

## **SCHELLINO VALENTINA**

Childbirth outcomes and adaptation discomforts of newborn in the first weeks of life: clinical management and osteopathic approach.

### **ABSTRACT**

Midwife Is competent to nursing of foetus-newborn as a developing subject from dawns of human history. Birth is a physiological event but may be related to traumatic events both for mothers than for foetus-newborn, as to discomfort during the adaptation to extra-uterine life. For understanding the formers the knowledge of phenomena of labour and of the foetus' anatomical and biomechanical possibilities to adapt to the vaginal passage is necessary while for the lastest the physiological adaptation process. The different procedure (clinical or osteopathic) to examine newborn are described. For each traumatic result or discomfort is explained its etiology and treatment as well as the osteopathic approach. Then a dissertation has been conducted about the assistance procedure recommended from the literature compared by the point of view biomeccanics and of the possible effects on the fetus-newborn.

### **Objective**

The objective of this elaborate is the close examination of the most common connected traumatic results to the birth and of the conditions of not physiology of the newborn adaptation in the first weeks of life.

The possible fields of intervention of the osteopathy on newborn have been investigate to forehead an opportunity of research on the clinical appropriateness of the intervention.

### **Method**

A bibliographical research has been conducted on the principal biomedical database (OVID, PubMed, CINAHL, Scopus) and on the motor principals of Internet search.

The most influential texts of obstetrics, neonatology, osteopathy and the Guide Lines for the assistance in labor and post-partum have been consulted.

Wherever literature lacks, professionals of sector (paediatrician and osteopaths) had been consulted.

### **Conclusion**

Midwife is the suitable sanitary professional and trained for the assistance to the woman in pregnancy, at delivery and during puerperium therefore the fetus-newborn as subject in to become it is of his/her competence.

The knowledge of those that are the signs of health of the newborn and the conditions that divert from the physiology is necessary and, in situations of not physiology, it foresees the reference to the paediatrician.

The osteopathic approach to the newborn results useful for the treatment of some birth results (cranial shape alterations, cefaloematoma, paralysis of the peripheral nerves) and of discomfort of the first weeks of life (suction difficulty, colics, gastroesophagean relux, plagiocefaly, sleep problems,...).

Nevertheless further studies are necessary to appraise the clinical effectiveness of osteopathic approach to newborn.