

## Abstract

The bachelor thesis entitled „Mothers' awareness of prevention of sudden infant death syndrome“, deals, as the title of the thesis implies, with mothers' awareness of risk and protective factors of sudden infant death syndrome. **The aim** of the thesis is to find out whether and to what extent mothers are informed of these factors.

The thesis consists of a theoretical and an empirical part. The theoretical part is focused on the basic knowledge about SIDS, the emphasis is put on risk and protective factors of SIDS, which are key in this issue. It is also focused on the issue of losing a child to SIDS and the process of coping with this loss.

In the empirical part of the thesis are evaluated the results of a questionnaire survey aimed at obtaining information about the knowledge of respondents on the topic of safe sleep of newborns and infants. The term SIDS was deliberately omitted from the questionnaire survey in order not to influence respondents' answers. The aim was for respondents to answer the questions as they would actually practice the phenomena being questioned and not as they thought the answers were correct. The data and information obtained from the questionnaire survey are primarily intended to serve nurses working with newborns to determine whether mothers are sufficiently informed about safe sleep for newborns and infants and what information should be focused on when educating mothers.

**The method** for obtaining the necessary data was a quantitative research survey using a non-standardized questionnaire of our own design. The own survey took place at the Regional Hospital Kolín a.s., and questionnaires were distributed to women in the sixth-grade ward who were at least 24 hours postpartum. A total of 112 women were contacted, of who 89 were willing to participate in the survey. Of the 89 filled in questionnaires, 8 had to be discarded due to incomplete filling.

**The results** of the survey proved statistically significant differences in some answers of the respondents to questions about safe sleep for newborns/infants depending on their age, highest level of education and number of children being raised.

**The conclusion** of the thesis shows that it is necessary to talk more about the topic and deepen to the knowledge and information of the women concerned.