

ASL

DI
VALLECAMONICA-SEBINO

PRESIDIO OSPEDALIERO

E

DIPARTIMENTO A.S.S.I.

Servizio Famiglia



 **Regione Lombardia**

BORN TODAY IN VALLE CAMONICA



This pamphlet is directed to all pregnant women, single or coupled, happy or worried about future changes, with the scope of providing useful information to face an event that transforms radically their lives in the best manner.

INGLESE

WELCOME RECEPTION

The first contact, by telephone or directly, between the future mother and the operators that will take care of her during the pregnancy can occur both by the obstetric ambulatory of Esine's Hospital or by the Familiar Consulting Rooms in Edolo, Breno e Darfo B.T.

In these offices information and assistance will be available to face paternity and maternity, in a new way as to appreciate the evolution potentiality of the life cycle of a new family.

WHERE TO GO

Ostetrician Surgeries of Esine's Hospital - tel. 0364 369348 (CUP)

Familiar Consulting Rooms of Edolo - piazza Donatori di Sangue, 1 - tel. 0364 772505

Familiar Consulting Rooms of Breno - via Nissolina, 2 - tel. 0364 329408

Familiar Consulting Rooms of Darfo BT - via Barbolini, 2 - tel. 0364 540212

Gynaecologist Ambulatory of Pisogne: tel. 0364 540101 - 0364 540119



ASSISTANCE TO THE NEWBORN

PREGNANCY COUNTER WINDOW - Monthly, in the days and times specified below, in every reception consulting rooms, a counter window is active to provide aid to women at the first trimester of pregnancy.

The presence of a multi – professional team guarantees the opportunity of an approach and an accompanying on both physical and emotive aspects related to pregnancy.

Depending on the needs, the first encounter can develop into an accompanying route modulated on specific individual needs.

Access is FREE and reservation is not needed.

Familiar Consulting Room of EDOLO: Friday 9.00 – 11.00

Familiar Consulting Room of BRENO: Tuesday 9.00 – 11.00

Familiar Consulting Room of DARFO: Monday 4.00 – 5.00pm

Gynaecologist Ambulatory of Pisogne: Friday 4.00 – 5.00pm.

The gynaecology - obstetric team – the same medical doctors, nurses and obstetricians work in the hospital department as well as in the territorial familiar consulting rooms, and they are the main reference to the assistance during pregnancy and childbirth.

For obstetric examinations in both territorial or in hospital ambulatory structures, medical request is not needed and these examinations are free.

The examinations must be reserved by the Unique Reservation Centre of the ASL (Centro unico di prenotazione) indicating the office previously chosen.

CUP of Edolo: tel. 0364 772600 - CUP of Esine: tel. 0364 369348

CUP of Breno: tel. 0364 329433 - CUP of Darfo: tel. 0364 540217

The psycho – social team at the Family Consulting rooms is the reference to face pregnancy and the future parents' role in the most serene manner.

By the consulting rooms it is possible to apply to psychologists or social assistanta to get care and help in case of:

- Psychological difficulties to end the pregnancy;
- Economical or social difficulties;
- Rights and duties related to the future child;
- Psychological suffering;
- Anxious or depressing feelings related to the pregnancy or the childbirth.

It is also possible to initiate individual psychological treatments to learn relaxation and self control techniques as to conquer a good psycho - physic health state and to positively evaluate personal potentialities.

PERIODICAL CONTROLS DURING PREGNANCY

Obstetrician examinations

It's recommendable to make the first obstetric examination as soon as the pregnancy is found out, or at least in the first trimester of pregnancy. The first examination is the longest one, because it is accompanied by an informative meeting. It is needed to fill in a form – the pregnancy's diary – that will be periodically updated and that has always to be kept by the future mother.

During the examination these are the data required:

- Anaesthesia, familiar and personal data
- Height and corporal Weight;
- Blood pressure
- General health conditions;
- Cervix conditions;
- Baby's heart rhythm (from the second trimester of the pregnancy);
- Any further symptoms: oedema, varix, vaginal bleeding, uterine contractions.

There are also requested laboratory exams to the control of the pregnancy; it is highly encouraged to make them two weeks before the following examination.

Then the examinations are once a month, until childbirth. During the last month of pregnancy, controls are intensified.

Laboratory exams

Most of the free analysis needed during pregnancy, are serological and so it is only needed a simple blood extraction. Here there is a calendar of the exams requested during the physiological pregnancy.

Before the 13 [^] week	Blood group, Rh factor, Coombs Test, complete haemocrom, identity task account, glycaemia, TPHA, Toxo test, Rubeo test, CMV test, test HIV, urine exam
From 14 [^] to 18 [^] week	Urine test, Toxo test, Rubeo test, (in patients not immune)
From 19 [^] to 23 [^] week	Urine test
From 24 [^] to 27 [^] week	Glycaemic curv, urine test
From 28 [^] to 32 [^] week	Haemocrom, urine test
From 33 [^] to 37 [^] week	Haemocrom, HBs Ag, anti HCV, vaginal and rectal tampon to search the Streptococcus beta-haemolitic of the B group
From 38 [^] to 40 [^] week	Urine test

In some cases more laboratory exams could be needed even if not foreseen in the ministry's protocol.

Obstetric ecography

It is a diagnosis exam based on the utilisation of ultrasound. It is innocuous and repeatable. It provides precious information about foetus health condition. During pregnancy three are generally practised, once a trimester. During the first trimester (10th to 12th week) the ecography serves to date exactly the conception, the number and the place of the gestation camera and to verify the foetus vitality.



During the second trimester, the so called morphologic ecography is practiced between the 20th and the 21st week, and studies the development of foetal organs excluding some possible malformations.

The third trimester ecography (30th – 32nd week) controls the foetus growing up and can detect malformations not discovered before. Sometimes another ecography can be needed in the 36th week. In pregnancies that reach the 41st week, another ecography is necessary in order to control the foetus wellbeing.

Cardiotocography (non stress test)

It consists of the registration of the foetus heart rhythm made by an ultrasound machine. The test is prescribed after the 40th week, every two days, to show eventual foetus suffering. With the same scope it is used during "labour childbirth".



Pre- birth diagnosis

As mother age increases, the probability of generate a child affected by the chromosome 21 trisomy (down syndrome) or another chromosome diseases is higher. Within the 35 year, the risk is close to the general population (1/378). Over this age, the risk increases. The presence of chromosome diseases in the family also increases the risk.

A modern obstetrician technology contributes and helps the couple with a useful method as to detect and identify chromosome diseases during the pregnancy period.

The examination is to be practiced by the Obstetrician at the Gynaecology unit at Esine's Hospital, reserving to the telephone n. 0364.369.044.

Amniocentesis (around the 16th week)

It consists of the extraction, through the mother's abdomen, of 20 ml of amniotic liquid, containing flaked foetal cells. The procedure, carried out under ecographic control, is not painful nor particularly difficult. The result is known after 3 weeks: in case of severe chromosome alterations, the possible pregnancy interruption will be done around the 19th – 20th week.

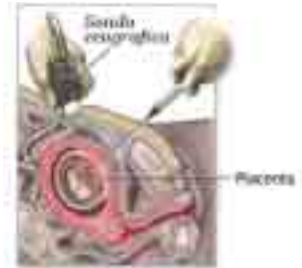
Increased abortion risk 0.5-1%.

The exam is to be followed by the Obstetrician and Gynaeco–logist of the Esine's Hospital; It is possible to reserve to the telephone n.0364/369.044

Villocentesis (around the 11th week)

It consists of the extraction, through the mother's abdomen, of a few ml of placental tissue. The results arrive in two phases: the first one within a week, the final one after three weeks. In case of important chromosome alterations, the possible pregnancy interruption could be practised in a precocious moment.

Increased abort risk 1%. The exam is not practised by this hospital.



Triple test (15th-18th week)

It consists of the dosage of different substances in the mother's blood (alpha – foetus protein, sthryolo, gonadotrophin). It is a screening test aimed to the population in general as to individuate pregnancies with high risk of the "down syndrome". Absolutely innocuous but limited to a low efficiency. The examination is to be practised by the AO "Spedali Civili" di Brescia.

BACK NECK TRANSLUCENZE

It is the ecographic image of the cutaneous nape of the neck that is physiologically present in every foetus during the first trimester of the pregnancy in the back of the neck region. It can be measured from between the 11th and the 13th week of the gestation. An increased thickness can be associated with higher possibilities of chromosome diseases (particularly the Down syndrome) or others structurals defects of the foetus. It is possible to reserve this exam by calling the C.U.P (Unique Reservation Centre) after having done the ecography of the first trimester.



COURSES OF ACCOMPANYING TO CHILDBIRTH

In women and the couple's vital cycle, pregnancy is an experience of growth and change that are exteriorised through the capacity of taking care of their own child. From this experience the need of understanding psychological and physiological changes related to pregnancy rises.

From the 6th month of pregnancy it is desirable to attend a course of accompanying to the childbirth, as an opportunity to acquire and elaborate information and experiences useful to give a mean to what women live during pregnancy.

To reduce stress, understanding desires and hopes of the pregnancy experience, calming the post – partum uneasiness, recognizing the reality and the expectations of life with the child are the main goals of the proposed courses.

The courses are the following:

- **COURSE BY THE HOSPITAL OF ESINE:** followed by an obstetrician and directed to women in the last trimester of pregnancy. It is composed of 9 afternoon meetings, two hours every week. The contents are various, from body work to different information related to pregnancy, the newborn, the breast-feeding, how to treat the baby during the first days of life. It is also included a meeting with the fathers in which the obstetrician department and the childbirth area will be visited, with the presence of a psychologist.

An encounter is reserved to the anaesthetist, in which issues such as anaesthesia, analgesia during the pregnancy and the childbirth are treated. To enroll you can call the n. 0364 369212 or directly to the obstetrician or gynaecology departments in the hospital of Esine.



- **COURSE BY THE FAMILY CONSULTING ROOMS OF EDOLO:**

followed by an obstetrician and a psychologist and is composed of 8 afternoon meetings of 2 hours. The contents are various, from body work to different information related to pregnancy, the childbirth, the breast-feeding.

- **COURSE FOR COUPLES BY THE FAMILY CONSULTING ROOMS OF DARFO:** the course consists of four encounters of 2 hours.

The course is followed by a psychologist, and the participation of an obstetrician and a paediatric is also established. The attention is mainly focused on the work with the body, with the utilisation of relaxation and breath techniques and directed to the couple as to promote the active participation of both.

The contents proposed are related to the needs of the pregnancy, the pain and the practical strategies, the care of the child, the breast-feeding and the "feeling down" when personal and couple changes occur.

The enrollment is to be done at the centres of the course chosen, the payment of a ticket is required.

CENTRES OF THE COURSES OF ACCOMPANYING TO THE CHILDBIRTH

Ostetrician Surgeries of Esine's Hospital - tel. 0364 369 044

Familiar Consulting Rooms of Edolo - P.zza Donatori di Sangue, 1 - tel. 0364 772 505

Familiar Consulting Rooms of Darfo BT - via Barbolini, 2 - tel. 0364 540 212

ASSISTENCE TO THE CHILDBIRTH



A team composed of obstetricians, gynaecologists, paediatrics and anaesthetists is guaranteed.

The mother will have the possibility of having someone she desires to close (husband or partner) and to eat light food.

She will have the chance of choosing the childbirth modality:

- **Natural:** here tools are used that do not interfere with the physiological development of the labour and offer considerable psycho-physical benefits (hydro massage bath, Holland stool, big bed, childbirth chair, special childbirth rooms).

- **In analgesia:** a local anaesthesia is injected through a catheter so that it reduces notably the pain without producing interferences in the childbirth dynamic. This aid is given under payment and needs to be expressly requested. The authorisation of the doctor is also requested.

The wellbeing of the foetus is constantly controlled by intermittent auscultation of the baby's hearth rhythm or the cardiotocographical check.

THE CESAREOUS CHILDBIRTH: The cesareous childbirth, is a surgeon intervention through which the **foetus** is extracted from the mothers body by a cut practised in the woman's abdomen and the uterus. It can be **programmed or urgent**, and is necessary when the vaginal childbirth becomes impossible or presents higher risks for the baby or the mother compared to the cesareaous childbirth.



The most frequent indications to the cesareous childbirth are: anomalous presentation of the baby, disproportion child – pelvis, placenta praevia, baby's suffering, previous vaginal interventions, serious mother pathologies.

During the followings pregnancies woman who was already exposed to the cesareous cut can be submitted to the labour, if there are not problems with the vaginal childbirth.

WELLBEING AFTER CHILDBIRTH

The apparition of feelings as absence of security, sadness, need of cry, and a general feeling of inadequacy represents frequent states of humour in the days that follow the childbirth: these are the consequences of changes from both a physiological and self perception point of view.

In the 15% of the cases these symptoms can develop into the so called "post partum depression", characterised of sudden irritability and anger, emotive changes, sleep disturbs, confusion, desperation, thoughts of death and suicide.

This disturb is often not recognised because women that suffer from it tend to hide what they feel. An efficient prevention consents to increase the goodwill of the mother and the baby and other sons and reduces the risk of couple conflict.

[By the Obstetrician and Gynaecology Unity of the Hospital of Esine is active a project to increase the goodwill of neo-mothers by detecting eventual risks of post partum depression.](#)

Through the use of questionnaires, integrated with possible meetings, the psychologist is the reference for critical situations, orienting to further support related to the specificity of every single case.

ASSISTANCE TO MATERNITY

COURSE ON "SUPPORT TO MATERNITY"

In every consulting room, professional figures are promoting group encounters directed to the new mothers and/or new parents.

Those meetings help the practice and emotive needs of mother in the very first months of baby life.

The course is developed in 5 meetings, once every 15 days, starting at the end of the first month of life of the baby and is articulated in two phases:

Body work, practical specified exercises;

Psychological support; elaboration of the personal experience regarding the first contact with the baby, "breast-feeding", "baby's first aid", being parents, the changes in the couples relation, the weaning, the relation of attachment with the baby, the separation and the evolution changes.

The enrollment is free and needs to be done by the familiar consulting rooms.

By the Hospital of Esine courses of physiochynesitherapy and perinal rehabilitation will be organised. It consists of several physical exercises useful to prevent and heal, after childbirth, the genital prolix and the urinary incontinence.

For information contact the Hospital of Esine.

During the first month after childbirth, in case of critical situations, it is possible to benefit of domiciliary assistance by an obstetrician.



IT IS ALSO POSSIBLE, BY THE CONSULTING ROOM, TO RECEIVE INFORMATION AND SUPPORT, WITH THE RESPECT OF THE PRIVACY, THE SECRECY AND ANONIMITY ALSO WHEN:

- ***YOU ARE NOT INTENTIONED TO RECOGNIZE THE BABY***

- ***YOU CANNOT GIVE A FUTURE TO THE BABY***

- ***YOU ARE NOT INTENTIONED TO BRING THE PREGNANCY TO THE END***

- ***YOU WANT INFORMATION ABOUT THE CONSEQUENCES OF NOT RECOGNISING THE BABY***

- ***YOU WANT INFORMATION ABOUT THE VOLUNTARY INTERRUPTION OF THE PREGNANCY***





