



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## COURSE SYLLABUS

### Methodological Workshop 1 - 1

2526-2-I0102D022-T1

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#### 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

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