



Carla Ortu

Midwife

WORK EXPERIENCE

Midwife

2014 – 2025

At the Division of Obstetrics and Gynecology, University Hospital, University of Cagliari (AOU CA - COG).
Permanent individual assignment Midwife, category D

Clinical experience – key areas of practice

- **Delivery suite:** comprehensive intrapartum care, including support for physiological labour and birth in the mother's preferred position, epidural and alternative analgesia, water-labour, performance of episiotomies and immediate post-partum management, with full paper and electronic documentation.
- **Post-partum and neonatal care:** management of normal and complicated puerperium, breastfeeding support, and newborn assessment.
- **Community services:** design and delivery of antenatal education and birth-preparation classes.
- **Screening & colposcopy:** execution of Pap smears and vaginal swabs, counselling on STI prevention, contraception and gynaecological cancer screening; assistance at colposcopy, conisation and destructive cervical therapy within the regional cervical-cancer prevention programme.
- **Admissions & triage:** pre-hospitalisation assessment and electronic admission procedures.
- **High-risk obstetrics:** surveillance and initial management of obstetric pathology.
- **Operating theatre & day-surgery:** assistance with minor surgical procedures (RCU, operative hysteroscopy, Bartholin cyst excision, cervical cerclage), ART interventions, caesarean section and ectopic pregnancy, as well as instrumentation for laparoscopic, hysterectomy (LAVH, laparotomic), reconstructive vaginal surgery, oncological procedures (Wertheim, debulking) and advanced one-port laparoscopy.

TEACHING AND RESEARCH

Since 2013 – Clinical Internship Tutor, Bachelor of Science in Midwifery, University of Cagliari

Responsible for guiding students toward the acquisition of professional competencies in obstetrics through supervised clinical practice.

Since 2020 – Lecturer, MED/47 Obstetric-Gynaecological Nursing, University of Cagliari (Campus: SS554, km 4.5, 09042 Monserrato, CA)
Course taught: Benign and Malignant Gynaecological Pathology.

01 April 2021 – 25 June 2021 – Executive Professional Master, Low-Risk Birth Pathway.

01 June 2018 – 01 October 2020 – Trainer-of-Trainers Programme in Emergency and Urgent Care Simulation.

Research:

Sleep Disorders during Pregnancy and their Impact on Fetal Well-being – free oral communication (and poster) presented at the 6th Sardinian Days of Gynecological and Obstetric Sciences, Cagliari, 25 May 2017; abstract published in the official congress proceedings.

Psychological Implications of Long-term Care for Women with High-risk Pregnancies. Stefano Di Michele, Carla Ortu et al., European Gynecology & Obstetrics, 2015.

PROFILE

Proven ability to work effectively in multicultural environments, holding positions where clear communication and teamwork are crucial.

Highly intuitive and creative, with excellent observational acuity, strong manual dexterity, and consistent self-control.

Outstanding planning and coordination abilities, strict adherence to deadlines, and exemplary punctuality.

Technical skills:

Advanced proficiency with the Windows operating system and the Microsoft Office suite (Word, Excel, PowerPoint). Solid working knowledge of AI tools. Familiar with state-of-the-art technologies applied in obstetrics and gynaecology within the scope of professional competence.

EDUCATION AND TRAINING

21 November 2012 – Bachelor's Degree in Midwifery (Class SNT/1 – Nursing and Midwifery Health Professions) awarded by the University of Cagliari with the highest distinction (110/110 cum laude, special mention and academic commendation). Thesis title: "Evolution of Clinical Management and Prevention of Preeclampsia/Eclampsia in the Last Decade."

Successfully passed the State Board Examination for Midwifery on 21 November 2012.

Registered with the FNCO (Italian National Board of Midwives) for the Provinces of Cagliari, Nuoro and Oristano since 3 December 2012, registration No. 1158.

LANGUAGES

- Italian – native speaker
- English – B2 (upper-intermediate, all skills)

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