

GIULIANA LAURA

Bilanci di salute in puerperio: scelte assistenziali appropriate.

ABSTRACT

For postnatal period of life means that the female sex that goes after the completion of delivery to the resumption of cyclic ovarian activity.

Postpartum and postnatal care, are synonymous with the second WHO (World Health Organization), not officially defined, but traditionally seen as the first 6 weeks after the birth of the child (exactly 1 hour after the second).

For many women adapt to motherhood and full physical recovery may take more time and additional support by the midwife, health professional can ensure the overall health of the mother-infant dyad, according to the principles of continuity of care after hospital discharge.

The **overall objective** of this study was to explore the postpartum period in relation to maternal and neonatal needs, outlining the areas and social and health professionals currently involved with the ultimate goal of emphasizing the specificity and competences of 'midwife in helping to address this particular period of life. Through the reworking of texts dedicated to conducting a literature search by querying the databases and the comparison with the main recommendations in the guideline Postnatal Care of Nice, a card was built to document the puerperium from the standpoint of clinical care.

The midwife home visits is based on observation of the woman of his health, his home environment, the health of the newborn.

Since the puerperium is a vulnerable period for the mother-infant dyad, planning assistance at this stage is crucial and should be discussed already during pregnancy, during which he meets the mother and the midwife has the objective to strengthen self-esteem, maternal nurturance of natural skills, the promotion of maternal-infant relationship and breastfeeding.