



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## COURSE SYLLABUS

### Fertility and Procreation - 1

2324-2-I0102D903-I0102D909M-T1

---

#### Aims

Knowledge the human reproductive process and the contraceptive methods. Providing skills to promote awareness in the reproductive behaviour and choices of women and couples.

#### Contents

The course provides knowledge and skills related to fertility, the reproductive process and contraception for evidence-based midwifery care, in which the student will be able to implement the care of the woman and the couple through the Midwifery Partnership, Midwifery Management, ICF classification and Rating Scales.

#### Detailed program

- Female sexual neurophysiology: normality and dysfunction
- Physiology of the menstrual cycle: menstrual and reproductive health
- Natural fertility regulation (RNF). Birth Control
- The "Lactation Amenorrhea Method" (LAM)
- Midwifery counselling in family planning and in fertility problems

#### Prerequisites

None

## Teaching form

The methodology used in the course includes:

- Lectures;
- Exercises;
- Small and large group work.

## Textbook and teaching resource

PAIRMAN, TRACY, THOROGOOD, PINCOMBE. Midwifery Preparation for practice. Elsevier, 2015, 3rd ed.  
BONOMI, GIANATTI. I metodi naturali : teorie scientifiche e uso pratico per regolare le nascite. Pavia: Bonomi (Sessuologia umanistica), 2015.  
SAPOROSI, GIROTTI. La ricerca della gravidanza nell'infertilità di coppia, Cortina (Verona), 2011  
BARBATO, REDAELLI. Allattamento e ritorno della fertilità. La relazione di coppia dopo il parto. Mimep-Docete, 2014  
CARLINO, DE VANNA, DEL PU. Principi di sessuologia clinica, SEU, 2011.  
PANZERI. Psicologia della sessualità. Il Mulino, 2013  
WHO. Medical eligibility criteria for contraceptive use, 2015  
WHO, Selected practice recommendations for contraceptive use, 2017  
ECEC. Emergency Contraception: a guideline for service provision in Europe. 2016  
WHO. Family planning. A global handbook for providers. 3rd edition 2018  
Allegato a LINEE GUIDA CONTENENTI LE INDICAZIONI DELLE PROCEDURE E DELLE TECNICHE DI PROCREAZIONE MEDICALMENTE ASSISTITA. Art. 7 - Legge n. 40/2004  
Attività del registro nazionale italiano della procreazione medicalmente assistita, 2018. ISS

*Teaching materials (slides, articles, work tracks, scientific papers) will be provided during the course and uploaded to the online platform*

## Semester

I semester

## Assessment method

WRITTEN EXAMINATION consisting of CLOSED ANSWER TESTS (multiple choice), with questions designed to ascertain the actual acquisition of the theoretical knowledge covered in the classroom

An individual oral interview is scheduled to ascertain both knowledge of the bibliography and the ability to develop appropriate links

No in itinere examinations are foreseen

**Office hours**

On appointment

**Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING | GENDER EQUALITY

---