



A.S.L. VC

Azienda Sanitaria Locale
di Vercelli



Welcomed as at home



BIRTH SERVICES CHARTER- ASL VC

Carta dei servizi Percorso Nascita (QUA.DO.2849.00)- english version

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Our birthplaces: organization

SANT'ANDREA IN VERCELLI E SS. PIETRO E PAOLO IN BORGOSIESIA

In the Obstetric Dep., you can find 2 birthplaces: one at St. Andrew's Hospital in Vercelli and one in St. Peter and Paul Hospital in Borgosesia.

Pediatric activity is carried out by Pediatrics Dept..

You can also be accompanied during your pregnancy by our Public Family Counselling Services spread over Province of Vercelli.

FEATURES

In the birth assistance centres labour and delivery are provided according to the UNICEF "Mothers friendly cares". These activities are important for women psychological and physical health. Researches show that it improves the beginning 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.

- You may be accompanied by a person you choose for a physical and /or continuous emotional support during labour and delivery
- You can drink and eat light meals during labour, if you wish
- You can walk or move around during labour and find positions of your choice during birth, unless restricted for possible complications
- You 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.

We practice deliver analgesia with nitrous oxide, an analgesic gas with no side effects for both mother and child that reduces pain by 40-80%.

Our delivery rooms are equipped with stools, lianas, backboards, bobath balls, showers and water birth tubs.

If you wish, we can use aromatic oils which, according to aromatherapy, can help you relax yourself.

Hospital rooms

In each room there are maximum 3 beds, one baby changing table for rooming-in treatment which promotes mother and child bonding since the beginning. 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.

Every morning pediatricians visit babies whereas mothes are visited daily by midwife and gynecologists.

Hospitalization days: 48 hours in case of natural delivery, 72 in case of caesarean delivery.



The physiological pregnancy

The Pregnancy Agenda provides that the pregnant woman is taken care of by the structure at which she wants to give birth around 36-37 weeks.

This pathway includes 5 moments:

- Health assessment - is performed between 36 and 37 weeks and consists of an interview with the midwife, in which the medical record is filled and a review of all examinations performed, in anticipation of admission;
- Vaginal-rectal bacteriology (at Counselling services) ;
- Monitoring of pregnancy at term - serious monitoring of the maternal - fetal condition (cardiotocography, evaluation of amniotic fluid, ultrasound, monitoring of blood pressure, obstetrical examination ...). The first appointment is scheduled during the health check;
- Reception and information to couples, visit of the delivery area, enrollment in the course of accompaniment to birth;
- Availability for the discharged mother to interviews, advice and assistance to breastfeeding.

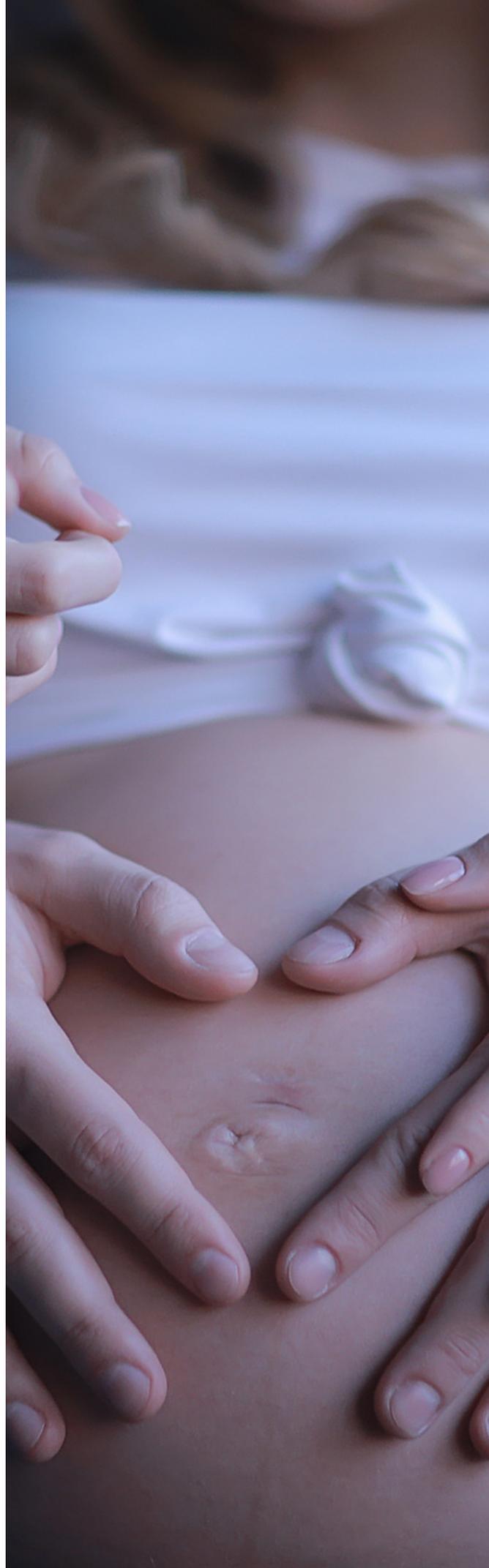
Risk pregnancy

If the path is a little more complex, our women are followed at the outpatient clinic for pregnancies at risk. The clinic is attended by women who present pathologies of pregnancy, with particular reference to recurrent miscarriages, gestational or pre-pregnancy diabetes, gestational or chronic hypertension.

WHERE

Ospedale S. Andrea Vercelli - Corso Mario Abbiate 21 –
3rd floor Path C Orange
Booking by calling 0161/593563 from Monday to Friday
from 1 pm to 3 pm

Ospedale SS. Pietro e Paolo Borgosesia - Via Ilorini Mo
20 - 3rd floor Path violet
Info 0163/426.291-292



Childbirth assistance courses



The course provides a cycle of meetings weekly/ fortnightly from 25 weeks of pregnancy.

The meetings include group work, open discussions, mutual comparison and moments of body approach (relaxation and movement).

From the 35th week of pregnancy, the meetings are held in couples at the local Birth Center (Vercelli or Borgosesia), in the evening, to give fathers the opportunity to accompany their partners on this journey.

After the birth, on the other hand, the course includes monthly meetings with dates agreed upon during the meetings.

Listening and personal relationships are privileged and the group plays a fundamental role in bringing out the expectations related to pregnancy, childbirth and the reception of the newborn.

We aim to provide information, encourage breastfeeding and the sharing of experiences in order to face this phase of life with awareness.

TO WHOM IT IS DEDICATED

Before birth:

to pregnant women and their partners.

After birth:

To all new mothers, new fathers and their children

HOW IT WORKS OUT

Before birth: weekly/fortnightly meetings

After birth: monthly basis

WHERE

at Family Councillng Services

Vercelli, Largo Giusti 13

Santhià, Corso Matteotti 24A

Borgosesia Sala Conferenze P.O. Santi Pietro e Paolo, via Ilorini Mo, 20— 3° piano

Gattinara, Corso Vercelli 159

Varallo, Via Gippa 3.

at Ospedale S. Andrea Vercelli - Corso Mario Abbiate 21 - 3rd floor Path C Orange

Ospedale SS. Pietro e Paolo Borgosesia - Via Ilorini Mo 20 - 3rd floor Path violet



A new life kindly welcomed!

Delivery



We encourage active and "gentle" childbirth and freedom of the woman to move, drink, eat and assume the position she prefers, both in labor and at the time of delivery.

The delivery rooms are equipped with balls, mattresses, "special" beds, stool and lianas to hang and ... tubs for childbirth in water! In short, everything you need to assume alternative positions.

You can listen to your favorite music and relax.

During labor and delivery, dads or a trusted person are given the possibility to be present, even for following two hours.

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.

Chromotherapy

Delivery rooms are equipped with lights for chromotherapy or color therapy. For example, blue has calming and relaxing properties; pink counteracts anxiety and encourages a kind and affectionate attitude; green encourages action; yellow gives joy and vitality. In short, for every situation there is a suitable color!

Use of water

In the delivery rooms there are tubs for water birth that can also be used only for labor. Warm water has relaxing and pain-relieving properties. Being in the water improves circulation and movement.

There are very few contraindications and risks for both mother and baby!

Give birth with a smile!

At our birth centers you can use nitrous oxide, an analgesic gas that relieves the pain of labor contractions.

Just breathe into a mask and that's it!

No special tests are needed and there are no contraindications!

Your baby is now here with you!

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 our staff offers a constant assistance in supporting breastfeeding and parenting.

Dads are also encouraged to take part of baby's care.

Every morning each newborn is weighed and examined by the pediatrician. All newborns are given a blood group at birth, taken from the cord. Hearing, vision and metabolic screening is also performed prior to discharge.

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 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.

We will teach you how to feed your baby correctly and how to tell if he or she is getting enough milk. We will teach you the best techniques to facilitate milk production and manage any problem of engorgement or sore breasts (manual squeezing).

And if you want to help us support children in difficulty, remember that you can **donate your milk** at the Bank of Donated Human Milk (BLUD) of our ASL.

**SCAN THE CODE TO
GET MORE
INFORMATION**



What shall I put in my suitcase?



Documentation

- health card
- identity document
- examinations and ultrasounds carried out during pregnancy
- document certifying the blood group

For mother's stay

- necessary for personal and intimate hygiene
- large (rectangular) postpartum pads and mesh underwear
- underwear, towels, bathrobe and slippers
- 3 nightgowns (or 3 pajamas) open on the front to be able to breastfeed comfortably
- soft cotton bras (without underwire or padding) for comfortable breastfeeding

For the labour

- large underpants and rectangular pads
- a long T-shirt or a short, comfortable nightgown
- rubber bands and hair clips if they are long
- towel
- snacks/dry cookies, non-carbonated drinks

For the baby

- wool or cotton bonnet (depending on the season)
- 3 easy-open romper with feet and one for discharge (5 in case of cesarean)
- 3 T-shirts (flannel) or 3 long or short sleeve wool or cotton bodysuits depending on the season (5 in case of cesarean)
- 3 pairs of socks (5 in case of caesarean)
- a wool or cotton blanket (not synthetic)
- a towel



Baby Friendly Hospital

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 " Baby Friendly Hospital ". The 10 points UNICEF and WHO for the promotion of breastfeeding are:

Be supported by informed practitioners

To help you with feeding your baby, providers have received specific training on breastfeeding and infant feeding.

Make informed choices

Already at the moment of pregnancy you can receive from our operators all the necessary information and help to breastfeed your baby. Are there any reasons that prevent you from breastfeeding? Is your choice different? You can receive information and support to help you in your choice.

Natural childbirth

On the day of delivery you can be accompanied by your partner or a trusted person. During labor, you can assume the positions you prefer, drink and eat light food. To manage pain during labor and delivery, you are given the option of drug-free interventions such as massage, shower, tub or other relaxation techniques. Any clinical practices that may interfere with the natural childbirth we promote, is used only if necessary and always after informing you.

Close from the first moment

Immediately after birth, we encourage early "skin-to-skin" contact. You are allowed to hold your baby immediately next to you, naked on contact and start, with our support, the first feeding. This option, if conditions permit, is also given in the case of a cesarean section.

Naturally breastfeeding

You can get the help you need to find the best position to properly attach your baby to your breast and to see if he/she's getting enough milk. We encourage you to breastfeed as often as the baby shows hunger. We give you all the information you need to know about how to "squeeze" milk from your breast, a practice that in some cases is also very useful when at home (i.e. if your breasts are too full and sore).

Always together

Immediately after birth you can keep your baby close to you, to learn to know each other, strengthen your bond and naturally and gently discover reactions and respond promptly to baby's requests. In your room you have a changing table at your disposal and the staff assists you in the practice of hygiene.

No interference

We do recommend that you avoid using pacifiers, teats and nipple shields while your baby is learning to breastfeed because they can hinder starting of breastfeeding.

Breastfeed exclusively for at least 6 months

Exclusive breastfeeding until 6 months of age is very important for long-term health benefits.

Finding help to be supported

Our birth centers are always available, even once you come back home. Upon discharge, we give you the necessary information to contact us if you need support in managing and caring for your baby. If you wish, you can also be included in a self-help group with other mothers to exchange information, advice and share your experience with other mothers and babies.

Being able to breastfeed and be welcomed anywhere

We encourage the welcoming of the nursing mother. That's why we have created several breastfeeding points (Baby Pit Stop) where you can breastfeed and change your diaper in peace.

Being protected from advertising

The ASL of Vercelli joins the WHO/UNICEF initiative "Together for Breastfeeding" by adhering to the good practices provided for health facilities. We subscribed the International Code of Marketing of Breast-milk Substitutes, Bottles and Teats. The operators provide support and practical information independent of commercial interests.

This is a short version of the Corporate Policy for Breastfeeding and Infant Feeding based on the WHO/UNICEF "Ten Steps to Support Breastfeeding".

The full version can be found on the corporate website at www.aslvc.piemonte.it.



Before coming back home

Birth statement

After the birth, the midwife draws up the declaration of birth, which consists of the birth certificate. Within 3 days (including the day of delivery) the parents must register the birth at the offices of the Medical Management Office. Valid identification documents of both parents are required for registration.

In Vercelli:

Ground 0 Sant'Andrea Hospital
Ph 0161/593502 - cartelle.cliniche.vc@aslvc.piemonte.it
From Monday to Friday from 11.00am to 1.00 pm

In Borgosesia:

S.S. Pietro e Paolo Hospital, 2nd floor Violet path
Ph 0163/426741 - 426764- accettazione.bs@aslvc.piemonte.it
From Monday to Friday from 11.00am to 1.00 pm

Deliver anonymously

Italian law allows the mother not to recognize the child and to leave him/her at the hospital where born (DPR 396/2000) guaranteeing assistance and legal protection for both mother and child. The staff is trained to deal with maternal difficulties by applying special protocols for the treatment of mother and child with psychological and social support.

Back home

Discharge after delivery, in the absence of maternal or newborn complications, occurs after about 48 hours (with spontaneous delivery) and after about 72 hours (with cesarean section).

Discharge is planned in accordance with the discharge of the newborn.

At the time of discharge, a discharge letter is delivered, indicating appointments for check-ups.

They are also given indications to perform, in the first three months of life, ultrasound of the hips to search for congenital dysplasia of the hips.



Mother and newborn outpatient clinics

Mam

Obstetric ultrasound clinic

Ospedale **Sant'Andrea Vercelli** Corso Mario Abbiate 21 – 3rd floor path C orange
Booking: 0161/593563 from Monday to Friday by leaving a voice mail

Ospedale **SS Pietro e Paolo Borgosesia** Via A.F. Ilorini Mo nr. 20 – 3rd floor, path A, violet
Booking: 0163/426285 from Monday to Friday from 2 p.m. to 3 p.m.

Health check clinic

Ospedale **Sant'Andrea Vercelli** Corso Mario Abbiate 21 – 3rd floor path C orange
Booking: 0161/593563 from Monday to Friday by leaving a voice mail

Ospedale **SS Pietro e Paolo Borgosesia** Via A.F. Ilorini Mo nr. 20 – 3rd floor, path A, violet
Booking: 0163/426285 from Monday to Friday from 2 p.m. to 3 p.m.

Outpatient non-invasive prenatal screening (combined test, tri-test, morphological ultrasound)

Ospedale **Sant'Andrea Vercelli** Corso Mario Abbiate 21 – 3rd floor path C orange
Booking: 0161/593563 from Monday to Friday by leaving a voice mail

Ospedale **SS Pietro e Paolo Borgosesia** Via A.F. Ilorini Mo nr. 20 – 3rd floor, path A, violet
Booking: 0163/426285 from Monday to Friday from 2 p.m. to 3 p.m.

Pelvic floor rehabilitation clinic

Ospedale **Sant'Andrea Vercelli** Corso Mario Abbiate 21 – 3rd floor path C orange
Booking: 0161/593563 o 0161/593889

Risk pregnancy clinic

Ospedale **Sant'Andrea Vercelli** Corso Mario Abbiate 21 – 3rd floor path C orange
Booking: 0161/593563 from Monday to Friday from 1 p.m. to 3 p.m.

Ospedale **SS Pietro e Paolo Borgosesia** Via A.F. Ilorini Mo nr. 20 – 3rd floor, path A, violet
Booking: 0163/426285 from Monday to Friday from 2 p.m. to 3 p.m.

Mother and newborn outpatient clinics

Newborn

Follow-up of the preterm and pathological infant

Ospedale **Sant'Andrea Vercelli** Corso Mario Abbiate 21 – 5th floor path A light blue
The first appointment is provided at the time of discharge. The followings should be booked at : 0161/593574 from Monday to Friday from 1.00 p.m. to 3.10 p.m.

Health check clinic

Ospedale **Sant'Andrea Vercelli** Corso Mario Abbiate 21 – 3rd floor path A light blue.
Access by appointment provided at the time of the newborn's discharge. Visits are held Monday through Friday from 11:00 a.m.

Ospedale **SS Pietro e Paolo Borgosesia** - Via AF Ilorini Mo 20 – 3rd floor path A violet
Booking: 0163/426285 from Monday to Friday from 2.00 pm to 3 p.m.

Breastfeeding support clinic

Ospedale **Sant'Andrea Vercelli** Corso Mario Abbiate 21 – 5th floor path A light blue.
Difficult breastfeeding support activities, short lingual frenulum evaluation and lingual and labial frenulotomy.

For info and/or bookings 0161 593574 - elena.uga@aslvc.piemonte.it -
anna.valori@aslvc.piemonte.it

Ospedale **SS Pietro e Paolo Borgosesia** Via A.F. Ilorini Mo nr. 20 – 3rd floor path A violet
Booking: 0163/426285 from Monday to Friday from 2.00 pm to 3 p.m.

Umbilical cord donation

S.S.D. Immunoematologia e Servizio Trasfusionale **Sant'Andrea di Vercelli** Ground 0 path
C Tel. 0161/593423

Human Milk Donated Bank - BLUD

Collection centres:

Pediatrics Sant'Andrea Hospital Vercelli - Tel 0161-593314

Nursery Hospital S. Andrea Vercelli - Tel 0161-593889/3525

Obstetrics - Nursery SS Pietro e Paolo Borgosesia Hospital Tel 0163/426290

For hospitalized moms only: Obstetrics S. Andrea Vercelli - Tel 0161-593889/3525

How to contact us

- **S.C. Obstetrics and Gynecology di Vercelli**

Ospedale Sant'Andrea Corso Mario Abbiate 21 - 3rd floor path A Light Blue
Tel 0161/593889
e-mail ostetricia.vercellieaslvc.piemonte.it

- **S.C. Obstetrics and Gynecology di Borgosesia**

Ospedale SS Pietro e Paolo, Via AF Ilorini Mo nr. 20 Borgosesia, 3rd floor A path violet
Tel 0163/426.291 - 292
e-mail ostetricia.borgosesia@aslvc.piemonte.it

- **S.C. Pediatrics**

Ospedale Sant'Andrea, Vercelli Corso Mario Abbiate 21 - 5th floor, path A Light Blue.
Tel. 0161/593454 - 593314 - 593453
e-mail pediatria.vc@aslvc.piemonte.it

- **Counseling Service**

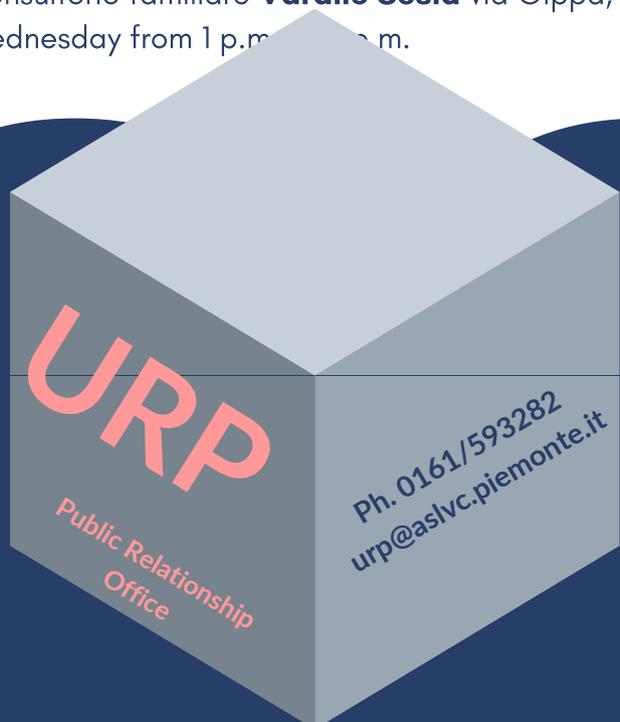
Consultorio familiare **Vercelli** Largo Giusti. 13. Info: 0161 593047 - bookings: 0161 593020 il
Monday, Wednesday and Friday from 9.00 a.m to 2.00 p.m.

Consultorio familiare **Santhià** via Matteotti, 24. Info: 0161 929218 - bookings: 0161 929205 il
Monday and Wednesday from 1 to 3 p.m.

Consultorio familiare **Gattinara e Coggiola** corso Vercelli, 159. Info: 0163 822216 - bookings:
0163 822267 Monday from 10.00 a.m. to 12.00 and Thursday from 1.00 p.m. to 3 p.m.

Consultorio familiare **Borgosesia** via Ilorini Mo, 20. Info: 0163 426224 - bookings: 0163
426223 Monday from 10.00 a.m. to 12.00

Consultorio familiare **Varallo Sesia** via Gippa, 3/5. Info: 0163 52606 - bookings: 0163 52606
Wednesday from 1 p.m. to 3 p.m.



Waiting together!





A.S.L. VC

Azienda Sanitaria Locale
di Vercelli



Re.Pi.Blud



Scan QR code



and discover our insights on the birth path at ASL of Vercelli