

Abstract

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The bachelor's thesis, in its theoretical section, addresses the issue of breastfeeding. It summarizes information about the anatomy and physiology of the breast as an organ, explains the process of breast milk production and its composition, and discusses topics such as support, importance, or breastfeeding techniques. It also includes the most common problems associated with breastfeeding, breastfeeding in specific situations, alternative ways of infant feeding, or the diet of breastfeeding women. The empirical section of the bachelor's thesis discusses the level of education provided by healthcare personnel to breastfeeding women after childbirth at the Obstetrics and Gynecology Clinic of the University Hospital in Hradec Králové. The research, which lasted from early December 2023 to the end of February 2024, took place in the mother and newborn unit. The distribution of questionnaires was facilitated by neonatal nurses and midwives, who most frequently participate in the education of mothers after childbirth. The aim of this bachelor's thesis was to evaluate the level of knowledge among breastfeeding mothers depending on the education provided to them.