

SERVICE CARD

PERCORSO NASCITA

(Birth Services in Lombardy Region)



in Monza Brianza Provinces and Lecco

(July 2016)

Sistema Socio Sanitario
 Regione
Lombardia
ATS Brianza

Sistema Socio Sanitario
 Regione
Lombardia
ASST Lecco

Sistema Socio Sanitario
 Regione
Lombardia
ASST Monza

Sistema Socio Sanitario
 Regione
Lombardia
ASST Vimercate

 FONDAZIONE
Monza e Brianza
per il BAMBINO
e la sua MAMMA
Curare con amore

Index

Introduction	2
Deliveries in the Regional Birth Centres of ATS Brianza	3
Assistance Centres (<i>Punti Nascita e Consultori Familiari</i>)	6
Guideline Services	12

PERCORSO NASCITA

Birth Services

Service Charter

Introduction

Percorso Nascita (the Birth Services) are a set of health benefits offered by the Region Lombardy to promote the health of women and children and to give proper assistance during pregnancy, at the time of labour and delivery and then during breast-feeding and in the postpartum period.

The Charter of the Birth Services provides information on the offer and on the way to access the regional and hospital services that can support, protect and accompany women and their families during pregnancy, birth and throughout the first year of life of child. It has been established with the intent to promote and improve the quality, safety and appropriateness of care interventions.

Therefore it has been created with the aim to promote and improve the quality, safety and appropriateness of the welfare interventions.

In line with the Regional Law No. 23 of 11 August 2015 the document provided for the functional, inter-sectoral and inter-institutional integration of all social health system providers. Special importance has been given to territorial integration and the networking of professionals, organizations and institutions involved in prevention and health promotion activities.

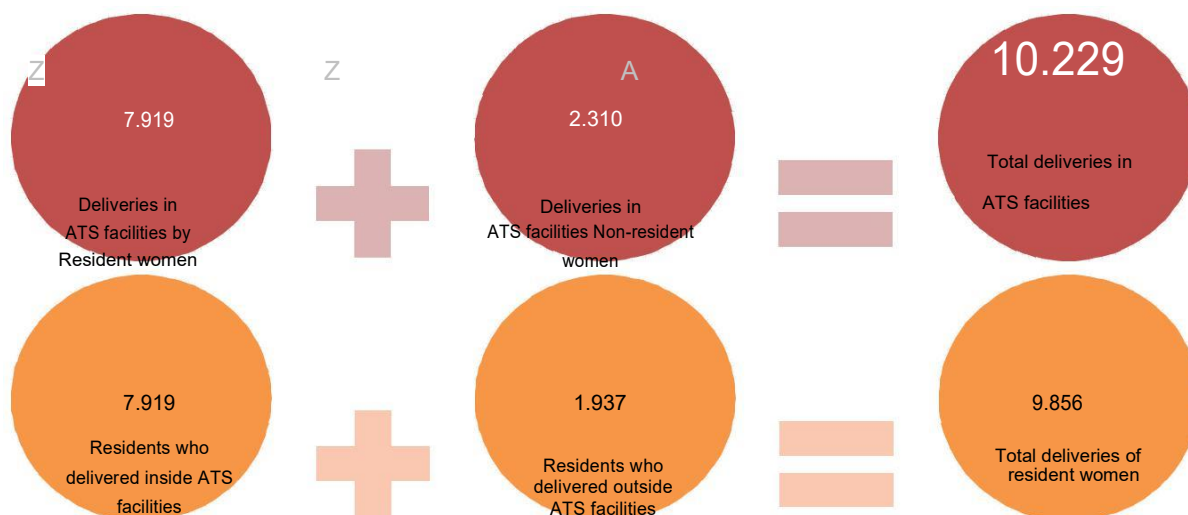
The Birth Services set is a complex event involving both parents through the creation of health and social-health processes integrating hospital and territory, addressed to the family and aimed at a responsible motherhood and fatherhood and the protection of the health of the unborn child.

The consultation of the Charter will allow informed and conscious choices at all stages of the set of *Percorso Nascita* (Birth Services).

Deliveries in the Regional Birth Centres of ATS Brianza

(ATS =HPA, the Health Protection Agency of Brianza, Lombardy Region)

SDO and CeDAP data



3

In 2015 at the local hospitals of the ATS (HPA) of Brianza there were registered 10,229 deliveries, of which 7,919 (77%) in a favour of the resident women. The majority (41%) of the deliveries occurred on the territory of the Monza hospitals ASST (ASTHO) . In particular, the MBBM Foundation is the structure that recorded the highest number of deliveries (2,715, 26.5% of the total number). The women who are residing on the territory of the Brianza ATS (HPA) gave birth at the MBBM Foundation (25.4%) and at the Carate (18.3%) and Lecco (17.8%) hospitals.

Deliveries in the main ATS Brianza Hospitals based on women's residence – 2015

ATS BRIANZA HOSPITALS		Residents		Non residents		TOTAL
		N (% row)	% row	N (% row)	% row	N (% row)
LECCO	LECCO. CIRCOLO HOSPITAL	1.408 (17,8%)	82,9%	291 (12,6%)	17,1%	1.699 (16,6%)
	MERATE CIRCOLO HOSPITAL	799 (10,1%)	84,6%	146 (6,3%)	15,4%	945 (9,2%)
	Total	2.207 (27,9%)	83,5%	437 (18,9%)	16,5%	2.644 (25,8%)
MONZA	DESIO CIRCOLO HOSPITAL	1.201 (15,2%)	81,5%	273 (11,8%)	18,5%	1.474 (14,4%)
	MBBM FONDATION	2.014 (25,4%)	74,2%	701 (30,3%)	25,8%	2.715 (26,5%)
	Total	3.215 (40,6%)	76,7%	974 (42,2%)	23,3%	4.189 (41,0%)
VIMERCATE	CARATE B. V. EMANUELE III HOSPITAL	1.452 (18,3%)	81,3%	335 (14,5%)	18,7%	1.787 (17,5%)
	VIMERCATE. CIVILE HOSPITAL	1.045 (13,2%)	64,9%	564 (24,4%)	35,1%	1.609 (15,7%)
	Total	2.497 (31,5%)	73,5%	899 (38,9%)	26,5%	3.396 (33,2%)
ATS TOTAL		7.919 (100%)	77,4%	2.310 (100%)	22,6%	10.229 (100%)

Data source: SDO- servizio epidemiologia (epidemiology service) ATS Brianza

3

The average age of women at childbirth is lower for the women of foreign nationality than that of Italian women (on average, respectively, 30.1 and 33.2 years).

The ASST's territory of Lecco is characterized by average age at childbirth more juvenile compared to the territories of the other two ASST, and for both foreign (29, 8 years vs 33, 2 and 33, 4) and Italian women (29, 8 years vs 29, 9 and 30, 4).

Average age of women at delivery divided by area of residence and nationality - 2015

Residential area of:	Total		Women/Italian Citizenship		Women/Foreign Citizenship		
	N deliveries	Average age	N deliveries	Average age	deliveries	Average age	
LECCO	Bellano	395	32,3	337	32,6	58	30,4
	Lecco	1.379	32,1	1.025	33,3	268	30,1
	Merate	984	32,3	1.250	32,9	376	29,6
	Total	2.758	32,2	2.190	32,8	560	29,8
MONZA	Desio	1.626	32,1	1.089	32,7	286	29,9
	Monza	1226	32,6	764	33,1	216	29,5
	Total	2.852	32,3	2.119	33,2	733	29,9
VIMERCATE	Carate	1.293	32,7	869	33,5	357	30,2
	Seregno	1.449	32,9	1.192	33,4	257	30,7
	Vimercate	1.504	32,9	1.179	33,6	324	30,5
	Total	4.246	32,8	3.396	33,4	849	30,4
TOTAL ATS	9.856	32,5	7.705	33,2	2.142	30,1	

Data source: SDO- servizio epidemiologia (epidemiology service) ATS Brianza

Finally, considering the proportion of Caesarean sections performed, there is an overall value of 20.5% of total deliveries; the average figure for 2013 for Italy is 35.5%, and 27.8% for Lombardy (the Ministry of Health). The major percentage of Caesarean's section is found in the Merate Hospital unit (38, 8%), while the minor percentage is registered in the Carate Hospital (14, 4%). Only the hospital in Carate is below historically "acceptable rate", indicated by the World Health Organization (WTO) (<15%), while it is slightly exceeded by the Lecco Hospital (16%) and the Fondazione (19, 5%). Yet, it is to emphasize the fact that the WHO threshold is out-of-date and there is an ongoing revision, especially for the parts in a hospital environment: it should not be disregarded the analysis of the complexity of the clinical records of each hospital and the appeal for high-risk pregnancies.

CAESAREAN SECTIONS: done in the ATS Brianza Hospitals - 2015

Territorial Area of::	Hospital	N caesarean	N deliveries	% caesarean of of total deliveries
LECCO	LECCO OSP.CIRCOLO	271	1.699	16,0
	MERATE OSP.CIRCOLO	367	945	38,8
	Total	638	2.644	24,1
MONZA	DESIO OSP. CIRCOLO	331	1.474	22,5
	FONDAZIONE MBBM	530	2.715	19,5
	Total	861	4.189	20,6
VIMERCATE	CARATE B. OSP. V. EMANUELE III	258	1.787	14,4
	VIMERCATE OSP. CIVILE	340	1.609	21,1
TOTAL ATS	Total	598	3.396	17,6
		2.097	10.229	20,5

Data source: SDO- servizio epidemiologia (epidemiology service) ATS Brianza

From the data extracted from Certificato di Assistenza al Parto (Cedap) there are some additional, more specific information related to pregnancy and childbirth: on average in the ATS facilities almost 74% of total births took place in a normal spontaneous way and in over 81% of cases pregnancy had a physiological development.

Types of deliveries per a hospital – N (%row)

Territorial Area of:	Hospital	A					TOTALE
		Normal	Scheduled Caesarean Section	Caesarean during delivery	Assisted Delivery (ventous cup)	Other*	
LECCO	LECCO CIRCOLO HOSPITAL	1.294 (76,3%)	159 (9,4%)	92 (5,4%)	120 (7,1%)	30 (1,8%)	1.695
	MERATE CIRCOLO HOSPITAL	472 (49,9%)	232 (24,5%)	112 (11,8%)	106 (11,2%)	24 (2,52%)	946
	Total Lecco	1.766 (66,9%)	391 (14,8%)	204 (7,7%)	226 (8,5%)	54 (2,0%)	2.641
MONZA	DESIO CIRCOLO HOSPITAL	1.046 (71,0%)	177 (12,0%)	128 (8,7%)	98 (6,6%)	24 (1,6%)	1.473
	MBBM FONDATION	2.099 (77,4%)	328 (12,1%)	202 (7,5%)	80 (2,9%)	2 (0,0%)	2.711
	Total Monza	3.145 (75,2%)	505 (12,1%)	330 (7,9%)	178 (4,2%)	26 (0,6%)	4.184
VIMERCATE	CARATE B.. V. EM. III	1.416 (78,8%)	114 (6,3%)	133 (7,4%)	123 (6,8)	10 (0,6%)	1.796
	VIMERCATE OSP. CIVILE	1.207 (74,7%)	168 (10,4%)	125 (7,7%)	69 (4,3%)	46 (2,8%)	1.615
	Total Vimercate	2.623 (76,9%)	282 (8,3%)	258 (7,5%)	192 (5,6%)	56 (1,6%)	3.411
TOTALE ATS		7.534 (73,6%)	1.178 (11,5%)	792 (7,7%)	596 (5,8%)	136 (1,3%)	10.236

Data source: CeDAP- epidemiology service ATS Brianza

*Caesarean section (C-section) not during a labour

Ongoing pregnancies per a hospital in particular areas

Territorial Area of:	Hospital:	Physiological	Pathological	Total	% <i>physiological</i>
LECCO	LECCO OSP.CIRCOLO	1.325	372	1.697	78,1%
	MERATE OSP.CIRCOLO	894	52	946	94,5%
MONZA	DESIO OSP. CIRCOLO	1.338	135	1.473	90,8%
	FONDAZIONE MBBM	1.772	939	2.711	65,4%
VIMERCATE	CARATE B. OSP. V. EM. III	1.648	148	1.796	91,8%
	VIMERCATE OSP. CIVILE	1.370	244	1.614	84,9%
Total ATS		8.347	1.890	10.237	81,5%

Data source: CeDAP- epidemiology service ATS Brianza

About 94% of women did more than 4 check-ups during the pregnancy, while 3.9% did not do any.

Check-ups during pregnancy per hospital

Territorial Area of::	Hospital	No Check-up	% No Check-up	from 1 To 4 check	% 1 to 4 checks	Over 4 checks	% over 4 checks	Total
LECCO	LECCO OSP.CIRCOLO	191	11,3%		0,0%	1.506	88,7%	1.697
	MERATE OSP.CIRCOLO	2	0,2%	19	2,0%	922	97,8%	943
MONZA	DESIO OSP. CIRCOLO	19	1,3%	125	8,5%	1.329	90,2%	1.473
	FONDAZIONE MBBM	162	6,0%		0,0%	2.546	94,0%	2.708
VIMERCATE	CARATE B. OSP. V. EM. III	4	0,2%	33	1,8%	1.759	97,9%	1.796
	VIMERCATE OSP. CIVILE	17	1,1%	74	4,6%	1.524	94,4%	1.615
Total ATS		395	3,9%	251	2,5%	9.586	93,7%	10.232

Data source:: CeDAP- epidemiology service ATS Brianza

ASSISTANCE CENTRES

On the ATS territory of Brianza there are 6 *Punti Nascita* and 30 *Consultori Familiari pubblici* (Public Family Counselling Services) and 7 accredited *Consultori privati accreditati* (Private Family Planning Clinics).

The centres that can provide for the necessary services:

Z

Z

Territorial area of:	Type/Name (original)
Monza	Fondazione Monza Brianza per il Bambino e la Mamma (FMBBM)
	Ospedale di Desio - ASST Monza
	Consultori Familiari (CF) pubblici - ASST Monza
	Consultori Familiari (CF) privati
Vimercate	Ospedale di Carate - ASST Vimercate
	Ospedale di Giusano - ASST Vimercate
	Ospedale di Vimercate - ASST Vimercate
	Consultori Familiari (CF) pubblici - ASST Vimercate
	Consultori Familiari (CF) privati
Lecco	Ospedale di Lecco - ASST Lecco
	Ospedale di Merate - ASST Lecco
	Consultori Familiari (CF) pubblici - ASST Lecco
	Consultori Familiari (CF) privati

Punti Nascita

In the obstetrics departments you can find many devoted practitioners who will accompany you during your pregnancy, whether it is physiological or pathological. Inside the different ASST facilities there is a close collaboration network that allows transfers in the specialized medical facilities at any time, if the pregnancy cannot be followed in the hospital initially chosen (e.g. pathological pregnancy or risk of premature birth).

The "protected" transportation of a pregnant woman at the risk to the specialized hospital is called "*Sistema di Trasporto Assistito Materno*" (STAM), the assisted maternal transportation system, whose security is backed up by the Hospitals that contribute to specific operational protocols.

During the postpartum period, a special phase for both new-born and mother, it is necessary to respect the relationship mother-new-born assuring *BONDING* or the early contact, from the first hours of new-born's life in the delivery room and through *ROOMING-IN* during their stay in hospital. The mother then will have her baby beside her in the room, 24 hours a day, where she will be constantly assisted by qualified personnel for the care of the new-born.

This welfare model, recommended by WHO (the World Health Organization) as the best system for infant care, promotes close and continuous relationship between mother and child. In other words it encompasses an early start of breastfeeding, the mother's involvement in the observation and care of the new-born baby as well as the fundamental presence the father next to the baby.

The neonatal care and assistance are designed to ensure the physiological postnatal development of the new-born baby, the implementation of prophylaxis, to give an early diagnose and implementation of neonatal screening.

During the entire period of hospitalization, an infant-oriented assistance is provided. It is based on an environmental care and protection (offering positive stimuli consisting of constant maternal presence next to the baby, the control of the harmful stimuli such as light, noise and pain) aimed at encouraging the neurological development of infant ("care" of the new-born baby).

All activities are strictly divided between the obstetrics and neonatology wards with the goal of supporting the new mother-father-child triad.

Punti Nascita addresses:

FMBBM Monza	039/2332164	www.fondazionembbm.it
Desio* Hospital	Via Mazzini, 1 - 20832 Desio – 0362/3831	www.asst-monza.it
Carate Brianza*Hospital	Via Mosè Bianchi, 9 – 20841 Carate Brianza – 0362/9841	www.asst-lecco.it
Vimercate* Hospital	Via Santi Cosma e Damiano, 10 – 20871 Vimercate – 039/66541	www.asst-vimercate.it
Lecco Hospital	Via dell'Eremo 9/11 – 23900 Lecco – 848884422	www.asst-lecco.it
Merate* Hospital	Largo Mandic, 1 – 23807 Merate – 848884422	www.asst-lecco.it

In the above-mentioned hospitals on the ATS territory marked with an asterisk (*) the assistance is provided to all physiological and to all those pathological new-borns with gestational age superior or equal to 34 weeks, and who do not require an intensive care.

If a delivery is scheduled before 34 weeks of gestation, or a foetus has severe congenital diseases, childbirth will be planned in hospitals with Terapia Intensiva Neonatale (Neonatal Intensive Therapy) (TIN LECCO- Lecco Hospital TIN MONZA-FMBBM) where intensive cares are offered. .

If it is not planned, but after birth it is necessary to transfer a new-born to a centre with Neonatal Intensive Care, a service called “Servizio di Trasporto di Emergenza Neonatale” (STEN) is at disposal for the child's protected transportation to the Hospitals offering an intensive care.

I Consultori Familiari (Family Counselling Services)

Il Consultorio Familiare (Family Counselling Service) is one of privileged places for pregnancy assistance.

In fact, *I Consul tori* follow a woman and a couple from the months prior to conception, up to delivery and furthermore, during the child's first year. It's a path that integrates a medical intervention with a psychological and social support aimed at support and prevention of parenting.

In particular, during the pregnancy period, the *Il Consultorio* (Counselling Service) offers consulting in obstetrical and gynaecological areas, in how to deal with a physiological pregnancy, a childbirth preparation courses and psychological counselling activities.

Through these interventions, an important support it is offered to women and couples expecting a baby: through meetings and discussions on the various issues related to pregnancy, childbirth and parenting to integration of interventions aimed at promoting appropriate lifestyles, in particular with regard to the mother and the child.

In line with the services established, and which concern the period before the delivery, there are other more recent and innovative services, which mainly tackle the sensitive period following the birth of the child.

The latter area covers activities such as:

- post-partum home care which consists of: immediate midwives home visit after leaving the hospital (this service is provided upon the request of the mother in agreement with the healthcare workers);
- a breastfeeding room: an area with a free access dedicated to mothers for individual and/or group counselling on issues such as breastfeeding and the needs and care of the new-born;
- support and assistance groups during the first year of a child, directed to mothers and/or couples where they face the health workers and other parents with the goal to effectively use the resources required to tackle the issue of the family reorganization as well as discuss the topics such as the needs of the new-born, breastfeeding, sleep/wake cycle, when to return to the work if mother is a worker, etc.

The months after the delivery, indeed, are the those when mothers may experience the biggest need for the help and support to deal with the phase of adjustment to a change caused by the child's birth and to cope with doubts about the care methods of the new-born.

Moreover during the child's first year the support for mother and child and for both parents is particularly important in order to foster an emotional and strong relationship that positively affects psychological and emotional development of the new-born and relationships within family.

Finally, *I Consultori* implement regional projects that support motherhood and parenting with a particular attention to the sensitive questions, such as economic situation. Many of these projects are aimed at promotion of healthy lifestyle, with a special regard to a mother and a child.

Consultori Familiari addresses:

The centres differ in working hours and the services they offer. In the main offices are mainly situated services related to *Percorso Nascita*. The services are free of charge except upon request to be accompanied during the labour where a fee is provided.

- Consultori Pubblici Monza (Public Counselling Centres)

Desio	Via Foscolo, 24/26 – 20832 Desio – consultorio.desio@asst-monza.it Opening hours: Monday, Tuesday, Tuesday: 9.00-12.00 ; Wednesday: 9.00-12.00 and 14.00-16.00 ; Thursday: 14.00-16.00	Headquarter
Limbiate	Via Monte Grappa, 40 – 20812 Limbiate – consultorio-limbiate@asst-monza.it Opening hours: Monday, Tuesday, Tuesday: 9.00-12.00 ; Wednesday: 9.00-12.00 and 14.00-16.00 ; Thursday: 14.00-16.00	Headquarter
Bovisio Masciago	Via Cantù, 7 – 20813 Bovisio Masciago – consultorio.bovisio@asst-monza.it	Headquarter
Cesano Maderno	Via san Carlo, 2 – 20811 Cesano Maderno – consultorio.cesano@asst-monza.it	Headquarter
Muggiò	Via Dante, 4 – 20835 Muggiò – consultorio.muggio@asst-monza.it	Headquarter
Nova Milanese	Via Giussani, 11 – 20834 Nova Milanese – consultorio.nova@asst-monza.it	Headquarter
Varedo	Via S.Giuseppe, 13 – 20814 Varedo – consultorio.varedo@asst-monza.it	Headquarter
Monza	Via De Amicis, 17 – 20900 Monza – consultorio.deamicis@asst-monza.it Opening hours: Monday: 9.00-12.00 e 13.30-16.30 ; Tuesday, Thursday and Friday: 9.00-12.00	Headquarter
Monza	Via Boito, 2 – 20900 Monza – consultorio.boito@asst-monza.it	Secondary Office
Brugherio	Viale Lombardia, 270 – 20861 Brugherio – consultorio.brugherio@asst-monza.it	Secondary Office
Villasanta	Piazzetta Erba, 12 – 20852 Villasanta – consultorio.villasanta@asst-monza.it	Secondary Office

APPOINTMENTS can be fixed going directly to the Service or through the Company Call- centre, operating from Monday to Friday from 8.00 to 17.30.

Number 840 000 117, for calls from fixed phones - the service cost is 7.5 cent/a connection fee.

Number 039 2369369, for mobile phone calls - the service cost depending on a price per a call set by SIM operator

The service provides information and makes bookings, cancellations and changes of socio-health services.

- Private Counselling Centres Monza

Fondazione Centro Orientamento Famiglia	Via Vittorio Emanuele, 1 – 20900 Monza – 039/232090 – 039/2326463 info@cofmonza.it
Fondazione Edith Stein CEAF Desio	Via Conciliazione, 2 – 20832 Desio – 0362/629193 – famiglia.cinisello@fastwebnet.it – desio@fondazioneedithstein.it

- Public Counselling Centres Vimercate

Lissone	Via Garibaldi, 21 – 20851 Lissone – consultorio-lissone@asst-vimercate.it Opening hours: Monday and Friday: 8.30 -12.30 ; Tuesday, Wednesday and Thursday: 14.00 – 16.00	Headquarter
---------	---	-------------

Carate Brianza	Via Mascherpa, 14 – 20841 Carate B. - consultorio.carate@asst-vimercate.it	Secondary Office
Vimercate	Via Diaz, 42/A – 20871 Vimercate – consultorio.vimercate@asst-vimercate.it Opening hours: Monday and Friday: 9.00-12.00 ; Wednesday and Thursday: 9.00-12.00 e 14.00-16.00	Secondary Office
Arcore	Via Umberto I,17 – 20862 Arcore - consultorio.arcore@asst-vimercate.it	Secondary Office
Concorezzo	Via S. Marta, 10 – 20863 Concorezzo – consultorio.concorezzo@asst-vimercate.it	Secondary Office
Seregno	Via Stefano da Seregno, 102 – 20831 Seregno consultorio.seregno@asst-vimercate.it From Monday to Friday: 9.00 -12.00 e 14.00 -16.00	Headquarter
Giussano	C/0 Giussano Hospital, via Milano, 651 – 20833 Giussano – consultorio.giussano@asst-vimercate.it	Secondary Office
Lentate sul Seveso	Via Garibaldi, 37 –20823 Lentate sul Seveso – consultorio.lentate@asst-vimercate.it	Secondary Office
Meda	Via Roma, 2 – 20821 Meda – consultorio.meda@asst-vimercate.it	Secondary Office
Seveso	Via Martiri d'Ungheria, 30 – 20822 Seveso – consultorio.seveso@asst-vimercate.it	Secondary Office

APPOINTMENTS can be fixed going directly to the Centre or through the Company Call- Centre, operating from Monday to Friday from 8.00 to 17.30.

Number 840 000 117, for calls from fixed phones - the service cost is 7.5 cent/a connection fee:

Number 039 2369369, for mobile phone calls - the service cost depending on a price per a call set by SIM operator

The service provides information and makes bookings, cancellations and changes of socio-health services.

- Private Counselling Centres Vimercate

Consultorio Familiare CEAF Vimercate	Via Mazzini, 33 – 20871 Vimercate – 039/666464 info.vimercate@fondazionemartini.org
Fondazione Edith Stein Consultorio Interdecaneale della Famiglia	Via Cavour, 25 – 20831 Seregno – 0362/234798 – famiglia.cinisello@fastwebnet.it – seregno@fondazioneedithstein.it

- Public Counselling Centres

Lecco

Bellano	Via Papa Giovanni XXII – 23822 Bellano - 0341 822115 - consultorio@asl.lecco.it Opening hours: Wednesday 8.30 -12.30; Thursday 9.30 -12.30 e 14.00-16.00	Headquarter
Calolziocorte	Via Bergamo, 8 – 23801 Calolziocorte - 0341 635013/11 consultorio@asl.lecco.it Opening hours: Monday, Wednesday, Thursday, Friday: 8.30 -12.45 e 13.30-16.00 Tuesday: 8.30 -12.45 e 14.30 -16.00	Headquarter
Casatenovo	Via Montereio,15 – 23880 Casatenovo - 039 9231209 - consultorio@asl.lecco.it Opening hours Monday, Wednesday and Thursday 8.30 -12.30 e 14.00-16.00 ; Tuesday: 8.30-11.30	Headquarter
Cernusco Lombardone	Via Spluga, 49 – 23870 Cernusco Lombardone - 039 9514515 - consultorio@asl.lecco.it Opening hours: Monday, Wednesday, Thursday, Friday: 8.30-12.30 e 14.00-16.00 ; Tuesday: 8.30-12.30	Headquarter
Introbio	Località Sceregalli – 23815 Introbio - 0341 983323/13 - consultorio@asl.lecco.it Opening hours: Tuesday, Wednesday, Friday: 8.30 -12.30 e 13.30 – 16.00 ; Monday: 8.30 -12.30 e 14.30 -16.00	Headquarter
Lecco	Via Tubi, 43 – 23900 Lecco - 0341 482611/648 - consultorio@asl.lecco.it Opening hours: Monday, Tuesday, Wednesday, Friday: 8.15-12.30 e 13.00-16.00 Thursday: 8.15 – 11.30 e 14.00 -16.00	Headquarter
Mandello del	Via Degli Alpini, 1 – 23826 Mandello del Lario - 0341 739412 -	Headquarter

Lario	consultorio@asl.lecco.it Opening hours: Monday, Tuesday, Wednesday, Thursday: 8.30 – 12.30 e 13.30 - 16.00 ; Friday: 8.30-11.30 e 13.30 -16.00	
Olginate	Via C.Cantù, 3 – 22063 Cantù - 0341 653015/11 - consultorio@asl.lecco.it Opening hours: Monday, Tuesday, Wednesday 8.30 -12.30 and 13.30-16.00 ; Thursday: 8.30-12.30 ; Friday: 8.30 -11.30 and 13.30-16.00	Headquarter
Oggiono	Via Bachelet, 7 – 23848 Oggiono - 0341 269740 - consultorio@asl.lecco.it Opening hours: Monday, Tuesday, Wednesday, Thursday : 8.30 -12.30 and 13.30-16.00 Friday: 10.00-12.30 e 13.30 -16.00	Headquarter

APPOINTMENTS can be fixed going directly to the Centre or calling the numbers given above.

- Private Counselling Centres Lecco

Lecchese Center Family Assistance	Via Bezzacca, 22 – 23900 Lecco – 0341/364025 – 0341/368088 – celaf.lecco@gmail.com
Consultorio Interdecanale Merate	Via IV Novembre, 18 – 23807 Merate – 039/5984230 – consultorio.merate@tiscali.it

In addition to the listed hospitals, on the territory of Monza and Lecco there are accredited private hospitals where you can make check-ups, exams and have assistance related to *Percorso Nascita*: for information and contacts please contact the hospitals or their websites.

CLINICAL INSTITUTES ZUCCHI

Via Zucchi, 24 - 20052 Monza - Carate Brianza – Brugherio
Tel. 039.83831 - Fax 039.364886
Website: www.zucchi-gsd.it

G.B. MANGIONI HOSPITAL

Via Leonardo Da Vinci, 49 - 23900 Lecco (LC)
Centreline: 0341.478111 - Fax: 0341.285087
Website: www.gvmnet.it

PERCORSO NASCITA

Guideline Services

Percorso di Nascita is divided in four stages:

- **Preconception Period**
- **Pregnancy**
- **Labour**
- **Postpartum period**

In this manual, for each phase, it is provided:

- *a brief description of a phase*
- *a brief description of every service provided*
- *A chart showing an index with the main services and the assistance offered within the centre*
 - *Punti Nascita and Counselling Offices at ATS Brianza region that covers the territories of Monza and Lecco.*

All services are free of charge, except from those indicated on the charts with an “P”- *Prestazioni a pagamento* (chargeable services) and an ”T”- co-pay services.

• PRECONCEPTION PERIOD

Upon the request of a couple, *Percorso Nascita* can start even before the conceiving and it is possible to take special exams and get information about a healthy life-style (an education on health and care).

Offered Services

- **Gynaecological Preconception Check-up**

During preconception period the gynaecological examination consist of, apart from assessing reproductive system, a detailed personal and family medical history with a purpose to detect possible reproductive risks. If necessary the diagnostic laboratory procedures are prescribed and the preventive care with folic acid is recommended in order to prevent foetal malformations.

- **Genetic Counselling**

The GC (in Italian CG: la Consulenza Genetica) provides for a detailed anamnesis and possible special examinations: genetic test and diagnostic procedure. If the patient or a member of a family is affected by a genetic disease, it can provide useful information about the illness, how it can be transmitted, possible risks and therapies also regarding reproductive choices.

- **Diagnostic and Treatment Service for couples with fertility issues (PMA)**

It offers diagnosis and treatment assistance for an infertile couple. This programme includes three specified centres with special services. The 1st level centre offers not only assessing the causes of infertility, but the possibility to enhance conceiving using techniques with a low-tech intervention (check, drugs). The 2nd and 3rd level Centres can provide for all techniques of reproductive medicine with possibility to use operating rooms and specialized biological laboratory.

- **Reproductive Endocrinologist Check-up**

It consists of dealing with issues related to menstrual irregularities, hyperandrogenism and metabolic syndromes, possibly in collaboration with other specialists.

- Check-up /counselling for couples suffering from "Recurrent Miscarriage Syndrome"

All necessary checks are made in cases of a recurrent miscarriage (at least two abortions without living offspring) to determine the cause; identify appropriate treatment before and during pregnancy.

- Preconception and pregnancy counselling for with an oncological pathology

This service is provided for women who have had an oncological pathology and want to remain pregnant or are pregnant.

PRECONCEPTIONAL PERIOD - SERVICES: When and Where

WHAT	WHEN	WHERE												
		Fo	C	CF pubbliciMonza	CF privatiMonza	Ospedale Carate	OspedaleCusiano	O	CF pubbliciVimercate	CF privatiVimercate	C	C	CF pubbliciLecco	CF privatiLecco
Gynaecological preconception check	Before conceiving	X*	X	X	X	X		X	X	X	X	X	X	X
Genetic counselling I Level (T)		X	X			X	X	X			X	X		
Genetic counselling II Level (T)		X									X			
Diagnostic and treatment Services for couples with conceiving issues I Level		X	X			X		X			X	X		
Endocrinological reproduction system check			X			X	X	X			X		X	
Check-up /counselling for couples suffering from "Recurrent Miscarriage Syndrome" Check-up /counselling for couples		X	X			X		X			X	X		
Preconception and pregnancy counselling for oncological patients		X*									X			

* The preconception checks are made at the San Gerardo Hospital

How and Where to get in touch with the hospitals

Name	Address	Telephone	Website
Obstetrics Ambulance MBBM Foundation 3° floor – C sector	c/o San Gerardo Hospital Via Pergolesi 33 20900 Monza	039 2333126	www.fondazionembbm.it
Obstetrics and Gynaecology Ambulance Desio Hospital Z 6° floor	Via Mazzini 1 - 20832 Desio Z A	0362 383466	www.asst-monza.it
Obstetrics and Gynaecology Ambulance Vimercate Hospital	Via S.S. Cosma e Damiano 10 - 20871 – Vimercate	039 6657218 (physiologic pregnancy) 039 6657264 (ultrasounds e prenatal diagnosis)	www.asst-vimercate.it
Ambulance Merate Hospital	Via L. Mandic 1 – 23807 Merate	039 5916394 (Secretary Mother and Child Ward – from Monday to Friday 9.00-15.30)	www.asst-lecco.it
Obstetrics Ambulance Lecco Hospital	Via dell'Eremo 9/11 - 23900 Lecco	848 88 44 22 Select Line 3 Mother and Child Wards	www.asst-lecco.it
Obstetrics and Gynaecology Ambulance Carate Hospital- Health Centre	Carate Hospital - Health Centre 2° floor Via Leopardi 5 - 20841 Carate Brianza	To make an appointment Regional Call Centre 800638638 0362 984491 ultrasounds 0362 984492 check-ups	www.asst-vimercate.it
Reproductive Pathology Clinic Carate Hospital	Via Mosè Bianchi 9 – 20841 Carate Brianza	To make an appointment Regional Call Centre 800638638 0362 984696 Ambulance	www.asst-vimercate.it
Obstetrics/gynaecological clinics Giussano Hospitals	Via Milano 65 20833 Giussano	To make an appointment Regional Call Centre 800638638 0362 485025 Ambulance	www.asst-vimercate.it
Family Counselling Centres	See pages 9 -11		

● PREGNANCY

Pregnancy is a very important moment in every woman's life and it is rather a condition than an illness. During the perinatal period the information and care provided by the practitioners involved (gynaecologist, midwives) can influence the behaviour and health condition of a pregnant woman and her baby therefore it can have an important effect. The first welcome/orientation meeting will be useful also for the identification of low-risk pregnancies (with a reference to the Physiological Pregnancy Guidelines form 2011 "*National System Guidelines*" of the Ministry of Health), differentiating them from pregnancies with issues for which interventions higher than the first are recommended , from routine care to additional and /or specialized assistance.

Offered services

- **Obstetric Booking**

The Boking Ostetrico (Obstetric Booking), consisting of a reception and orientation interview with the midwife, is the first encounter of the pregnant woman with the relevant medical facility. It is a meeting that generally occurs between 10-15 days, from the moment the woman requires to be followed in the relevant medical facility, and 13th week. .

In the Booking Ambulatory there will be an obstetrician who will take care of the pregnant woman during this meeting: based on the medical history, it will be set the correct pathway for the pregnant woman and she will be given the information concerning further ultrasounds (I,II,III trimester).

- **Low-risk pregnancies, admitted by midwives**

Women with ongoing physiological pregnancy are proposed a care model where a midwife or midwives teams would deal with the planning, organization and giving an assistance during the delivery: from the first visit up to postnatal period. If it is necessary there is a medical staff at their disposal, as recommended by *Linee Guida della Gravidanza Fisiologica* (the Physiological Pregnancy Guidelines) (ISS SNLG 2011).

In order to safeguard the recommended birth path it is important that the encounter with a midwife takes place as soon as possible. All assistance and care provided will be more effective if there is more time spent together and continuity throughout this beautiful journey.

- **Obstetrics checks during a low-risk pregnancy**

In some hospitals women with a low-risk pregnancy are not under obstetrician's surveillance, but there is a clinic with the gynaecologist who follows the woman through a periodic evaluations scheduled according to *Linee Guida della Gravidanza Fisiologica* (the Guidelines of Physiological Pregnancy).

- **Check-ups during a high-risk pregnancy**

Pregnancies already identified as "at risk" are followed by a gynaecologist and these pregnancies usually require a greater number of clinical assessments (e.g. in case of arterial hypertension, diabetes, previous preterm births). In some cases this activity is carried out by a team with other specialists (diabetologist, endocrinologist, cardiologist, internist, etc.). Clinics are connected with the hospital obstetrics wards. Some patient, should it be necessary, can be hospitalized and recovered or can have very detailed medical checks

- **Medical checks for pregnancies in a final stage**

Before the 41st week of gestation, pregnant women should have with an overall evaluation for ongoing pregnancy and foetal well-being. A short interval checks are scheduled: from 41.3 to 41.5 weeks. If there are not complications, a labour induction is offered.

- **Invasive prenatal diagnosis**

Invasive prenatal diagnosis is the set of procedures to detect the presence of foetal chromosomal or genetic anomalies or to search for infectious agents. The main techniques are: chorionic villus sampling, amniocentesis and cordocentesis.

- **Screening test: I trimester: Combined Test (currently a co-pay service)**

Combined screening (ultrasound for nuchal translucency + maternal blood tests) of the I ° trimester is a non-invasive test that allows you to calculate the probability that the foetus is affected by some chromosomal abnormalities (e.g. Down's Syndrome), and it takes into account the mother's age. The Screening reduces the number of possible invasive non-necessary checks for mature women. It also provides, considering their age, to women at low-risk a choice to decide on an invasive method or other test.

- Prenatal Screening Test for a foetal DNA Analyses of a mother's blood (Currently, there is a fee to be paid)

The foetal DNA, found in the maternal circulation, is a source of foetal genetic material that can be used to make a non-invasive prenatal Screening tests. The Screening of the woman's blood sample is aimed at checking the three most frequent chromosomal abnormalities (Down's syndrome, Trisomy 13 and Trisomy 18). Currently, the test is done on some women diagnosed to have "high risk of aneuploidy" pregnancies, and who prefer not to undergo invasive prenatal checks.

- Obstetrical Ultrasound

It's the ultrasound that allows you to see the embryo and the foetus inside the mother's uterus as part of prenatal diagnosis in order to evaluate its healthy growth.

Ultrasound is a technique that allows the study of uterine womb, the placenta, amniotic fluid, foetal organs and to measure parameters of foetal growth. Ultrasound is used in obstetric practice for more than 30 years and it has not been recorded any long-term side effects on the foetus.

The obstetric ultrasound purposes depend on the trimester in which it is conducted. In the first trimester its purpose it is to check if the pregnancy has taken place where it should be, embryo viability, the correct dating of pregnancy and to diagnose a twin pregnancy.

In the second trimester its purpose is to study the morphology of the foetus and to highlight if there are any development alterations. In the third trimester its purpose is to assess foetal growth, where the placenta is located and the amount of amniotic fluid

- Immunoprophylaxis for maternal-foetal RH incompatibility

It consists of giving anti-D immunoglobulin to all well-informed pregnant women who are RH (D) negative, during their 28th - 30th week of pregnancy.

- External cephalic procedure/position of foetus in a breech position

External cephalic version (ECV) is a manual procedure for pregnant women without complications and the foetus is moved up in a breech position. The aim is to move the foetus in cephalic position to avoid Caesarean Section. It is done around the 37th week

- **Rectal and vaginal tampon**

(Currently, there is a co-pay; “a ticket” to be paid)

Vaginal / rectal tampon is used between the 35th -37th week of pregnancy and is used to detect the presence of beta-haemolytic streptococcus group B or *Streptococcus agalactiae* and prevent transmission to the foetus during childbirth.

- **Childbirth Assistance Courses**

(Currently, there is a co-pay; “a ticket” to be paid)

The Childbirth Assistance Courses represent a support for pregnancy, childbirth and parenting. They are usually organized in small groups. The participants are pregnant women, alone or with their partners. There are midwife and medical professional worker who conduct most of the meetings, often in collaboration with other professionals.

- **Social counselling: information and social protection of maternity**

During pregnancy, health professionals inform the pregnant about the current legislation and the rights/benefits provided in favour of motherhood and family, as well as parental rights at work. In the case of social fragile situation, social workers are asked to provide a special and customized consultation.

- **Psychological support during all stages of pregnancy**

(Currently, in some cases a *ticket* (co-pay) is mandatory; whereas in the public clinics is free of charge)

The main task of this service is understanding and identifying as early as possible relational and social psychological distress that a woman and family can have after childbirth. Therefore, it is possible to initiate individual and/or couple psychological support course or during pregnancy if there are some difficulties.

PREGNANCY - Services: When and Where

WHAT	WHEN	WHERE												
Z	Z			A CF pubblici										
Obstetrics Booking	1° check-up	X	X	X	X				X	X	X		X	
Obstetrics checks, a midwife is in charge for a pregnant woman	1° check- within 13° week 1° check from 18° to 22° week	X	X								X	X	X	
Obstetrics checks, low-risk pregnancies	2° check from 26° to 30° week 3° check from 32° to 35° week 4° check from 37° to 38° week	X	X	X	X	X	X	X	X	X	X	X	X	X
Check-ups for high-risk pregnancies	Ask Specialists	X	X			X		X			X	X		
Check at final pregnancy stage	from 40° week	X	X			X		X			X	X		
Invasive prenatal diagnosis		X	X				X	X			X	X		
Screening I trimester Test Combined (P)	I trimester	X	X			X	X	X			X	X		
Prenatal Screening Test for a foetal DNA Analyses of a mother's blood	I trimester	X									X	X		
Obstetrics ultrasound	1° ultrasound within la 13° week 2° ultrasound from 19° to 23° week 3° ultrasound from 28° to 32° week	X	X			X	X	X			X	X		
Immunoprophylaxis or Maternal-foetal RH-Incompatibility	Starting from 28° week	X	X			X		X			X	X		
External cephalic procedure /positioning a foetus in a breech position	37° week	X	X			X					X	X		
Rectal and Vaginal tampon (T)	Starting from 36° week	X	X	X	X	X		X	X	X	X	X	X	
Childbirth Assistance Courses (T)	from 28° to 36° week	X	X	X		X		X	X	X			X	
Social counselling: Information and social protection of maternity	If needed	X	X	X	X	X		X	X	X	X	X	X	X
Psychological support during all stages of pregnancy		X	X	X	X	X		X	X	X	X	X	X	X

How and Where to get in touch with the hospitals

Name	Address	Telephone	Website
Obstetrics clinics Fondazione MBBM 3° floor - section C	c/o San Gerardo Hospital Via Pergolesi 33 20900 Monza	039 2333126	www.fondazionembbm.it
Ultrasound Clinics Desio Hospital 3° floor Z Obstetrics-Genealogical Clinic Desio Hospital 6° floor	Via Mazzini 1 - 20832 Desio	0362 383466 (ultrasounds e and prenatal diagnosis) 0362 383460 (check-ups during the pregnancy)	www.asst-monza.it
Obstetrics-Genealogical Clinic Vimercate Hospital	Via S.S. Cosma e Damiano 10 - 20871 – Vimercate	039 6657218 (physiology pregnancy) 039 6657264 (ultrasound e prenatal diagnosis)	www.asst-vimercate.it
Clinic Merate Hospital	Via L. Mandic 1 – 23807 Merate	039 5916394 (Mother and Child Ward Secretary Opening hours: from Monday to Friday 9.00-15.30)	www.asst-lecco.it
Obstetrics Clinic Lecco Hospital	Via dell'Eremo 9/11 - 23900 Lecco	848 88 44 22 Select line 3 Mother- Child Ward	www.asst-lecco.it
Obstetrics-Genealogical Clinics Carate Hospital	Via Mosè Bianchi 9 20841 Carate Brianza	0362 984492 (physiologic pregnancy) 0362 984490 (pathologic pregnancy) 0362 984492 (ultrasound)	www.asst-vimercate.it
Percorso nascita	Via Mosè Bianchi 9 20841 Carate Brianza Educational Area	Per informazioni URP 0362 984378 o urp.carate@asst- vimercate.it	www.asst-vimercate.it
Pregnancy Monitoring After delivery	Via Mosè Bianchi 9 20841 Carate Brianza Monitoring Room 1° floor	To book Delivery Room 0362 984203	www.asst-vimercate.it
Obstetrics-Genealogical Clinics Giussano Hospital	Via Milano 65 20833 Giussano	0362 485081 (Tuesday e Thursday 14.00-16.00 to book or to have information about prenatal course il	www.asst-vimercate.it
Familiar Counselling Service	See pages 9-11		

• CHILDBIRTH

In the birth assistance centres during labour and delivery an assistance is provided according to the recommendations issued in 2012 by UNICEF and called " *Cure amiche della madre*".

These activities are important for a psychological and physical health of a woman because research shows that it improves the beginning a of a baby's life, breastfeeding and it helps women to feel supported, competent, able to control what happens, and prepared them to interact in a watchful way with the baby.

Women who want to benefit from our prenatal services and those who give birth in our facilities need to know that:

- They may be accompanied by a person of their choice for a physical and /or continuous emotional support during their labour and delivery, if they so desire, conscious of the motivation for such a support;
- They can drink and eat light meals during labour, if they wish;
- They can walk or move around during labour, if they wish, and find positions of their choice during birth, unless she is not restricted to do so for possible complications.
- They have right to receive a guidance on how to deal with the pain and feel more comfortable during labour, and on what are the best choices for mothers, children as well as how to stimulate breastfeeding;
- *Le cure Amiche della Madre* do not include clinical practices on the usefulness of which there is no scientific evidence (enema evacuative, trichotomy, bladder catheterization);
- Non-invasive procedures are performed as continuous foetal cardiotocographic monitoring, membranes rupture, episiotomies, acceleration or induction of labour, instrumental parts, caesarean sections, unless they are unnecessary complications and explaining the reasons that make them necessary;.
- in case of labour analgesia, which is carried out at the request of the mother, who must be adequately informed about its effects on breastfeeding and should receive appropriate assistance during the post-birth period.

Offered services

- Natural Childbirth

The assistance to a normal labour and delivery is entrusted to a midwife who is in charge. The midwife is next to the woman and

she is in a caring and personalized relationship with the woman, time monitoring the normal gradual progression of a labour/delivery and promoting maternal-foetal health. The woman, should she want it, can have someone she trusts/wants at her side during the labour, the childbirth and the postpartum.

- **Epidural Analgesia**

The pain experience during the childbirth varies from woman to woman and is influenced by various factors. Next to the non-pharmacological there are pharmacological techniques. An epidural is a pharmacological technique controlling the labour and delivery pain. For the application of this technique it is necessary to undergo a preliminary evaluation with an anaesthesiologist.

- **Multiple Childbirth**

Also during a twin pregnancy there is a possibility of using a vaginal birth after careful evaluation by the specialist.

- **Scheduled Caesarean Delivery**

When a vaginal childbirth is impossible or involves an increased risk of complications for the mother or foetus it is possible to schedule a Caesarean section. Indications for planned caesarean section are discussed with the physician and the gynaecologist and shared with the medical staff of the selected *Punto Nascita*.

- **Vaginal Delivery- patients with a previous Caesarean section**

If a woman has undergone, in the previous pregnancy, a caesarean section, this does not mean that the next delivery has to be carried out by Caesarean section. Choosing a vaginal birth after a previous caesarean section, in the absence of specific contraindications, it is supported by national and international guidelines.

Together with her gynaecologist, who follows her, and the delivery room team that has admitted the woman, she can make a conscious choice.

- **Donation and Storage of Umbilical Cord Blood**

(Currently a *directed* donation is a chargeable service)

In Italy there are authorized by law two types of blood donations collected from the umbilical cord: *allogeneic* and *directed donation*.

The allogeneic (solidarity) donation is a "voluntary" donation. The collected blood is donated free of charge to the public referential *Banca del Sangue* (Blood Bank).

The “directed” donation is allowed when within the family there is a person suffering from a disease that can be treated with stem cells or in specific cases where there is a risk of having children with genetic disorders.

The donation can be after both: a natural birth or after a (non- urgent) Caesarean section. The cord blood donation is done by competent personnel, after the cutting of the umbilical cord. Collecting the cord blood is assured with a maximum sterility system.

- **Functional Link of Obstetrics-neonatologist assistance**

Since 2011 the network for the obstetrical and neonatal care of the North Lombardy area, has guaranteed a functional service among the hospital centres for perinatal care level II (called HUB) of Monza, Lecco and Niguarda with peripheral birth points of I level (called SPOKE) which refer to these centres for specialized and intensive care, thanks to the support of the regional territorial health emergency-urgent network (service 118). As part of the network are planned assisted transport of pregnant patients (STAM) and the transport service for neonatal emergency (STEN).

- **STAM**

The purpose of the *Servizio di Trasporto Assistito Materno* (Assisted Maternal Transport Service) is to ensure the secure transportation from the centres of I level (SPOKE) to the level II centres (HUB) of pregnant women in imminent premature delivery or with serious diseases that require sending in intensive and specialized. Therapies

- **STEN**

It is a transfer of new-borns who require intensive care at adequate center of *Terapia Intensiva Neonatale* (TIN) (the Neonatal Intensive Care Unit). It takes place through *Servizio di Trasporto di Emergenza Neonatale* (STEN) (Neonatal Emergency Transport Service) at the expense of hospital centres (HUB), represented by the TIN of Monza and Brianza Foundation “*Per il Bambino e la sua Mamma*” (for the Child and his Mother), and Manzoni Hospital in Lecco. An ambulance furnished with all the necessary equipment for the emergency situation (monitors, ventilators, cot), brings to the headquarters of I level (sometimes even before birth) an experienced doctor and a nurse of from the critical area of II level, in order to assist the new-born and provide for its transfer to a TIN for the necessary intensive care.

The efficiency of the functional link is made possible by the adoption of the "back transport" which means the return of new-borns (through transport) to the centre of origin.

The STEN service is available 24 hours a day during the entire year.

This service has helped to improve the survival and prognosis of pathological new-borns.

DELIVERY - Service: When and Where

WHAT	WHERE											
	Fondazione MBBM	Ospedale Desio	CF pubblici Monza	CF privati Monza	Ospedale Carate	Ospedale Vimercate	CF pubblici Vimercate	CF privati Vimercate	Ospedale Lecco	Ospedale Venate	CF pubblici Lecco	CF privati Lecco
Natural Delivery	X	X			X	X			X	X		
Childbirth with epidural pain relief	h 24	h 24			h 24	h 24			h 24	X*		
Multiple pregnancy delivery	X	X			X	X			X	X		
Scheduled Caesarean section	X	X			X	X			X	X		
Vaginal delivery of patients who had experienced Caesarean section	X	X			X	X			X	X		
Donation and keeping umbilical cord blood	X	X			X	X			X	X		
STAM	X	X			X	X			X	X		
STEN	HUB	SPOKE			SPOKE	SPOKE			HUB	SPOKE		

*Opening hours from 8.00 to 20.00

How and Where to get in touch with the hospitals

Name	Address	Telephone	Website
<p>Obstetric Clinics The MBBM Foundation 3° floor, section C:</p> <ul style="list-style-type: none"> interview for cord blood donation <p>Z</p> <p>A</p> <ul style="list-style-type: none"> for an informative meeting painless childbirth 	<p>c/o San Gerardo Hospital via Pergolesi 33 - 20900 - Monza</p>	<p>Telephone booking: 039 2333126 (Monday - Friday Opening hours: 13.30 - 15.30) or Obstetrics CUP help desk 3° floor section C (Monday – Friday Opening hours 08.30 - 13.30)</p> <p>Free access without reservation every first and third Wednesday of the Month. Opening hours: 18:00 to 20:00 (in collaboration with Anaesthesia and Resuscitation service)</p>	<p>www.fondazionembbm.it</p>
<ul style="list-style-type: none"> Delivery room Desio Hospital 2° floor for cord blood donation interview : Ultrasound Clinics Desio Hospital 3° floor Partoanalgesia/painless childbirth Clinics <p>Desio Hospital 2° floor in Delivery Room</p>	<p>Via Mazzini 1 – 20832 - Desio</p>	<p>0362 383272 (Delivery Room)</p> <p> 0362 383466 (for cord blood donation)</p> <p> To visit Anealgnesia Wards Direct reservation at CUP</p>	<p>www.asst-monza.it</p>
<p>Gynaecology-Obstetrics Clinics Vimercate Hospitals</p>	<p>Via S.S. Cosma e Damiano 10 - 20871 – Vimercate</p>		<p>www.asst-vimercate.it</p>
<ul style="list-style-type: none"> Delivery Room Carate Hospital 1° floor for cord blood donation and organisation Info meeting Partoanalgesia/painless childbirth 	<p>Via Mosè Bianchi 9 – 20841 - Carate Brianza</p>	<p>0362 984203</p> <p> 0362 984639</p> <p> For reservation: URP 0362 984378</p>	<p>www.asst-vimercate.it</p>
<p>Lecco Hospital Delivery Room</p>	<p>Via dell'Eremo 9/11 - 23900 - Lecco</p>	<p>0341 489257</p>	<p>www.asst-lecco.it</p>
<p>Clinics Merate Hospital Obstetrics Ward</p>	<p>Via L. Mandic 1 – 23807 - Merate</p>	<p>039 5916394 (Mother and child Ward Secretary Opening hours: from Monday to Friday 9.00-15.30)</p> <p> 039 5916262 (Monday – Sunday h 24)</p>	<p>www.asst-lecco.it</p>

• POST PARTUM

The postpartum period is a special phase in the life of both woman and a child that involves personal and social aspects. It is characterized by strong emotions, major physical changes, changes in interpersonal relationships, a new role, a new identity, especially in women with no prior experience. All this requires a good ability to adapt to the new circumstances.

Immediately after delivery the hospital facilities guarantee to a mother and a child an opportunity to have an early skin-to-skin contact and start early breastfeeding, encouraging the bonding between a mother and a new-born.

In days after the discharge, the regional services offer a constant assistance in supporting breastfeeding and parenting.

Offered Services

- Prophylaxis and prevention of conjunctivitis and haemostasis

In all *Punti Nascita* (Birth Points) during the first hours after a delivery the new-born is treated with eye drops or ophthalmic ointment and the anti-haemorrhagic prophylaxis with vitamin K. These procedures are carried out to prevent conjunctivitis and in such a way that it does not interfere with the skin-to-skin contact and bonding.

- Rooming-in

If the mother and baby, after delivery, are doing well the ROOMING-IN is recommended by the World Health Organization (WHO) as the best baby care system.

The care model proposed is based on the personalized care for the mother and the infant and it is oriented to the promotion and support of the physical and their emotional well-being, physically separated from childbirth, but in continuous and uninterrupted biological and emotional connection. The baby is kept next to the mother, in her hospital room, 24 hours 24. The mother, even though she has the support and help from qualified personnel, she is responsible for the care of her new-born baby.

- Breastfeeding

Breastfeeding promotes health with long-term benefits for both mother and child. This practice should be promoted and supported by health-care professionals. The essential steps in order to promote and strengthen natural nutrition in hospitals and consulatory clinics are: bonding in the immediate post-partum period, the practice of rooming-in 24 hours a day and support breast-feeding areas created for mothers after her discharge from the Hospitals.

In this regard, UNICEF and WHO (World Health Organization) have drawn up a set of guidelines for measures that every hospital should demonstrate that they fulfil before they can be recognized as " *Ospedale Amico dei Bambini* ".

The 10 points UNICEF and WHO for the promotion of breastfeeding are available at these links:

www.unicef.it/doc/150/dieci-passi-per-allattamento-al-seno.htm

wwwZ.salute4baby.it Z

A

www.salute.gov.it

In all *Punti Nascita* are carried out the following screening:

- Obligatory new-born Screening

New-born screening, a mandatory activity in Italy by Law (Law 104/1992 and subsequent regional integration) is the fundamental step in a process that allows identifying rapidly after birth, infants with certain congenital diseases. Should the new-born be affected by some disease it is possible to start early treatments, in adequate clinical centres, highly specialized, using specific therapies with medication or special diets that allow normal development and /or significantly improve the health of a sick child. (It is extracted from the information document drawn up by the Regional Reference Laboratory for Hospital Neonatal Screening of Children "Vittore Buzzi" and handed over to all parents).

Screening of the following rare but important diseases, (iperfenilalaninemie and tirosinemie, congenital hypothyroidism, congenital adrenal hyperplasia, cystic fibrosis) occurs through the blood sample procedure in which a new-born baby's heel is pricked and then a small amount of the blood is collected, usually with a narrow-gauge ("capillary") glass tube or a filter paper of a few drops of blood and stored on a special card absorbent filter paper then sent to the Regional Reference Laboratory for Neonatal Screening.

- Extended Neonatal Screening

Next to the mandatory new-born screening it is offered, using the same blood capillary sample, an extended neonatal screening to a larger number (about 40) of congenital diseases for which is possible an early intervention. Screening is currently a voluntary activity done after a prior informed consent of experts. A special data sheet is given to parents in all *Punti Nascita* facilities, so as to allow a prior informed choice.

- Audiological Screening

The screening is carried out by using modern hearing examination techniques. It is a non-invasive check. The aim of this examination is to identify and promptly treat congenital deafness.

Should a new-born be positive to the audiological screening, the *Punto Nascita* special medical team immediately starts a diagnostic check which can lead to the sending a new-born baby to the different centres on deafness.

- Other diagnostic procedures and screening

In addition to the screening mentioned above, other procedures are always performed before discharge. They are the oximetry for the identification of critical heart disease and evaluation of the red reflex for an early detection of certain eye diseases. An ultrasound of the pelvis in the diagnosis of congenital dysplasia of the hips and the ECG for the QTc interval assessment in preventing SIDS (*Sudden Infant Death Syndrome*) are done in the first months of life.

These procedures, also carried out in relation to specific characteristics of the various populations, are proposed and illustrated by the individual *Punti Nascita*.

- New-born check-up

A healthy/physiological new-born who does not have breastfeeding problems and/or growing issues undergoes 1st control after discharge within the first month with the family paediatrician. For infants with feeding problems, growing, icterus or need for short reevaluation can be accessed by appointment to clinics dedicated neonatal and childcare. For all infants with disease or risk factors detected at birth, there are planned care pathways (visits and exams) at the specific neonatology clinics.

- Post – partum gynaecological check-up

After delivery a gynaecological check is planned in order to assess maternal health and the possible choice of the most suitable method of contraception.

- Breastfeeding Area

It is a place where the mother can personally ask for support about breastfeeding, infant care and child weight control.

- Psychological support

(Currently, in some cases, it is expected a co-pay (*costo ticket*); in the public clinics it is free of charge)

There are counselling courses for couples and /or family to deal with the psychological/emotional distress during postpartum period. These courses also allow tackling the most important mental illness such as post – partum depression.

- Giving a massage to your new-born baby

Mom's and dad's hands through simple gestures help the child develop positive feelings encouraging relaxation and wellbeing. Through the infant massage parents discover a natural way to take care of your child.

- Social counselling: information and social protection of maternity

During the puerperium health care professionals inform the pregnant about the current legislation and the rights / benefits provided in favour of motherhood and family

In the case of social fragility it is required that social workers help with specialized consulting and customized advice.

- Home visits

Mom may agree with the midwife, after discharge from the hospital, a home visit with the midwife and / or nurse from consolatory to discuss about changes in the post – partum period, as well as about breastfeeding and providing adequate care for a new-born baby.

- Mother-child groups

It is a space planned for encounter and confrontation in which the participants can deepen their knowledge on different aspects of child development during first year of his/her life (breastfeeding, nutrition, sleep, etc.), as well as to share the experience of parenting.

- Linguistic and cultural mediation

This service enhances the function of hosting by giving importance to cultural differences in the terms of help and / or in terms of therapeutic assistance. This service is provided by language-cultural mediators and a doctor and it consists of participation in the different areas of intervention during ongoing pregnancy after childbirth.

- Role of the family paediatrician

In order to choose the paediatrician Family (PTO) is required the child's enrolment in the Regional Health Service. Once the child is registered he or she gets *la Carta Regionale dei Servizi* (CRS) as well as *la Tessera Sanitaria Nazionale* (National Health Service Card).

The Family paediatrician through periodic preventive check-ups (health accounts), could occasionally request for the lab tests and collaboration with other specialists, will assist your child up to 14 years his/her life. Good cooperation and mutual trust are fundamental.

During the first year of life it will be assessed the growth of a child. Furthermore the paediatrician will recommend best physical and mental development as well as will give essential information about vaccination process.

Prevention is the main task of the paediatrician who will show you how to avoid domestic accidents, things you usually do or bad habits that can affect negatively the new-born baby. Also he/she will help you to adopt and promote positive and healthy behaviour.

- Role of General Practitioners

Il Medico di Medicina Generale (MMG) (General Practitioner GP) covers a particularly significant role: the MMG knows a woman and her social and family background, even before the pregnancy occurs and she/he has the tools to improve a customized communication strategy with the patient

The MMG plays a fundamental role in avoiding the medicalization of normal pregnancy. Also he/she is a key figure in controlling the physiological development of pregnancy, in the prescription of routine examination, in identifying maternal - foetal risks related the family anamnesis, taking care of possible “maternity blues” during the post-partum period. The MMG gives information about all the services *Percorso Nascita* offers. The MMG (GP) is a mediator between General Medicine, Counselling Service, Hospitals and other Family Practitioners.

PUERPERIO / POST PARTUM - Services: When and Where

WHAT	WHEN	WHERE											
Z	Z	FondazioneMBBM	Ospedale (S. Gerardo)	A C/Pratichini pediatric	C/Pratichini pediatric	Ospedale	C/Pratichini pediatric	C/Pratichini pediatric	C/Pratichini pediatric	C/Pratichini pediatric	C/Pratichini pediatric	C/Pratichini pediatric	C/Pratichini pediatric
Rooming – in	During hospitalisation	X	X			X		X			X	X	
New-born's check-up		X	X			X		X			X	X	
Post-partum gynaecological check	upon 40 days from the labour	X*	X	X	X	X	X	X	X	X	X	X	X
Breastfeeding area	After discharge	X	X	X	X	X		X	X	X	X	X	
Psychological support	If needed	X	X	X	X	X		X	X	X	X	X	X
Infant massage	Starting from 3 ^o month		X	X	X			X	X	X			X
Social Counselling: Information and safeguarding mother's rights	If needed	X	X	X	X			X	X	X	X	X	X
Home visit	upon a request In agreement with health workers Once a woman is at			X	X				X	X			X
Mother-Child groups				X	X				X	X			X
Linguistic and Cultural Mediation	If needed	X	X	X				X	X		X	X	X
Family Practitioner Check-ups	Calendar: - 0-45 day (plus recommendation about vaccination calendar) - 60-90 day - between 4 and 6mo. - between 7 and 9 mo. (also assessing hearing function) - between 10 and 12mo. - between 15 and 18 mo - between 24 and 36mo. (also assessing amblyopia) - between 5 and 6 yrs. (assessing the sight) - between 8 and 10 yrs. (assessing Scoliosis) - between 11 and 13yrs												In paediatric clinics

* At San Gerardo Hospital

How and Where to get in touch with the hospitals

Name	Address	Telephone	Website
FMBBM Clinics Healthy breastfeeding 3° floor section C	c/o San Gerardo Hospital Via Pergolesi 33 - 20900 – Monza	039 2339214	
Clinic FMBBM Z neonatology/TIN 1° floor section C	A	039 2339194	www.fondazionembbm.it
Obstetric Clinics FMBBM (Cultural mediation and psychological support) 3° floor section C		039 2333126	
Desio Hospital 3 ° floor Clinics:: Childcare Neonatology Follow up neonate with a neurological risk (prematurity, low weigh - SGA, prenatal issues, neonate with chromosomic issues e/o malformation syndrome) Cerebral ultrasound Paediatric cardiology	Via Mazzini 1 – 20832 - Desio	0362 383426	www.asst-monza.it
Vimercate Hospital Polyclinic 1° floor Neonatology , specialist and ultrasounds clinics paediatric/neonatal	Via S.S. Cosma e Damiano 10 20871 – Vimercate	039 6657219	www.asst-vimercate.it
Carate Hospitals Obstetrics Wards 3° floor Breastfeeding support	Ospedale Carate, via Mosè Bianchi 9	To make an appointment: 0362 984206 (12.30 - 13.30)	www.asst-vimercate.it
Clinic Merate Hospital	Via L. Mandic 1 – 23807 - Merate	039 5916394 (Mother and Child Ward- Secretary) From Monday to Friday 9.00-15.30)	www.asst-lecco.it
Family Counselling Centres	Se charts on 9-11 pages		