

Field Report Florence Network Meeting Verona/Trento

19-23 April 2016

University of Verona, Verona and Trento, Italy

Students and Staff, Bachelor Midwifery and Nursing, various study years

The 24th annual meeting of the Florence network took place in Verona and Trento, Italy at the end of April 2016. Both cities belong to the campus of the University of Verona.



Piazza Brà with the amphitheatre, Verona

This year's meeting was dedicated to the topic "Caring gestures and thoughts". We were 154 participants from 17 European countries and 30 different universities. It was pleasant to see that 11 male nursing students were among the 65 students (nursing and midwifery).

This year 22 midwifery students/lecturers from six different countries joined the annual meeting. A big improvement and progress compared to the last few years. There were more lectures and workshops specifically for midwives. In the following, we will present an overview of the most interesting workshops and lectures for midwives and nurses from the meeting.



Piazza Duomo with Cattedrale di San Vigilio, Trento

On Wednesday, the 20th of April, E. Colciago and S. Fumagalli, two independent midwives from Italy, led a workshop with the subject „Evidence based midwifery and maternal position in childbirth“. They showed us the importance and influencing factors of the maternal position for the para. From our studies we already knew the 3 P's for passage, power and passenger, as influencing factors for the progression of the labour. However, it was new to hear about the 7 P's for psyche, partner, people, pain,

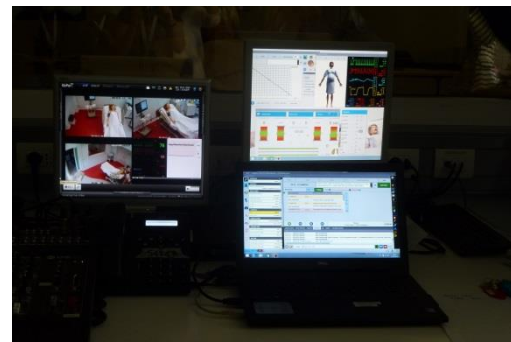
professionals, passion and politics. For example if you put the labour bed in the middle of the delivery room, the chance of having a birth on the back is high. In this workshop small groups were given the task to find different positions for specific labour scenarios. The set-ups were: “slow progress labour”, “fetal heart rate alteration”, “coping with pain” and “maternal posture and op position”. The conclusion of the whole workshop was, that we can’t have an effect on the type of the pelvis, but we can work a lot on the static and dynamic of the pelvis.

On Thursday, the 21st of April, we were able to visit different clinical contexts. One of them was the practice simulation centre in Trento. In this centre trained midwives, nurses, paediatrics, gynaecologists and anaesthesiologists work together and handle different case scenarios to develop and practice their skills. Moreover, this training improves their communication, teamwork, problem solving and reflective practice skills. This centre opened in September 2015 and is not yet open for students.



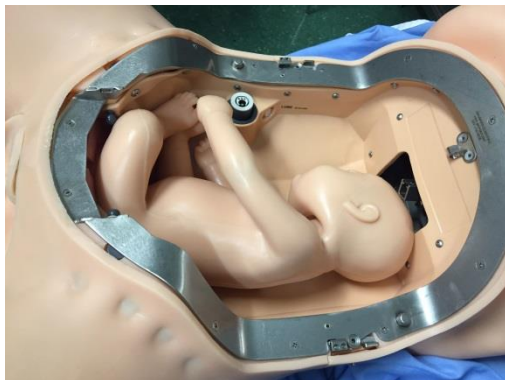
Practice simulation centre, Trento

Another group visited the hospital “Borgo Trento Ospedale Maggiore” in Verona. The midwives had the opportunity to visit the labour-, and maternity wards there. It was a pleasure to see how much attention the staff give to the topics of bonding and breast-feeding. It is therefore not surprising that this hospital is well on its way to becoming an officially certified “baby friendly hospital” according to the UNICEF guidelines.

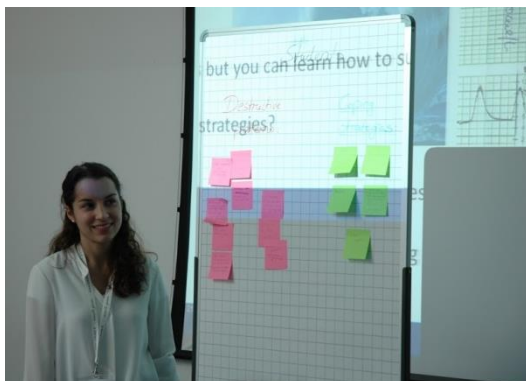


Control base of the simulation centre

The hospital counts 4000 labours a year and will soon be transferred to a beautiful new building with 11 delivery rooms. The following pictures show practice simulation models which are used in this hospital to simulate labour and emergency situations:



Here are some facts about the delivery situation in Trento: In Trento district there are seven hospitals, in which you can deliver your baby, five of those have a birth rate between 100-500 babies a year, the other two hospitals are bigger and the birth rate is around 2'000 babies a year. In the future there are plans to build one big hospital in the centre of Trento, where all the women from the small hospitals can go to deliver their babies. The smaller hospital will then be closed. In Italy you don't have to pay for the labour in the hospital. However if you choose to deliver at home, you have to pay 3'000 Euro because the costs are not covered by health insurance. That's why in comparison to Switzerland, even less women deliver at home.



I. Neukom presenting coping strategies

Besides specific workshops for midwives there were other workshops for nurses and midwives all connected to the theme "Caring gestures and thoughts". As a midwife or a nurse, you not only have to care about your patients, but about yourself, as well. To underpin this fact, A. Stiefel and I. Neukom (a midwife lecturer and FLECO and a midwife student from Switzerland) hold the workshop of "Caring for the carer – Burnout". There were both, lecturers as students participating. People working in the

health care sector have one of the most stressful jobs, followed by teaching and are therefore exposed to a higher burnout risk. To learn more about destructive patterns and coping with them, the participants wrote down stressful situations and coping strategies on post-its, discussed and compared them. In the end everybody could choose a special envelope with the aim to write a short letter to oneself, with the personal promise to regularly do something good to oneself (e.g. joining a choir, learn to play guitar, take a warm bath...) and therefore reduce stress.

To sensitize students to care for other students N. Forbes (a Scottish nursing student) discussed "Empowering students to become international ambassadors for their University" in her workshop. With the example of a facebook group for nursing students of her University, who want to get some practice abroad, she showed us possibilities, how you as a student are able to stand up and care about other students' interests.



Exchanging opinions and ideas

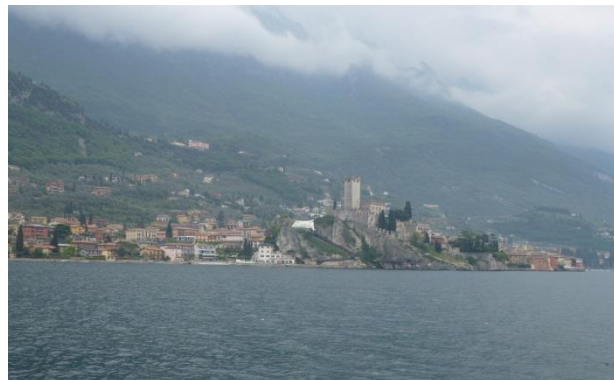
Every year's highlight, the Gala Dinner, was held in the Rotari historical Winery in Mezzocorona, about half an hour bus drive from Trento. All the men were suited up and the women were wearing lovely and extravagant dresses for this amazing event. After a short guided tour through the Winery, we were offered some Apéro with delicious Italian

specialities and local wine tasting. The menu was well presented and we have to admit, Italians know how to cook. In the end everybody was dancing, not caring about how much their feet were hurting. On Saturday, the ones participating in the Social Program were headed for Lake Garda. Our tour-guide was just awesome! She always knew something interesting to tell us. The region around Lake Garda is very wealthy. There are several reasons for it but without doubt, there are a lot of vines, olive and apple trees for further production, because of the mild climate. From Riva del Garda we took the boat to Malcesine, where we walked across the historical centre to join the bus again, which brought us further to Garda and Sirmione. There we had some free time to spend, to walk along the lakeside and eventually enjoy an ice cream. Our last stop was at the Olive Oil Museum close to Bardolino. Returning to Trento, everybody savoured the many impressions. Saying goodbye wasn't easy, although the time was short, we've come to love Trento a lot and found some new friends.



Group photo at the entrance of the Rotary historical Winery, Mezzocorona

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Susan Schärli
Andrea Stiefel



View on Malcesine, Lake of Garda