

Episiotomy at Auckland City Hospital.

Tim Dawson

Obstetrician-Gynaecologist

ADHB



Outline.

- ACH episiotomy statistics and local comparisons.
- Types of episiotomy and episiotomy policies.
- Evidence.
- What happens here.
- What should happen here.

National Women's Health Statistics

- 2009 NZ Maternity Clinical Indicators
 - ACH epis rate in 'standard primipara' 28.8%
 - All NZ secondary/tertiary units 22.5%
- Overall episiotomy rate
 - ACH 2009-10 23.3%
 - WHA 2009-10 18.6%
 - ACH 2011 22.7%

Episiotomy.

- Method
 - Medio-lateral.
 - Midline.
- Policies
 - Routine/liberal
 - Restrictive
- Rates

Cochrane Evidence.

- Episiotomy for vaginal birth. Updated 2012.
 - Eight trials, 5541 women.
 - Restrictive vs Routine use of episiotomy.
 - Reduced
 - Severe perineal trauma
 - Suturing
 - Healing complications
 - Increased
 - Anterior perineal trauma
 - No change
 - Dyspareunia
 - Urinary incontinence
 - Severe vaginal/perineal trauma
 - Difference consistent for technique sub-groups.

Evidence

- Medio-lateral vs midline
 - Coats et al (BJOG 1980)
 - 407 women randomised.
 - Midline 12% extended.
 - Mediolateral 2% extended.

Episiotomy and O.A.S. Injury at Auckland City Hospital.

- Episiotomy rate 22.7%
 - In this group 3rd/4th deg tear in 3.9%
- For all vaginal births
 - 3rd/4th deg tear in 2.2%
- Confounding factor
 - Instrumental delivery
 - NVD 15% Episiotomy rate.
 - Ventouse 49%
 - Forceps 85%
 - (11% of births, 6.8% OASI)

Episiotomy, can we go too low?

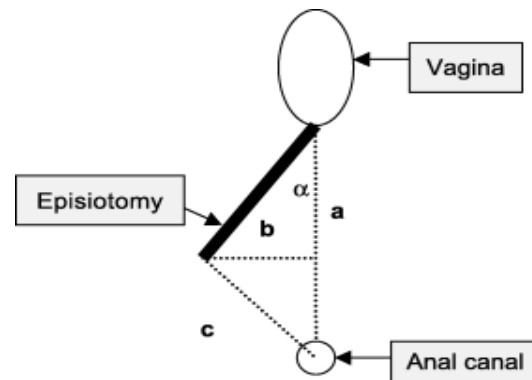
- Henriksen et al. *Methods and consequences of changes in use of episiotomy*. BMJ 1994.
 - Danish midwives stratified by episiotomy rate during initial observation period.
 - Graphical feedback of personal and overall rates. Also self-reported indication for epis.
 - Follow up period of observation and recording.

Henriksen et al cont.

- Overall reduction in epis rate 37% to 30%
 - More intact, but more tears.
- No overall change in 3rd/4th deg tears
 - ‘Low’ episiotomy group saw increase.
- ? Lower limit to optimal rate of episiotomy.

Where are we cutting?

(Andrews et al BJOG 2005)



Episiotomy at Auckland City Hospital.

- 'Restrictive' policy rate range.
- Consistent with overseas rates.
- Technique and education.