

Vigna Silvia

Consciousness and knowledge of the perineum: a way from a childhood to menopause for the promotion of woman's wellbeing

Abstract

The promotion and support of the perineal wellness is one of the central point in the promotion of women's global health.

Promoting perineal health means promoting in women, mothers and girls, at all stages of life, the development of a knowledge and awareness of own perineum.

The woman's life is marked by cycles of a sexual nature, perceived as a physical sensation at the perineum level and quality that accompanies the experiences of first menstruation, masturbation, the first sexual intercourse and those present, it influences and determines her physical and mental life.

Childhood, puberty, pregnancy and menopause are stages of primary biological change in psychophysical and social woman's processes; it has tried to penetrate at each stage to outline the main steps in which the midwife may insert to promote perineal health.

The script aims to deepen knowledge on the perineum, and promote a woman-centered approach to support the physiology and expression of their skills and resources; to highlight the importance of perineal health in the female life cycle drawing a path into stages of cultural and scientific depth oriented to clinical prevention and promotion of global well-being.

Childhood ... all the mental structures of the newborn are originated from processing of her body ... It's in the body dimension of the newborn, through that of her mother, that plays the first pieces of women's well-being.

Puberty ... The menarche redefines the image of an internal genital area as an organizer element of women's identity, as it forces an awareness of the bodies at the time partially known or forgotten ... At the first sexual intercourse the perineum makes its first acceptance of the of partners' physical experience.

Motherhood ... The perineum during the delivery has the same function that it has during orgasm and preorgasm: it contracts with involuntary rhythmic contractions ... An intact perineum means movement, freedom, strength and relationship.

Menopause ... It is the stage of life that is affected by the perineal health promotion of all previous stages ... It can be a time of rediscovery of a new and more mature well-being.

It shows that there are some stages of female development in which the gap on the perineal health in scientific literature is still considerable and the areas that are the most investigated are those of pathology and rehabilitation, while still poor is the focus on the physiology and promotion of health.

In the path of perineal care, the midwife's role should be to strengthen the individual resources of woman, facilitating an active awareness through a comprehensive approach embracing the information and the mediated body experience level.

Next to these direct interventions of care, the midwife can contribute to the woman perineal wellness during the lifetime in an indirect way, by promoting models of care evidence based medicine and empowerment.