



UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

SYLLABUS DEL CORSO

Normalità della Nascita

2526-2-I0102D010

Aims

Knowledge and understanding

- know the basic principles of the physiology of pregnancy, labour, childbirth, puerperium and lactation
- understand the anatomo-functional and hormonal changes that characterise physiological pregnancy and the perinatal period
- to know the parameters of normality of the healthy newborn and neonatal physiology
- knowledge of the international standards for the promotion of breastfeeding, according to the UNICEF Baby Friendly Initiative in University (BFHI) programme

Applying knowledge and understanding

- apply clinical and nursing skills for the care of the woman and baby in the physiological birth pathway
- describe and monitor the physiological phenomena of labour and delivery, recognising signs and symptoms of normal progression
- implement interventions to monitor maternal and fetal well-being in labour, using appropriate physiological knowledge and obstetric tools
- describing and correctly interpreting the physiological changes in puerperium and the mechanisms of normal lactation, promoting lactation-friendly behaviour

Making judgements

- critically evaluate the physiological course of pregnancy, birth and puerperium, distinguishing parameters of normality from deviations
- recognise at an early stage any alarm signals that require further investigation or referral to additional or specialist levels of care
- make clinical-assistance judgements based on observation, scientific evidence and the centrality of the woman in the birth process

Communication skills

- communicate effectively, empathetically and respectfully with the woman, the partner and the health care team during all stages of the birth pathway
- promote and support breastfeeding through obstetric counselling based on BFHI principles and accessible and motivating language
- convey clear and comprehensible information on perinatal physiology, encouraging the active involvement of the woman in her choices

Learning skills

- develop independent learning skills and critical reflection on care practices in the physiological context
- acquire methodological tools for continuing education in maternal and child health and the promotion of breastfeeding;
- integrate physiological knowledge with clinical practice, preparing the basis for midwifery care according to an evidence-based and woman-centred model.

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

The extended programme can be found in the Syllabus of the individual modules that make up the course.

Prerequisites

None

Teaching form

The course will be introduced by an interactive in-person lecture, during which the content and teaching methods of the modules will be explained, as well as a preparatory didactic activity to be carried out independently. This activity involves self-study of teaching materials and completion of self-assessment tests, both of which will be made available on the e-learning page.

Textbook and teaching resource

The bibliography can be consulted in the Syllabus of the individual modules that make up the course, and the teaching materials (slides, articles, work tracks, scientific papers) will be uploaded on the e-learning page dedicated to the individual modules.

Semester

I semester

Assessment method

The final exam is intended to assess the acquisition of knowledge and understanding of the program content, testing the ability to apply it with clinical reasoning and care planning.

The use of correct terminology and appropriate disciplinary language will also be considered for evaluation.

For further details, please refer to what is specified in the individual Unit Syllabi and the directions that will be given during lessons.

In view of the consistency and complexity of the program, there will be a first in itinere test on the content covered in the Pregnancy and Childbirth Teaching Units and a second on the content of the Puerperium and Newborn Teaching Units. The final exam will lead to an overall evaluation of the teaching taking into account the two in itinere tests.

The two in itinere tests are organized as follows:

Ongoing test 1 (Pregnancy and Childbirth).

It consists of a written test followed by an interview.

The written exam consists of closed-ended (true/false, matching, multiple-choice quizzes) and short open-ended questions on the content covered in the Didactic Unit of Childbirth

The oral examination involves the discussion of the written and an interview on the topics covered in the Pregnancy and Childbirth Didactic Units.

Ongoing test 2 (Puerperium and Newborn)

It consists of a written test followed by an interview.

The written exam consists of closed-ended (true/false, matching, multiple-choice quizzes) and short open-ended questions on the content covered in both Didactic Units

The oral examination involves the discussion of the written and an interview on the topics covered in class in both Didactic Units.

Final Examination

Will consist of an interview on the two ongoing tests with possible further discussion.

Office hours

On appointment

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING | GENDER EQUALITY
