patients can eat milk, yoghurt, boiled eggs, fish, fresh fruit, vegetables, honey, vegetable soup.
- Diet for diabetic patients- food mustn't contain any concentrated sugars.

**Diet without salt**



**Diet for Hepatitis**



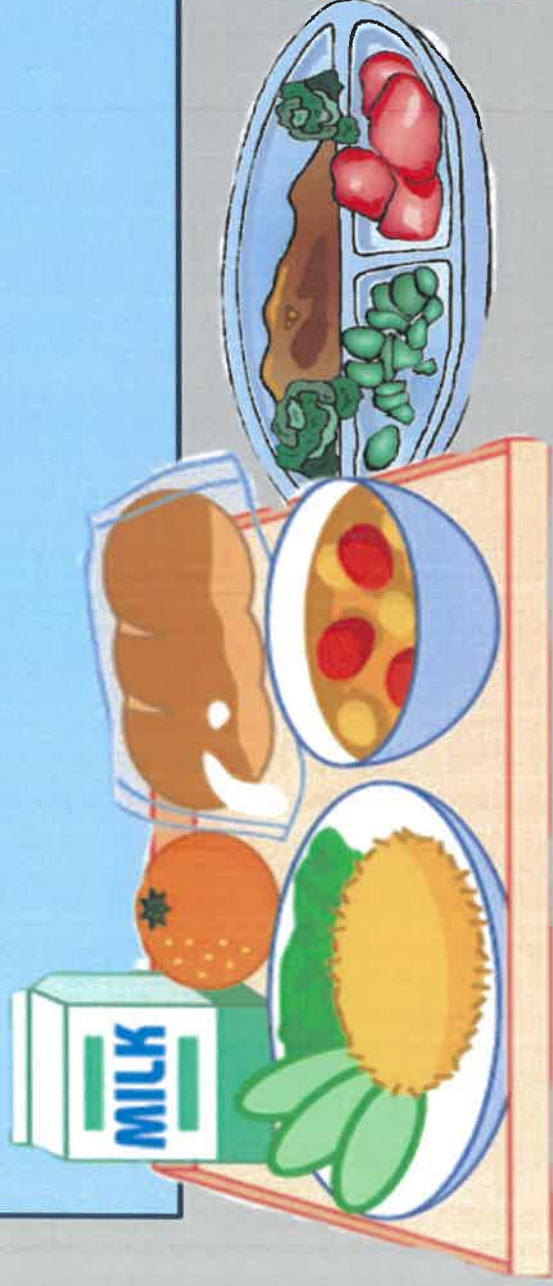
**Diabetic diet**



**How many times a day do  
patients in hospitals  
receive meals?**



Patients have three meals-  
breakfast, lunch and dinner.  
They eat some snacks in the  
meantime.



# How is fluid intake ensured? What do patients get?



Patients receive tea or yoghurt with their meal- usually with the breakfast. They also get some kind of fruit compote. They get other fluids from their family and friends.

We advise the patients to stay hydrated and for that reason they drink water and juices throughout the day.

**What is the price for food/a  
patient/a day in hospitals?  
What is an average salary in  
your country?**





For the meals in one day patients  
pay 300 denars (around 5€)



=



Average salary in our country is  
variable, but in this moment is  
around 400 €

**Do patients have to pay for food in hospitals?**

**- If yes, how much?**



Every patient has to pay for the meals, and part of the price is paid by the patient and the other part is covered by the Health Insurance Fund Of Republic N. Macedonia.

**Can patients without any diet restriction choose what to eat in a hospital?**



Patients can't choose what kind of food they want to eat because there aren't any special menu choices. Family and friends sometimes bring them food. They usually bring pretzels, biscuits, fresh and dried fruit or some other treats like cookies or sweets.

**Who serves the  
food?**

**Are there any rules  
while serving the  
food?**

**How is food  
served?**

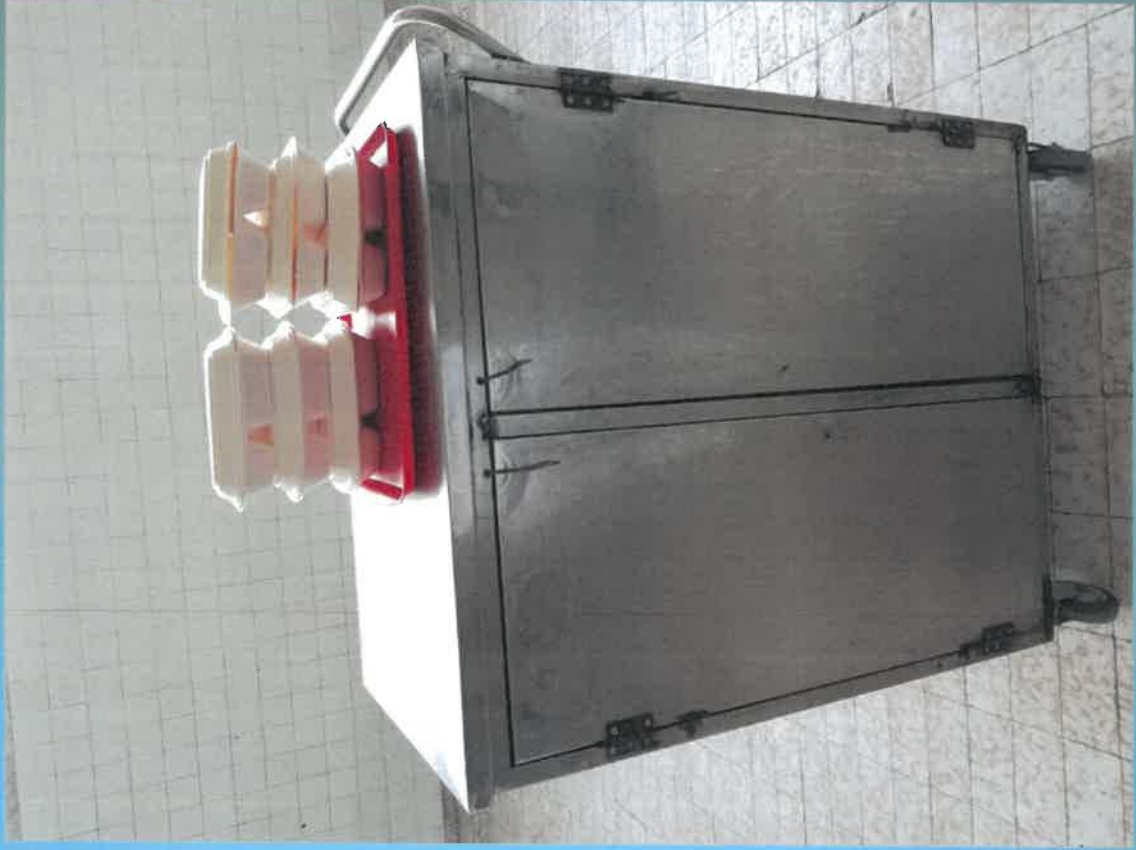


The food is served in foam food containers. Hospital caterers deliver the food to the ward in catering sized portions in a trolley and before serving, meals are getting heated.

Hospital caterers always wear uniform and gloves while serving the food.



# Food trolley



## Food containers



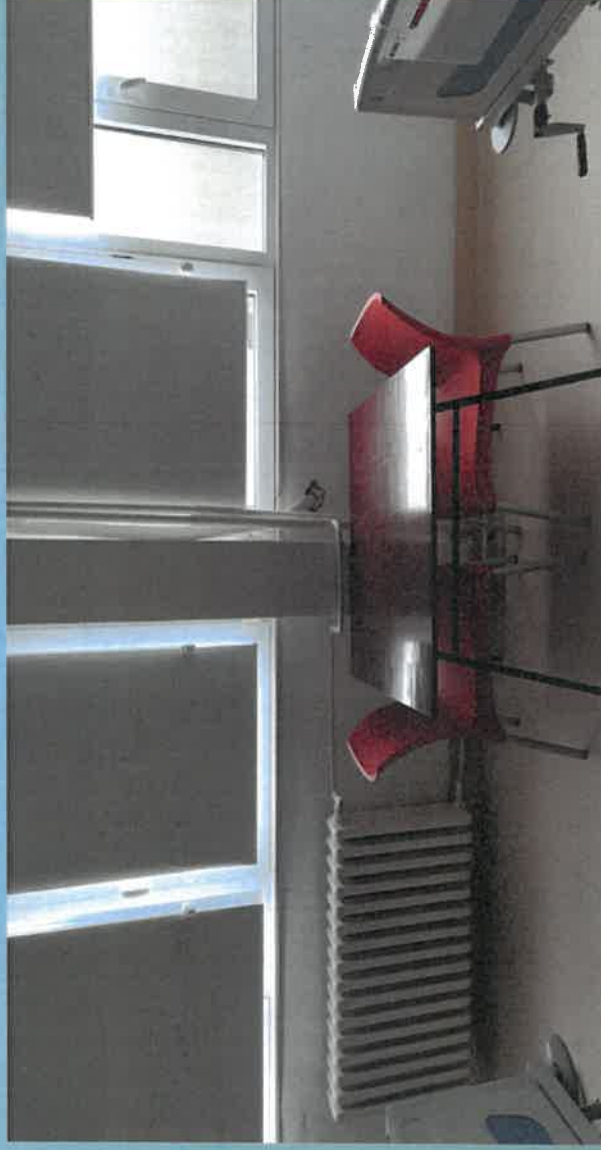
## Food caterers



# Who feeds the patients confined to bed?



- In cases where the patient has a functional challenge, immobility as a result of stroke, paralyze, dementia, the nurse helps the patient to eat. Feeding assistance is time- consuming activity and the staff should respect the patient's dignity and emotions in addition to food intake, so the nurse feeds every patient patiently. Sometimes immobile patients are fed by a family member.
- Mobile patients are usually able to feed themselves without any help of someone else.



**In each room there are tables and mobile patients usually eat there.**

# Menu for a patient without diet restrictions



Type of diet	Breakfast	Lunch	Dinner
General diet	Croissant Yogurt	Soup Beans Salad	1-2pcs bread Egg Processed cheese Compot
Light food	Strudel Yogurt	Soup Mashed potatoes	Yogurt
Diet without salt	Strudel Yogurt	Soup Beans Salad	1-2pcs bread Egg Processed cheese Compot
Diet for patients with hepatitis	Strudel Yogurt	Soup Mashed potatoes Baked meat	1-2 pcs bread Egg Processed cheese Compot
Diet for patients with diabetes	Croissant Yogurt	Soup Beans Salad	1-2pcs bread Egg Processed cheese Compot

Since there aren't any special menu's patients can't choose, so those who are without restrictions eat general food.

# Food list

ЈЗУ "ОПШТА БОЛНИЦА"  
ПРИЛЕП

## Листа за јадења

За време од 200 год. до 200 год.

Ден	Доручак	Сал	Ужина	Сал	Ручак	Сал	Ужина	Сал	Вечера	Сал	Вкупно Cal J
Среда 200	СРОБИНА				SOUP BEANS				Egg, bread, cheese		
Четвр 200	СРОБИНА				SOUP BEANS				Egg, bread, cheese		
Петок 200	СРОБИНА				SOUP BEANS				Egg, bread, cheese		
Субот 200	СРОБИНА				SOUP BEANS				Egg, bread, cheese		
Недела 200	СРОБИНА				SOUP BEANS				Egg, bread, cheese		
Понедел 200	СРОБИНА				SOUP BEANS				Egg, bread, cheese		
Уторак 200	СРОБИНА				SOUP BEANS				Egg, bread, cheese		
Среда 200	СРОБИНА				SOUP BEANS				Egg, bread, cheese		
Четвр 200	СРОБИНА				SOUP BEANS				Egg, bread, cheese		
Петок 200	СРОБИНА				SOUP BEANS				Egg, bread, cheese		
Субот 200	СРОБИНА				SOUP BEANS				Egg, bread, cheese		
Недела 200	СРОБИНА				SOUP BEANS				Egg, bread, cheese		
Понедел 200	СРОБИНА				SOUP BEANS				Egg, bread, cheese		
Уторак 200	СРОБИНА				SOUP BEANS				Egg, bread, cheese		
Среда 200	СРОБИНА				SOUP BEANS				Egg, bread, cheese		
Четвр 200	СРОБИНА				SOUP BEANS				Egg, bread, cheese		
Петок 200	СРОБИНА				SOUP BEANS				Egg, bread, cheese		
Субот 200	СРОБИНА				SOUP BEANS				Egg, bread, cheese		
Недела 200	СРОБИНА				SOUP BEANS				Egg, bread, cheese		

Директор

Шеф на кујна



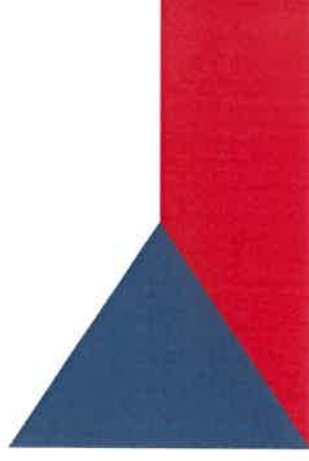
**Thanks for  
watching our  
presentation!**

- Marija Ruseska
- Hristijan Velkoski
- Vladimir Avramoski





**KIITOS  
DĚKUJEME**



**БЛАГОДАРАМ**



**GRACIAS**





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- Pharmacy and Food Sciences. University of the Basque Country
- Subdivision of Nursing. University Hospital of Alicante
- Hospital Perpetuo Socorro. Alicante



## Other related questions

- How to ensure/control the intake of liquids?
  - 1.5 liter of mineral water use to be given to patients daily. This way, nursing assistants can perform part of the control and encourage the patient to drink more, if necessary
- What kind of fluids are offered and how often?
  - 1.5 l of mineral water/patient/day, plus white coffee or tea, plus fruit juices can be given in different times (breakfast, in the middle of the morning, snack, before sleep, or even on request)



## Other related questions

- How meals are served?
  - Meals are delivered to wards by the kitchen staff
- Who serves it?
  - Nursing assistants are in charge of serving them to patients
- Who feeds bedridden patients?
  - Helping feeding to patients with difficulties is another typical task entrusted to nursing assistants



## Other related questions

- Do patients have to pay for food?
  - In public hospitals, food is free
  - In private hospitals, food must be paid by
    - The patient
    - The insurance company, as a part of the hospital bill
- What is the cost per day?
  - Around 30€ (all expenses included)

# Example of regular meal

- Dinner
- Vegetables cream
- Baked hake and bread
- Fruit or yogurt







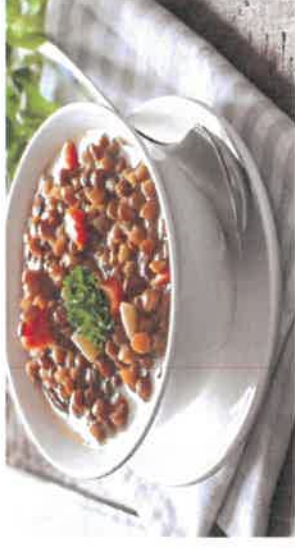
## Example of regular meal

- **Snack**
- White coffee or tea
- Biscuits



# Example of regular meal

- Lunch
  - Stewed lentils
  - Roasted chicken with french fries or salad and bread
  - Fruit or yogurt



# Example of regular meal

- Breakfast
  - White coffee or tea
  - Bread with butter and jam



# Types of diets

- Therapeutic diets
  - Digestive pathologies
    - Astringent
    - Laxative
  - Intolerances or allergies
  - Exploratory diets
- Other diets
  - Vegetarian
  - Ethnic groups, etc.





# Types of diets

- Regular diet
- Therapeutic diets
  - Modified in
    - Texture
    - Calories
    - Nutrients
      - Lipids
      - Proteins
      - Sodium
      - Minerals



## Characteristics of service

- Served into isothermal cars and trays
- 2 choices in starters and main courses (regular diet) in lunch and dinner
- University Hospital of Alicante offers 72 different diets





# Characteristics of diets

- Meals per day
  - 4 to 6 intakes
- Distribution
  - Breakfast (15% calories)
  - Lunch (40% calories)
  - Snack (15% calories)
  - Dinner (30% calories)





# Characteristics of diets

- Correct caloric intake
- Adequate distribution of nutrients
- Take in count
  - Culinary customs of area
  - Typical products
  - Climatology







# Organizational structure

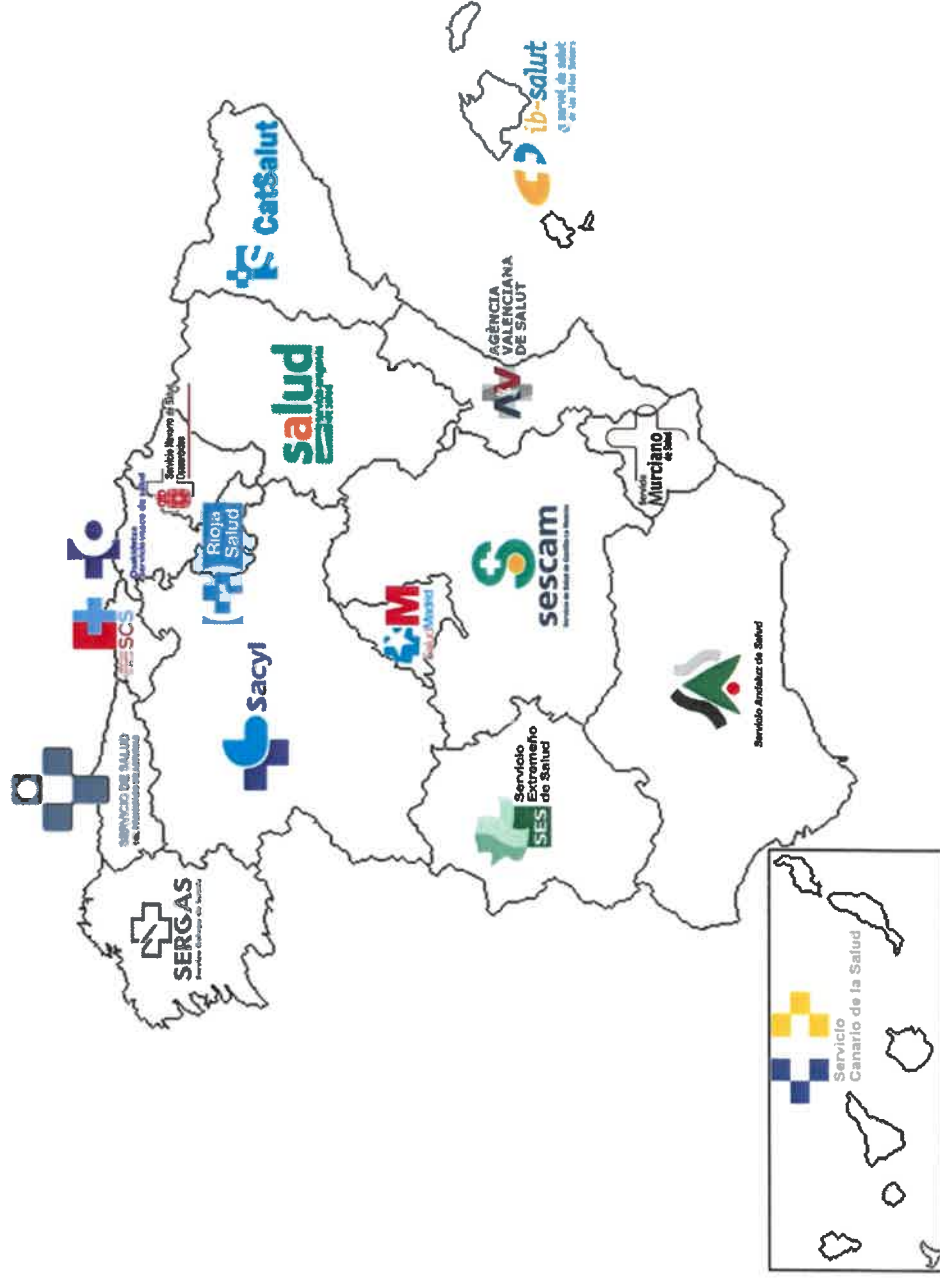
- Clinical and Dietary Nutrition Units
  - Nutritional control of patients
  - Planning enteral and parenteral nutrition
  - Quality and food hygiene control
- Diet and Cooking Committee
  - Design and planning diet plans
- Kitchen Service
  - Menu design and elaboration

# Common aspects of hospital diets

- Part of treatment
- Healthy
- Hygienic
- Palatable
- Avoid malnutrition
- Improve user satisfaction



# Health Services in Spain





# HOSPITAL NUTRITION IN SPAIN

