

SERVIZIO SANITARIO REGIONALE
EMILIA-ROMAGNA
Azienda Ospedaliero - Universitaria di Ferrara



UNIVERSITÀ
DEGLI STUDI
DI FERRARA
- EX LABORE FRUCTUS -



Giving birth at Cona Hospital

Guideline for Patients



Dear mother,



Since you decided to give birth in Cona Hospital, we created this brochure with guidelines for you. And there is more: it also facilitates the communication between the team of professionals of this Birth Centre and the future parents.

In these pages you will be provided with useful information about the ward and about the type of care you and your baby deserve.

However, the data contained herein does not replace personal meeting and conversation with healthcare providers, but you can have a general idea on the type of assistance and opportunities offered at this Birth Centre.

This information can help you organise your personal “delivering plan” that lists preferences and choices regarding the different aspects of health-care provided during the labour, delivering and the first days after the birth.



The Birth Centre 1/2

In the Birth Centre at Cona hospital, there are:

- *Centre for prenatal diagnosis.*
- *Ultrasound II and III level.*
- *Clinic for early, risky and late pregnancy*
- *Clinic for analgesia during labour.*



All delivery rooms are close to the obstetrical recovery, the clinics and the Neonatal Intensive Care in order to guarantee quicker accessibility and collaboration between the services.

In the post-delivery hospitalization ward, there are rooms with two beds and bathroom and everything you may need for your newborn.

The Birth Centre 2/2

*In the Birth Centre there is the so called “delivery unit”,
which includes:*



- *Obstetrical
Gynaecologist
emergency and urgent
Clinic available
24h a day.*
- *An operating room.*
- *2 delivery rooms.*
- *3 delivery rooms for
normal birth.*
 - *2 tubs for
water birth.*

*In the Neonatal Intensive Care, that also permits the
assistance to premature newborns;
a neonatologist is at your disposal 24h a day.
(see pg. 18)*

The ward includes...



Our staff is at your complete disposal

The staff in the Obstetrician Gynaecologist ward includes:

- *A professional nurse that guarantees assistance of the newborn.*
- *Two professional obstetricians that guarantee assistance for both the mother and the baby.*
 - *A health provider that functions as a support.*

The coordinator and the referring doctor of the ward are available every morning.

The ward provides...

- *Metabolic screening and audiometric tests.*
- *Information about the emotional support service or socio-economic difficulties.*
- *During your hospital stay you can meet a health provider from “Punto di Ascolto” and territorial support “Ben Arrivato... piccolo mio!” that offers: at home visits after the delivery, information about breastfeeding, afternoon meetings on various topics at the municipal center “Piccola Casa”.*



38 weeks pregnant...

In order to arrange the first medical appointment in our clinics, you should contact CUP – you can go there directly or call the toll-free phone number 800 532 000. Before contacting CUP you should have a GP referral from your family doctor stating: **“Visita Ostetrica di Presa in Carico Gravidanza Termine”**:

You will be given an appointment during your 38th week of pregnancy in our Clinics, located in Cona Hospital at **“Section 1, Block D, Floor 1 (1D1)”**.

In that occasion you can talk to obstetricians and to the doctor about various topics for example: labour, birth, post-delivery period, breastfeeding and about any other concerns or worries you may have.



38 weeks pregnant: everything you need to know...

- In case of post-term or prolonged pregnancy, labour will be medically induced after the 41st week.
 - Women who had undergone Caesarean section can request a vaginal delivery.
- Vaginal twin births are possible when both children are in a head-down position (according to medical examination).
- By booking in advance you can take part in a guided tour to: delivery room, emergency and urgent obstetrical-gynaecological clinic, midwives clinics and Obstetrics ward.

Whether you feel that the traditional birth mentioned in this booklet does not fully satisfy you, you will be given the “MY delivery plan” brochure that you can fill in with your own requests. Your plan will then be analysed by the staff in our Birth Centre.



What to pack in your hospital bag...for you

Identity card

European Health Insurance Card

Hospital paperwork

2/3 NIGHTDRESSES OR
COMFORTABLE PYJAMAS
FOR BREASTFEEDING



COMFORTABLE UNDERPANTS

SANITARY TOWELS/PAD



SLIPPERS

TOILETRIES FOR
PERSONAL CARE



What to pack in your hospital bag... for your baby

3/4 COTTON OR CHENILLE SLEEP SUITS (DEPENDING ON THE SEASON)



3/4 BODYSUITS

SOCKS,
BABY BIBS, HAT



NAPPIES
(A 2-5KG PACK)

TOWELS



WOOLLEN OR COTTON BLANKET
(DEPENDING ON THE SEASON)

EVERYTHING YOU NEED
FOR HYGIENE CARE

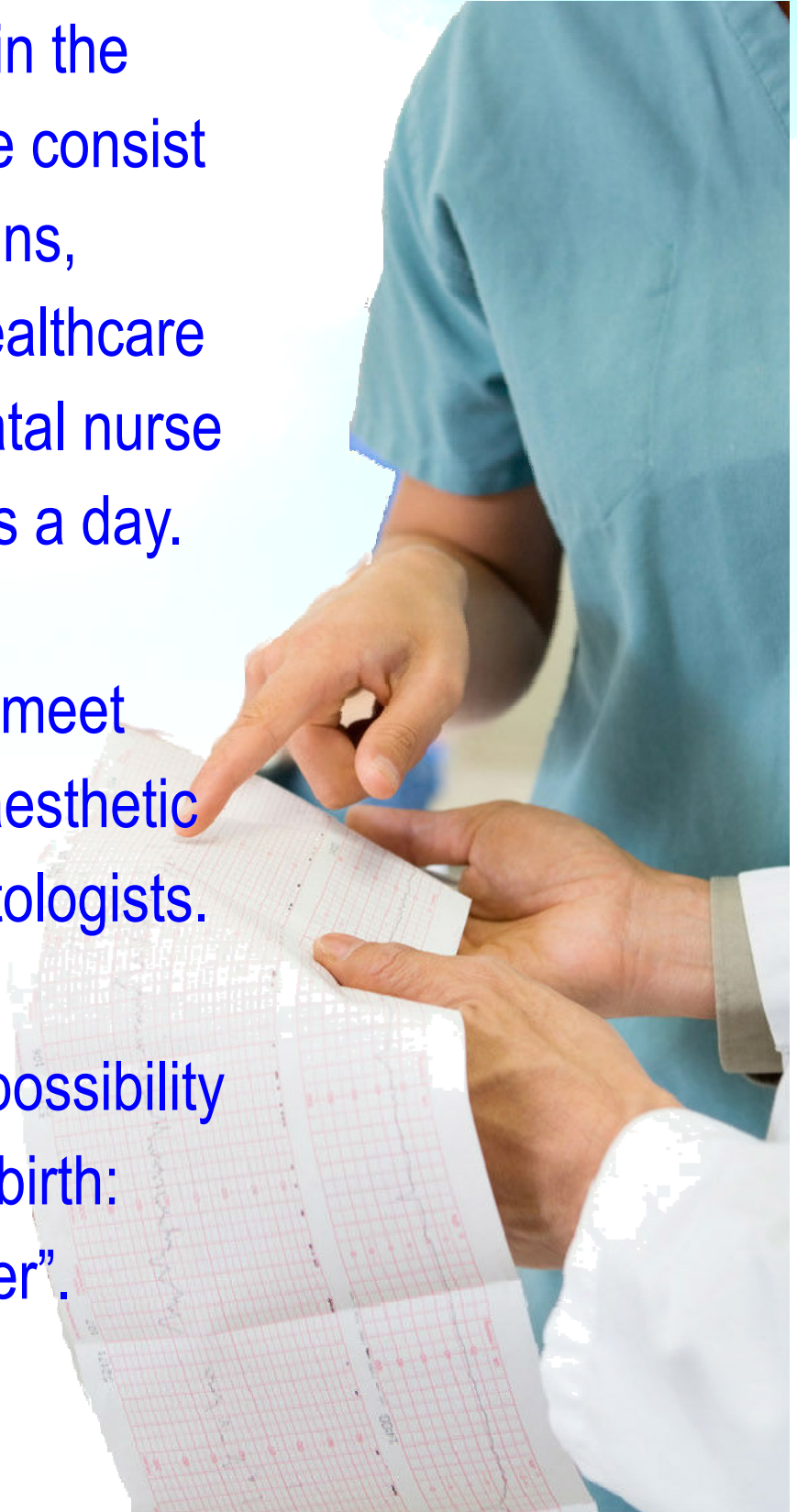


The time has come...

The personnel in the operating room are consist of: obstetricians, gynaecologists, healthcare provider and neonatal nurse available 24 hours a day.

You could also meet anaesthetists, anaesthetic nurses and neonatologists.

You also have the possibility to anonymous birth: “secret mother”.



During labour...

During labour and in case of birth without complications the presence of a relative or a

TRUSTWORTHY PERSON is allowed.



SOMEBODY YOU TRUST

Analgesia birth: the process



If you are interested in receiving an epidural analgesia during labour, you need to undergo a medical examination during the 36th week of pregnancy in the CLINIC n° 12 (Settore 1, Blocco D, Piano 1).

For this medical examination you should arrange an appointment by calling the following phone number: 800.532000 (from 8 a.m. to 5 p.m. (from Monday to Friday, on Saturday from 8 a.m to 1 p.m) with a written “Anesthesiology visit” prescription from your family doctor/gynaecologist.

You have to bring the following tests:

- Emocromo
- Complete Coagulation (PT-INR; aPTT, Fibrinogeno, Antitrombina III).

These tests must be carried out within 30-40 days from the presumed date of childbirth and you have to show them to the anaesthetist.

We advice that every mother does this process and the medical examination for epidural analgesia, but it does not compulsorily imply you undergo analgesia bith.

The ANAESTHETIST will be responsible for this procedure.

Analgesia birth

Each month you can take part (regardless of the stage of your pregnancy) in a collective conference about pain-relieving techniques during labour and delivery.

The aim of this conference is to raise awareness and inform you as to what it means “to administer pain relief during labour with epidural analgesia” and “pain management during labour through alternative non-pharmacological approaches” thanks to the help of many experts (gynaecologist, obstetrician and anaesthetic). This should help you to make choices regarding the preferred technique. In order to take part to this conference you need to sign up online at the following website:

www.ospfe.it/incontri-analgesia-in-travaglio



ANALGESIA BIRTH
is guaranteed 24 h a day

Are there alternative methods?

During labour you will be offered various alternative non-pharmacological methods for pain relief during labour: the use of hot water (hot-water bottles, shower, tube...), stimulation of energy/shiatsu points, relaxation techniques, musictherapy and aromatherapy, the use of accessories to maintain the most comfortable position for you (pillows, ball, adjustable bed, armchair, chair, birthing stool)



YOU CAN REQUEST FOR WATER BIRTH

After birth...



If there have been no complications, immediately after the birth it is possible to:

- maintain **skin-to-skin contact** between mother and infant;
- **initiate early breastfeeding.**

First aid to be given to the newborn

After your baby is born, a nurse or doctor will apply a thin strip of the antibiotic ointment under the baby's lower eyelids called **Ophthalmic prophylaxis** in order to prevent the risk of conjunctivitis.

He will also receive **antihemorrhagic** treatment to prevent any risk of hemorrhagic disease.

The first neonatal examination will be done within the first 24 hours after the birth: the paediatrician will be available 24 hours a day.

The newborn might be hospitalised in the Neonatal Intensive Therapy ward. In this case, you can enter the ward at any time, while respecting the care activities.



Umbilical cord blood

At the Cona Hospital you can donate umbilical cord blood for solidarity purpose (for example it is used to cure childhood leukaemia).

Otherwise this is typically thrown away together with placenta after the birth.

This donation is completely safe for your baby: it does not imply draws or invasive



procedures. If you decide to donate cord blood, you can ask for information from the obstetricians during your medical examination in the clinic or during admission in hospital. As you will be assisted, you will receive information and you will be asked to fill in a questionnaire; after this procedure you will know whether you are able to donate or not. The collection is not painful: the blood will only be taken after the umbilical cord has been cut-off, from the baby and before the placenta detaches.

Your donation could save a life

The milk for your baby

Breast milk is the ideal food for your baby. However, breastfeeding requires time and attention.

After the birth and during your stay in the hospital you can ask for support of the staff specialised in obstetrics and nursery. During your stay, they will help you on how to breastfeed, and rate the feeding, and they will be at your disposal for every need.



All mothers have milk

Breastfeeding

The personnel will evaluate the best strategies to facilitate breastfeeding.



After the birth, the baby will be placed to your breast as soon as you will be able to feed and as soon as he shows interest in it.

During the following hours you should breastfeed your baby whenever he wants it (feeding on demand).

With his/her first feeding he/she will receive a small amounts of a special milk called colostrum (the first milk, little quantity but very nutritious), that will gradually increase in the following days until the onset of lactation,

probably even after the hospital discharge.

The newborn will undergo a weight control to verify the weight loss (a 7/10% decrease is physiological) and to verify the eventual need to add artificial milk.

Useful information

The **request of hospital file** can be made by the owner (if above 18 years of age) or by an authorised person at the Centro Servizi (ground floor, entrance 2), with a written note and photocopy of the owner's identity card, at the cost of 10.35 euro.

When you are about to be discharged, you can require the **hospitalisation certificate** from the obstetrician staff.

You also have the possibility to an **anonymous birth**.

The staff in the ward cannot be held responsible for **thefts or the loss** of valuables e.g. money or documents; we advise you not to leave them unguarded, or you should better leave all superfluous valuables (rings, bracelets, earrings etc.) at home



And to have more information?

For compliments and complaints: Public Relation Office (URP)

To present a report, a compliment and to ask for information you can contact the Ufficio Relazioni con il Pubblico, located in the Area Accoglienza (entrance 1, ground floor, close to moving staircase, room 45.35 – 45.36)

Opening hours:
From Monday to Friday 8.30 a.m. to 4.30 p.m.
Telephone 0532/236425
Fax 0532/236895
Email: urp@ospfe.it
Website: www.ospfe.it

For foreigners: Intercultural Mediation

For foreigners an intercultural and linguistic mediation service is available, as well as administrative practises management, information and reception facilitation, multilingual translations. It could also provide forms and circular letters, informative booklets and multilingual posters.

**To have access to this service
you should contact
the Ward staff**

For direct provision of essential medicines: pharmacy inside the hospital

If the doctor prescribes medicines to take at home when you are discharged from the hospital, you should go to the hospital pharmacy, located in Settore 2, Corpo B, piano 1 (2B1).

Opening hours:
From Monday to Friday 9.30 a.m. to 4.30 p.m.
Saturday from 9.30 a.m. to 1.30 p.m.
Closed on Sundays and all public holidays.
Telephone 0532/237372 or 0532/236653,
Fax 0532/237446,
email edcona@ospfe.it

For declaration of birth: Secretariat Hospital Medical Directorate

To declare birth, you should go to the Segreteria Direzione Medica di Presidio, located in the entrance 1, Reception Area or Area Accoglienza, on your left immediately after the entrance (1A3).

Opening hours:
**Monday, Wednesday and Friday from 12.30
a.m. to 1.30 p.m.**

After the discharge....

After the discharge you can find various centres
for information and support:

U.S.L. company centres in Ferrara (see also pg. 25):

Women's health centre and Community Pediatrics

FERRARA – via Boschetto, 29-31

Monday, Wednesday, Friday from 9.00 a.m.
to 12.30 a.m.

Toll-free number: 800.551.333

(Telephone number to make appointments)



Women's health centre

PORTOMAGGIORE - via De Amicis, 22

Monday - Thursday from 11.00 a.m.
to 12.30 a.m.

Telephone number. 0532.817421 – 817415

Community Pediatrics – from Monday to Friday
(Telephone number to make appointments)

0532.817485 - 817351

Women's health centre

ARGENTA – via Nazionale, 5

(inside Argenta hospital)

Tuesday from 12.30 a.m. to 2 p.m

Tel. 0532.317924



Women's health centre

COMACCHIO - via R. Felletti, 8

Struttura Sanitaria San Camillo

(healthcare facility)

Monday – Tuesday – Thursday

from 2 p.m. to 3 p.m.

Telephone number 0533.310626 - 310843

After the discharge....

U.S.L. company centres in Ferrara



Women's health centre and Community Pediatrics

COPPARO - via S. Giuseppe
Casa della Salute di Copparo

From Monday to Friday (Telephone number to
make appointments)

Telephone number 0532.879957

Women's health centre

CENTO – via Cremonino, 18

From Monday to Friday from 12.00 a.m.
to 2 p.m.

Telephone number 051. 6838431

Toll-free number: 800.076.640



Women's health centre

CODIGORO – via Riviera Cavallotti, 347

Tuesday, Wednesday from 11.00 a.m.
to 12.30 a.m.

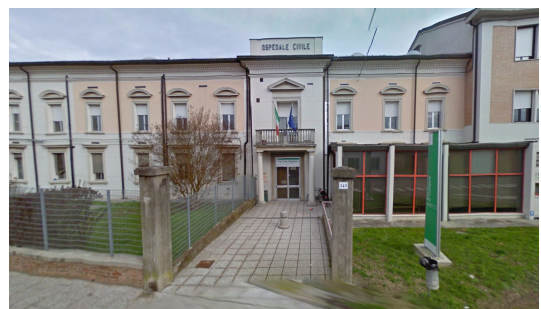
Tel. 0533.729730 – 729608

Community Pediatrics

CODIGORO – via Riviera Cavallotti, 347

Monday – Tuesday - Friday

Tel. 0533.729673



After the discharge....

Municipal centres:

Family centre

FERRARA - via Darsena 57

To arrange appointments and have advice on breastfeeding, weaning, sleep and end of breastfeeding

From Monday to Friday
from 9.00 a.m. to 1 p.m.

Tel. 0532.768393 - 903012



Childhood Community Centre

“L’albero delle Meraviglie”

COMACCHIO – Via Natale Cavalieri, 38

Tuesday and Friday

from 4.30 p.m. to 7.30 p.m.

Tel. 0533.312863

Family Centre for Delta “La Libellula”

COMACCHIO – Via Buonafede 12

Wednesday to Friday

from 9 a.m. to 12 p.m.

Tel. 0533.314088



Community Centre “Piccola Casa”

FERRARA – Viale Krasnodar 112

Tel 0532.977293

Email: puntodascolto.ba@comune.fe.it

After the discharge....

Municipal centres:



Information Centre for Families and their Children

(c/o Centro Isola del Tesoro)

FERRARA – piazza XXIV Maggio, 1
Monday, Wednesday, Friday and Saturday
from 9.00 a.m. to 12.30 a.m.

Tuesday from 3 p.m. to 6 p.m.

Tel. 0532.242179 or 207894

A conference for breastfeeding support is held every second and fourth Tuesday of the month

From 10 a.m. to 12.30 a.m.

At "For Advice and Consultation
"Centro Isola del Tesoro"

Family Centre for Argenta and Portomaggiore Districts

ARGENTA – Via Circonvallazione, 21/A
From Monday to Friday from 9 a.m. to 1 p.m.
Tel. 0532.330205
(Telephone number to make appointments)



In the territory:



Self Help Group "AllattIAMOlo"

(c/o Centro Mille Gru)

Gruppo autoaiuto "AllaTIAMOlo"

(c/o Centro Mille Gru)

FERRARA – Via del Melo

Available for advice even during
holiday periods

Elena: 339.7502880 Marina: 340.3940244

Giulia: 328.1299118 Elisa: 338.3565041

Stefy: 347.2414270



REPRODUCTION AND GROWTH DEPARTMENT
OBSTETRICS AND GYNEACOLOGY UNIT
Prof. Pantaleo Greco, Director

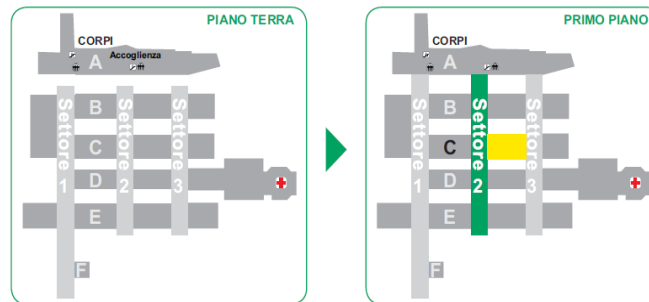
OBSTETRICS AND GYNEACOLOGY Unit SECTION 2, BLOCK C, FLOOR 1 (2C1)

Percorso per accedere alle
Degenze della Ostetricia e
Ginecologia

Settore 2 - Corpo C - Piano 1

Dall'Accoglienza utilizzare:
scale, scale mobili o ascensori
panoramici per salire al primo
piano.

Dal primo piano
percorrere il percorso
segnalato come Settore 2
e accedere al corpo C.



VISITING HOURS

Visit is allowed every day:
From 1.30 p.m. to 2.30 p.m.
From 7 p.m. to 8 p.m.

The baby's father or another trustworthy person can stay
from 9 a.m. to 10 p.m. to assist the baby

In case of Caesarean birth, the presence of one person is allowed for
the same night of the surgery only

MEAL TIMES

BREAKFAST	from 8.15 a.m. to 8.45 a.m.
LUNCH	from 11.40 a.m. to 12.30 a.m.
DINNER	from 6.15 p.m. to 7.30 p.m.

Please remain in your room during meals distribution in order to avoid
that the food remained in the room causes bad smells.

Realised by Obstetricians of Birth Centre at Cona hospital.