

## **Abstract**

This bachelor thesis focuses on the issue of postpartum complications in early puerperium in women who choose to deliver as an outpatient (i.e., leave the hospital within 72 h of delivery). It also discusses the prevention of these complications and subsequent postpartum care as a preventive measure. Outpatient delivery is a relatively new option for childbirth. The number of women going home after outpatient birth is increasing every year, and addressing postpartum complications and prevention of complications in these women therefore deserves attention.

The work is conceived as theoretical-practical. The theoretical part defines concepts such as outpatient delivery, puerperium with a focus on early puerperium up to the 7th postpartum day. It then describes complications occurring in early puerperium and finally deals with the education of women. The practical part deals with the analysis and statistical processing of a questionnaire survey that focuses on the frequency of postpartum complications in early puerperium and their prevention. The main objectives of the study were to determine the frequency and severity of postpartum complications in women after outpatient delivery in early puerperium, the frequency of education of women about postpartum complications in early puerperium by medical staff when leaving the hospital. Further, to find out where and to what extent women get information about postpartum complications in early puerperium and whether they have enough information and what would help them to be better informed. Finally, to find out whether women are using follow-up care options in connection with postpartum complications in the early puerperium, or why don't they use it.

Research shows that complications in women occurred at a lower rate than reported in the literature. Education by health professionals at discharge was provided to most women, but there was room for improvement as many women had to take an active interest in the information. There were also differences in education between regions. From the collected data, it can be concluded that women obtained most information about complications and prevention from the internet, but also from health professionals and books. The time of departure had no effect on the development of complications or on the level of women's awareness. Half of the women surveyed took advantage of the follow-up care. The majority used the services of a midwife, mainly as a preventive measure. The other half of the women did not use follow-up care mainly because of the absence of problems.

## **Key words**

outpatient delivery, early puerperium, postpartum complications, education, postpartum care