



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Normalità della Nascita

2122-2-I0102D010

---

#### Aims

At the end of the course the student:

- will understand the physiology of the pregnancy, of the post natal period and of the breastfeeding
- will be able to plan an evidence based midwifery care to the mother with normal pregnancy/birth and to her newborn
- will understand the changes associated to the normal pregnancy and birth and will be able to verify the maternal and fetal well-being during labour
- will be able to describe the physiological changes during the postnatal period and during breastfeeding according to the UNICEF's "Baby Friendly Initiative in University" and will be able to recognise the characteristics and physiology of the healthy newborn.

#### Contents

The course provides the students the essential elements to understand the physiology of the pregnancy, of the birth and of the post-natal period and provides the elements to plan an evidence based midwifery care. The course provides to the students the essential elements to understand the physiology about the Neonatal adaptation after birth.

#### Detailed program

**MED/47 PREGNANCY.** The students will be able to plan and to provide an evidence base midwifery care during pregnancy in accordance with the Midwifery Partnership Model, the Midwifery Management, the international Classification Functions and evaluation scales. Diagnosis of the pregnancy. Normal Pregnancy: definition and

changes in corporeal structures and functions. Obstetric semiotics and physical examination in pregnancy. The pelvimetria and the fetal reactivity. The education in pregnancy and healthy lifestyles. The protection and security standards during pregnancy. The prevention of the adverse reproductive outcomes (EAR) The therapeutic relationship in pregnancy; the parental relationship and the educational role of the midwife. The communication in pregnancy. Instrumental, technological, laboratory diagnostics during pregnancy and its interpretation. Prenatal testing. Models of prenatal obstetric care. The antenatal low-risk pregnancy planning.

**MED/47 BIRTH** The students will be able to plan and to provide an evidence base midwifery care during labour and birth in accordance with the Midwifery Partnership Model, the Midwifery Management, the international Classification Functions and evaluation scales. Definition of phases and times of the labour and birth. Psycho-neuro-endocrinology of the labour and birth. Obstetrical semiotics and objective midwifery examination in labour and birth. Midwifery models of care during labour and birth. The “mother friendly” midwifery care according to the UNICEF initiative "Together for breastfeeding". Psychological, emotional, social and cultural factors related to pain and childbirth. Recommended midwifery care to monitor, to support and to promote maternal-fetal-neonatal well-being and the normal evolution of the first, second, third and fourth childbirth stages. Prevention of perineal damage. Tools for midwifery care during labour and birth. The administrative documentation.

**MED/47 PUERPERIUM** The students will be able to plan and to provide an evidence base midwifery care during postnatal period in accordance with the Midwifery Partnership Model, the Midwifery Management, the international Classification Functions and evaluation scales. Definition of normal puerperium and changes during post-natal period. Semeiotics and midwifery examination in puerperium. The midwifery models of care in puerperium. The recommended midwifery care to monitor, to support and to promote maternal and neonatal well-being during puerperium and to prevent complications. Midwifery counselling during puerperium. Puerperium education: lifestyles and safety standards, the adherence to screening programs and recognition of alert signs and symptoms. The community health services and the community support network.

**MED747 NEWBORN:** The students will be able to plan and to provide an evidence base midwifery care to the newborn in accordance with the Midwifery Partnership Model, the Midwifery Management, the international Classification Functions and evaluation scales. Characteristics and physiology of the adaptation of the healthy newborn at birth. Midwifery assessment of the healthy newborn. Recommended screening and prophylaxis. The safety standard measures for the newborn anti SIDS. Midwifery care during breastfeeding according to the Unicef Guidelines "Master's Degree Course in Breastfeeding - BFU". The introduction of complementary nutrition and the continuation of breastfeeding according to the Global Strategy for the Nutrition of Infants and Children, WHO-UNICEF. The children who need help with breastfeeding and how to support mothers with breastfeeding difficulties. The community breastfeeding support services.

## **Prerequisites**

Students will receive a detailed bibliography before lessons start. They will have to study the material in order to be evaluated on the required basic skills.

## **Teaching form**

Lectures, practice exercises and group work.

## **Textbook and teaching resource**

SNLG e ISS, Gravidanza Fisiologica, 2010 (aggiornamento luglio 2011) PAIRMAN S, TRACY J, THOROGOOD C,

PINCOMBE S, Midwifery: preparation for practice, Churchill Livingstone, 2015, 3rd edition. COAD J, Anatomy and Physiology for midwives, Mosby 2011, 3° ed. DAVIES L, MCDONALD S, Examination of the newborn and neonatal health, Churchill Livingstone, 2008. NHS, Routine examination of the newborn, NHS Quality Improvement Scotland, 2008. WHO: Infant and young child. Model chapter for textbooks for medical students and allied health professionals, Geneva, 2009. SPANDRIO et al., Fisiologia della Nascita. Dai prodromi al post partum, Caroccio Faber, 1° ed, 2014. UNICEF-OMS Manuale del Partecipante del Corso 20 ore per il personale della maternità Ed 2009. GUILLILAND K. & PAIRMAN S., The Midwifery Partnership. Un modello per la professione ostetrica, SEU, 2012. Queensland clinical guidelines: Routine newborn assessment (updated 2019). Available at <https://www.health.qld.gov.au/qcg/publications>

## **Semester**

I semester

## **Assessment method**

Written exam with multiple choice test with only one correct answer and questions with brief answers. Oral exam.

## **Office hours**

On appointment

---