



UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Methodological Workshop 1 - 5

2526-2-I0102D022-T5

Aims

Knowledge and Understanding

Acquire and integrate in-depth knowledge regarding perineal suturing techniques, episiotomy, and episiorrhaphy, understanding indications, procedures, complications, and principles of postoperative care.

Applying Knowledge and Understanding

Be able to apply the acquired theoretical knowledge in clinical practice to correctly perform perineal sutures, episiotomies, and episiorrhaphies, adapting techniques to the specific clinical conditions of the patient.

Making Judgments

Be capable of critically evaluating clinical situations requiring perineal suturing, episiotomy, or episiorrhaphy, making appropriate decisions in accordance with best practices and scientific evidence.

Communication Skills

Be able to communicate clearly and empathetically with the patient and the multidisciplinary team about the procedures, the reasons for the intervention, and the management of postoperative recovery.

Learning Skills

Demonstrate the ability to independently update oneself on techniques and scientific evidence related to perineal suturing, episiotomy, and episiorrhaphy, continuously improving professional practice.

Contents

The student will be able to apply the knowledge acquired during theoretical lessons on the surgical repair techniques of first- and second-degree tears to different clinical situations.

Detailed program

Anatomy and Physiology of the Perineum

- Structure of perineal tissues
- Functional importance and role in continence

Classification of Perineal Tears

- First-, second-, third-, and fourth-degree tears: definitions and differences
- Clinical identification and diagnosis

Basic Principles of Perineal Suturing

- Objectives of surgical repair
- Choice of materials and instruments

Techniques for Repairing First- and Second-Degree Tears

- Procedural steps
- Suturing techniques (stitches, knots, layers)
- Pain management and local anesthesia

Management of Common Complications

- Prevention and treatment of infections, hematomas, postoperative pain

Postoperative Care and Follow-Up

- Guidelines for home care
- Monitoring healing process

Communication and Relational Aspects

- Informing the woman about the procedures and expectations
- Emotional support during repair and postoperative period

Practical Exercises

- Suturing laboratory on obstetric models or simulations
- Discussion of clinical cases

Prerequisites

none

Teaching form

4 hours of traditional (lecture-based) teaching and 8 hours of interactive teaching.
Laboratory exercises using teaching materials (manikins, obstetric models).
Small group work will also be proposed, which, with the support of a tutor, will promote the development of practical and relational skills.

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
CALAIS-GERMAIN B. Il perineo femminile e il parto. Epsilon Editrice, 2015
DE GASQUET B. PERINEO Fermiamo il massacro! Come prevenire e riabilitare le disfunzioni del pavimento pelvico- edi-ermes, 2014

Semester

I semester

Assessment method

attendance

Office hours

on appointment

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION | GENDER EQUALITY
