



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Puerperio

2223-2-I0102D010-I0102D031M

---

#### Aims

At the end of the course the student:

- will understand the physiology of the post natal period
- 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 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 post-natal period and provides the elements to plan an evidence based midwifery care.

#### Detailed program

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.

## **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**

PAIRMAN S, TRACY J, THOROGOOD C, PINCOMBE S, Midwifery: preparation for practice, Churchill Livingstone, 2015, 3rd edition. GUILLILAND K. & PAIRMAN S., The Midwifery Partnership. Un modello per la professione ostetrica, SEU, 2012.

## **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

## **Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING

---

