

Abstract

My bachelor thesis deals with the issue of episiotomy and its impact on the health of women who have given birth spontaneously. An episiotomy is an obstetric procedure that was often routinely performed in the past, but in recent years has become the subject of research regarding its long-term consequences on women's health.

My thesis consists of two parts - theoretical and research. The theoretical part includes anatomy of the pelvic floor, definition of episiotomy and its historical development. It also contains information about the possibilities of prevention of birth injury and faster recovery from the resulting injury. The research part is developed in the form of an online questionnaire that was posted on social media groups related to pregnancy, childbirth and postpartum. The questions were formulated in such a way that women could choose from multiple options or provide open-ended answers. The questionnaire was intended only for women who had given birth spontaneously.

The main aim of the research was to find out how episiotomy affects the physical, psychological and sexual aspects of a woman's life compared to women who did not have an episiotomy. A sub-objective was to find out whether women who had birth injury had a good information about faster recovery from the resulting injury.

The results showed that episiotomy has a significant effect on the women's health. The results of this work may provide important information to doctors and mothers regarding the choice of using episiotomy in childbirth and also help to raise awareness of the long-term consequences of this procedure.

Key words

episiotomy, operative delivery, vaginal delivery, women's sexual health, women's health, postpartum, birth injuries