

Abstract

This theoretical and research work focuses on women's (mothers') awareness of the possibilities of preventing childbirth injuries. The theoretical part of the work first provides a detailed description of the anatomy of the bony pelvis and the soft birth passages, followed by an overview of various types of childbirth injuries and their impact on women's quality of life, including complications such as urinary and fecal incontinence or pelvic organ prolapse. It further explores the types of preventive techniques against childbirth injuries, categorized into primary and secondary prevention. The final section of the theoretical part summarizes the results of research conducted in the Czech Republic and abroad on this issue.

In the practical part, a total of five research hypotheses and three research objectives were established. Its main aim was to determine the awareness and attitudes of women towards the prevention of childbirth injuries. The analysis of the data reveals that the majority of women feel sufficiently informed about the possibilities of preventing childbirth injuries, although there is less awareness in the area of pelvic floor injuries. The most commonly cited methods of prevention in the questionnaire survey were raspberry leaf tea and perineal massage.

Key words

Delivery injuries, levator trauma, pelvic floor dysfunction, awareness of women, vaginal delivery, prevention of delivery injuries, strengthening of pelvic floor