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Preventing Perineal Trauma During Labor

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Preventing Perineal Trauma during Labor

By: Kaela Johnson and Claire VanderHart
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PATIENT CARE ISSUE

Perineal Trauma Acquired During Labor

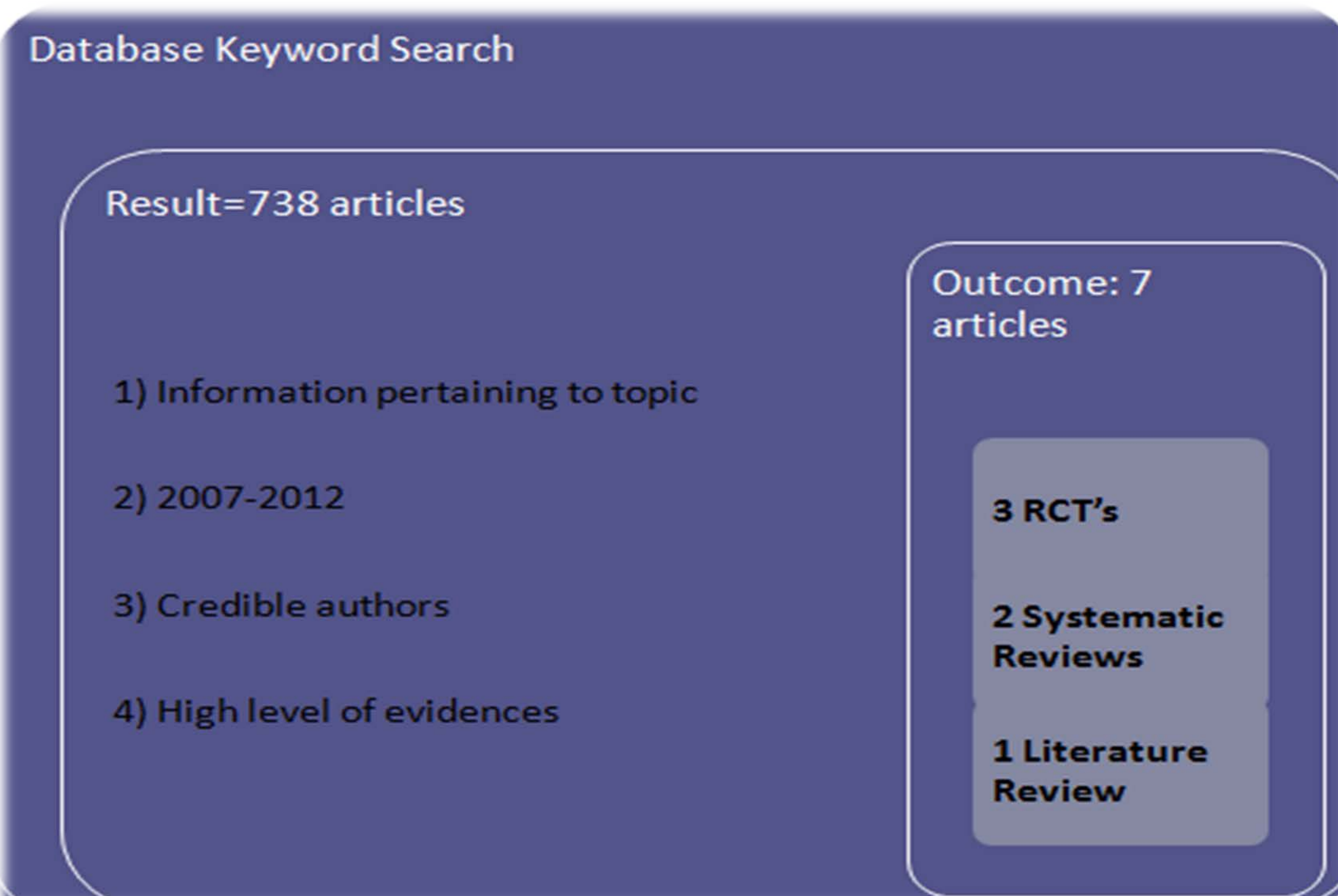
- **Around 85% experience**¹
- **Effect on QOL**
 - Pain
 - Discomfort
 - Dyspareunia
 - Increased risk for infection
 - Urinary and fecal incontinence
 - Weakened pelvic floor muscles

EVIDENCE-BASED PRACTICE QUESTION

Question: What is the best method of practice used to prevent perineal trauma related to vaginal delivery of a fetus?

Population	• Pregnant women giving birth vaginally
Intervention	• Perineal trauma prevention techniques
Comparison	• Warm compresses and perineal massage
Outcomes	• Prevented instances of perineal trauma during vaginal delivery

METHODS



REFERENCES

- ¹Aasheim, V., Nilsen, A. B. V., Lukasse, M., & Reinar, L. V. (2012). Perineal techniques during the second stage of labor for reducing perineal trauma. *Cochrane Database of Systematic Reviews*, 2. doi:10.1002/14651858.CD006672.pub2.
- ²Albers, L. L., Sedler, K.D., Bedrick, E.J., Teaf, D., & Peralta, P., (2005). Midwifery care measures in the second stage of labor and reduction of genital tract trauma at birth: a randomized trial. *Journal of midwifery and women's health*. 50(5), 365-372. doi:10.1016/j.jmwh.2005.05.012
- ³Beckmann, M. M., & Garrett, A., (2009). Antenatal perineal massage for reducing perineal trauma. *Cochrane Database of Systematic Reviews*, 1. doi:10.1002/14651858.CD005123.pub2.
- ⁴Dahlen, H. G., Homer, C. S. E., Cooke, M., Upton, A. M., Nunn, R., & Brodrick, B. (2007). Perineal outcomes and maternal comfort related to the application of perineal warm packs in the second stage of labor: a randomized controlled trial. *Birth: Issues in Perinatal Care*, 34(4), 282-290. Retrieved from <http://web.ebscohost.com/ehost/pdfviewer/pdfviewer?sid=1062cae4-9c55-4c3e-8f5c-16e3317fab10%40sessionmgr11&vid=8&hid=13>
- ⁵Geranmayeh, M., Rezaei Habibabadi, Z., Fallahkish, B., Farahani, M., Khakbazan, Z., & Mehran, A., (2012). Reducing perineal trauma through perineal massage with vaseline in second stage of labor. *Archives of Gynecology & Obstetrics*, 285(1), 77-81. doi:10.1007/s00404-011-1919-5
- ⁶Jones, L. E., & Marsden, N., (2008). The application of antenatal perineal massage: a review of literature to determine instruction, dosage and technique. *Journal of the Association of Chartered Physiotherapists in Womens Health*, 102. Retrieved from http://www.csp.org.uk/sites/files/csp/secure/acpwh102_05_theapplicationofantenatal.pdf
- ⁷Karacam, Z., Ekmen, H., & Calisir, H., (2012). The use of perineal massage in the second stage of labor and follow-up of postpartum perineal outcomes. *Health Care for Women International*, 33. 697-718. doi:10.1080/07399332.2012.655385

REGISTERED NURSE INTERVIEW

Interview: Perinatal Nurse, Springfield Regional Medical Center

- Techniques implemented to prevent perineal trauma depend on preferences of physician, midwife, or attending nurse.
- No written hospital guidelines concerning prevention of perineal trauma.

RESULTS

Warm Compresses

- **Albers²:**
 1. No significant decrease in perineal trauma
- **Aashiem¹:**
 1. Significant decrease of 3rd and 4th degree laceration instances
 2. No significant difference in 1st and 2nd degree laceration instances
- **Dahlen⁴:**
 1. No significant difference in instances of 1st and 2nd degree laceration
 2. Significant decrease for instances of 3rd and 4th degree laceration by 50%

Perineal Massage

- **Second Stage**
 - **Aashiem¹:**
 1. No effect on instances of episiotomy
 2. No effect in 1st and 2nd degree laceration instances
 3. Significant decrease in 3rd and 4th degree laceration instances
 - **Geranmayeh⁵:**
 1. Increased instances of 1st and 2nd degree lacerations by 44%
 2. Decreased episiotomy instances by 43%
 - **Karacam⁷:**
 1. Decreased episiotomy rate by 14%
- **Antepartum**
 - **Beckmann³:**
 1. Reduced trauma requiring sutures by 9%
 2. Decreased instances of episiotomy by 16%
 3. Reduced pain in multiparous women by 32%
 - **Jones⁶:**
 1. Limitations to reliability of previous studies
 2. Suggests more evidence based research

SYNTHESIS OF EVIDENCE

Warm Compresses:

- May not be helpful in reducing instances of perineal trauma^{1,2,&4}
- May help in preventing severe lacerations^{1&4}

Perineal Massage

- **Second stage**
 - May decrease rate of episiotomies^{5&7}
 - May help prevent severe laceration^{1,5,&7}
 - May increase instances of 1st and 2nd degree lacerations⁵
- **Antepartum**
 - Validity of current research is questioned⁶
 - May reduce need for episiotomies and sutures in multiparous population^{3&6}

EVIDENCE-BASED PRACTICE RECOMMENDATIONS

- **More research evidence needed to determine exact effect of each treatment**
- **More research needed to determine best intervention**
- **Hospitals should consider including in care-plans**