



## **Ms. Nika Daňková, BSc**

General University Hospital in Prague, Czech Republic

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Ms. Daňková is a midwife at the General University Hospital in Prague. She has been working in the perinatological unit of intensive care for more than two and half years.

Ms. Daňková is currently working at delivery hall of the perinatology center. They specialize in the care of the premature newborns at the border of life but mature children too.

She is an active member of the Czech society of midwives, which cooperates with Czech Gynecological and Obstetrical Society.

Ms. Daňková regularly attend professional conferences and congresses. She studied at a midwifery at the Faculty of Medicine in Ostrava. Currently she is adding to my education in intensive and perioperative care in obstetrics and gynecology.

# Increasing breastfeeding rates through education

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The Czech Society of Midwives (ČSPA) conducted a national e-questionnaire survey “Increasing breastfeeding rates through education” in 2016. 2,500 mothers were addressed from all regions of the Czech Republic.

The study outcomes show the average length of full breastfeeding of infants upon discharge from maternity hospital, then at the infant’s age of 3 months, 6 months, and also at 12 months.

The questionnaire further focused on the impact of surgical deliveries on lactation commencement as well as describing the connection of these effects to the length of the lactation period.

Another key observation of the study was the employment of skin-to-skin bonding within the early stage after delivery and its effect on lactation start and duration. The survey produced practical outputs which can be used to maximize breastfeeding results.