Comprehensive Midwifery Skills: A 1-Week Intensive Training

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Rome (Italy)



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Why This Course

High-quality maternal and newborn care is essential for reducing complications and improving outcomes. Midwives and healthcare professionals face complex challenges in antenatal, labor, postpartum, and newborn care that require up-to-date knowledge, practical skills, and evidence-based decision-making.

This intensive 1-week midwifery course equips participants with advanced clinical skills, hands-on experience, and the latest evidence-based practices. The program is designed to enhance confidence, improve patient outcomes, and strengthen professional competence in maternal and neonatal care.

What You'll Learn and Practice

By participating in this course, you will:

- Develop advanced skills in antenatal assessment and risk management.
- Master techniques for managing both normal and complicated labor and delivery.
- Enhance competence in postpartum care, including breastfeeding support.
- Improve proficiency in newborn assessment, resuscitation, and care.
- Apply evidence-based practices to improve maternal and neonatal health outcomes.
- Strengthen professional decision-making, ethical practice, and patient communication.

The Program Flow

Day 1: Antenatal Care

- Comprehensive antenatal assessment
- Risk identification and management
- Nutrition and lifestyle counseling
- Fetal growth and well-being monitoring

Day 2: Labor and Delivery Management

- Stages of labor and normal birth process
- Pain management techniques
- Intrapartum fetal monitoring
- Managing obstetric emergencies



Day 3: Postpartum Care

- Immediate postpartum assessment and care
- Breastfeeding support and education
- Postpartum complications and management
- Maternal mental health screening

Day 4: Newborn Care

- Immediate newborn care and resuscitation
- Newborn physical examination
- Common neonatal conditions and management
- Supporting parent-infant bonding

Day 5: Professional Practice and Integration

- Ethical considerations in midwifery
- Communication and counseling skills
- Documentation and record-keeping
- Evidence-based practice and research utilization

Individual Impact

- Increased confidence in managing complex obstetric and neonatal situations.
- Improved clinical skills for maternal and newborn care.
- Enhanced ability to provide breastfeeding guidance and support.
- Strengthened decision-making and critical thinking in midwifery practice.

Work Impact

- Deliver higher-quality care across antenatal, labor, postpartum, and newborn stages.
- Reduce complications through timely assessment and intervention.
- Foster positive maternal and neonatal health outcomes.
- Enhance team collaboration and communication in maternal healthcare settings.

Training Methodology

The course uses an interactive and practical approach:

- Hands-on clinical exercises and simulations.
- Case studies and real-life maternal and neonatal scenarios.
- Group discussions to share best practices and problem-solving approaches.
- Evidence-based tools and checklists for everyday clinical application.



Beyond the Course

After completing the program, participants will be ready to:

- Apply advanced midwifery techniques confidently in clinical practice.
- Implement evidence-based strategies to improve maternal and neonatal outcomes.
- Lead safe, ethical, and effective care practices in their healthcare settings.
- Serve as a resource for colleagues in promoting best practices in midwifery.

