

Abstract

The bachelor's thesis „*Educational material for parents of children with an allergy to cow protein*“ deals with the issue of informing parents of children with an allergy to cow protein. The goal of the work was to create educational material that will help parents of children understand the essence of diagnosed CMPA and help provide an overview of the care options for a child with the disease. The educational material was created on the basis of data obtained regarding parents' awareness through a survey. The theoretical part of the thesis provides an overview of the definition of allergy, diagnosis of allergy and treatment of allergy. It provides a comprehensive overview of the entire issue of CMPA and the nutrition of children with CMPA. We also focus on education in our work and present existing educational materials and previously conducted studies related to CMPA. In the empirical part of the thesis, the results of the own survey are presented. The research method was a questionnaire survey, 258 duly completed questionnaires were included in the study itself. In the conclusion of the thesis, it is stated that the own research results in low awareness of parents through the doctor, and especially the lack of educational material that would help parents understand the essence and issues of CMPA.

Keywords

Children; Cow's milk protein; CMPA; Education material; Food allergy