UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

SYLLABUS DEL CORSO

Puerperio

2425-2-I0102D010-I0102D031M-T1-T5

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 (Rooming-ing, mother and child "zero-separation" model, the couplet care).

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.
The Nurturing Care

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

16 hours of lectures, 4 hours of interactive lessons with clinical cases discussion and group work.

Textbook and teaching resource

S.Pairman, S. K. Tracy, H. Dahlen, L. Dixon, P. Peart, B. Pulis, Midwifery Preparation for Practice, Elsevier Health Sciences, 2023, 5nd edition.

J. Coad, K. Pedley, M. Dunstall, Anatomy and Physiology for Midwives, Elsevier, 2019, 4th Edition

R. Johnson, W. Taylor, Skills for Midwifery Practice, Elsevier, 2022, 5nd Edition

NICE guideline, Postnatal care, 2021, available https://www.nice.org.uk/guidance/ng194/resources/postnatal-care-pdf-66142082148037

World Health Organisation, WHO recommendations on maternal and newborn care for a positive postnatal experience, 2022, disponibile https://iris.who.int/bitstream/handle/10665/352658/9789240045989-eng.pdf?sequence=1

Queensland Health, Normal Birth, 2022, available https://www.health.qld.gov.au/__data/assets/pdf_file/0014/142007/g-normalbirth.pdf

The teaching materials used (slides, work tracks, scientific articles) will be uploaded on the e-learning pages dedicated to the individual modules.

Semester

I semester

Assessment method

Written exam with multiple choise test with only one correct answer and questions with brief answers. Oral exam. At the end of the TEST there is a discussion discussion focused on the written paper and all the course topics, which may lead to a maximum increase of 3 points or a decrease in the mark obtained
in the written examination.

There are no examinations in progress.

Office hours

On appointment

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING