

Perineal Infiltration & Repair

Resource Package



Queensland
Government

Developed: v.1.0 2005

Reviewed: v.2.0 2009

Review: 2013

Statement of Copyright

© THE STATE OF QUEENSLAND (QUEENSLAND HEALTH) 2009

Copyright protects this material. Except as permitted by the Copyright Act, reproduction by any means (photocopying, electronic, mechanical, recording or otherwise) making available online, electronic transmission or other publication of this material is prohibited without prior written permission of Queensland Health.

Inquiries should be addressed by email to: ip_officer@health.qld.gov.au or by mail to: The IP Officer, Innovation Strategy Unit, Innovation Branch, Queensland Health, GPO Box 48, Brisbane Q 4001.

Statement of Indemnity

Material in this document cannot be reproduced in part or in whole without the express permission of Queensland Health and remains the intellectual property of Queensland Health. Queensland Health does not accept any responsibility for the use of this material outside of the scope for which it has been designed and outlined in the appropriate curriculum document.

Version Control

This is Version 2.0 of the 'Perineal Infiltration and Repair Resource Package and will remain current until February 2013 or until modification required.

Authors

Developed by: Cecilia Kneen, A/ Nurse Educator (Midwifery) RBWH;
Pauline Lyon, Nurse Educator (Midwifery) RBWH; and
Marie McAuliffe, Nurse Educator - Townsville Hospital

Reviewed by: Sarah Kirby and Sue Hampton, Midwifery Educators, RBWH

Illustrations by: Sarah Kirby, Midwifery Educator, RBWH

The reviewers wish to acknowledge the support, contributions and direction provided by:

- RBWH Women's & Newborn Services Leadership Team
- RBWH Obstetric Consultants
- Workforce Development & Education Unit / Centre of Clinical Nursing

Table of Contents

STATEMENT OF COPYRIGHT	2
STATEMENT OF INDEMNITY	2
VERSION CONTROL.....	2
AUTHORS	2
TABLE OF CONTENTS.....	3
OVERVIEW OF THE RESOURCE	5
HOW TO USE THE RESOURCE PACKAGE.....	5
ASSESSMENT	5
REQUIRED RESOURCES TO COMPLETE THE PACKAGE.....	6
OBJECTIVES	6
READINGS	7
1.0: STANDARDS, CODES, GUIDELINES AND POLICIES	7
<i>Midwifery Standards</i>	<i>7</i>
<i>Professional Codes of Practice.....</i>	<i>7</i>
<i>Guidelines.....</i>	<i>8</i>
<i>Local Policies.....</i>	<i>8</i>
2.0: ROLES AND RESPONSIBILITIES OF THE MIDWIFE.....	9
Activity 2.1: RBWH Perineal Infiltration and Episiotomy SDLP (Optional).....	9
3.0: ANATOMY AND PHYSIOLOGY OF THE PELVIC FLOOR	9
3.0: Definitions of Pelvic Floor	10
Activity 3.1: <i>Superficial Perineal Muscles</i>	<i>10</i>
Activity 3.2: <i>Deep Perineal Muscles</i>	<i>10</i>
Activity 3.3: <i>Nerves Supplying the Perineum.....</i>	<i>11</i>
Activity 3.4: <i>Blood Supply to the Perineum.....</i>	<i>11</i>
Activity 3.5: <i>Pelvic floor structure.....</i>	<i>12</i>
Activity 3.6: <i>Functions of pelvic floor.....</i>	<i>12</i>
Activity 3.7: <i>Characteristics of perineal body.....</i>	<i>12</i>
4.0: PERINEAL TRAUMA	13
Activity 4.1: <i>Assessment of perineal trauma.....</i>	<i>13</i>
Activity 4.2: <i>Healing of perineal trauma</i>	<i>13</i>
Activity 4.3: <i>Decision making for perineal trauma.....</i>	<i>13</i>
Activity 4.4: <i>Defining perineal tears</i>	<i>14</i>
Activity 4.5: <i>Episiotomy types</i>	<i>15</i>
5.0: PERINEAL INFILTRATION AND REPAIR.....	16
Activity 5.1: <i>Practice Guidelines</i>	<i>16</i>
Activity 5.2: <i>Reasons for perineal anaesthetic.....</i>	<i>16</i>
Activity 5.3: <i>Local anaesthetic requirements</i>	<i>16</i>

<i>Activity 5.4: Local anaesthetic precautions</i>	16
<i>Activity 5.5: Local anaesthetic side effects</i>	17
<i>Activity 5.6: Intravascular Lignocaine</i>	17
<i>Activity 5.7: Information and advice to mother</i>	17
<i>Activity 5.8: Positioning of mother</i>	18
<i>Activity 5.9: Equipment for perineal suturing</i>	18
<i>Activity 5.10: Suturing the vaginal mucosa</i>	18
<i>Activity 5.11: Suturing the perineal muscle</i>	19
<i>Activity 5.12: Suturing perineal skin</i>	19
<i>Activity 5.13: Types of suturing</i>	19
<i>Activity 5.14: Post procedure actions</i>	20
<i>Activity 5.15: Education to mother</i>	20
<i>Activity 5.16: Documentation after perineal repair</i>	20
6.0: RECORD OF SUPERVISED REPAIRS	23
SUPERVISED REPAIRS (ADDITIONAL IF REQUIRED)	24
7.0: MIDWIFERY SKILLS COMPETENCY – PERINEAL REPAIR	25
8.0: ONGOING RECORD OF REPAIRS PERFORMED	27
9.0: PERINEAL INFILTRATION & REPAIR ASSESSMENT SHEET	29
10.0: ADDITIONAL READINGS	31
11.0: REFERENCES	31

Overview of the resource

This resource package aims to support the development and advancement of practice by midwives employed within Birthing Services to perform perineal infiltration and repair. After completion of this resource package, the midwife will be able to provide management of women requiring perineal infiltration and repair after childbirth.

How to use the resource package

Each midwife completing this resource package is requested to progress through the readings and address each activity, using the identified or other resources which are available from the Health Service District / Facility. This is the first component of the Perineal Infiltration and Repair Program which must be completed prior to attendance at a Perineal Infiltration & Repair Workshop.

Assessment

Assessment of this resource package will be demonstrated through successful completion of the specific activities utilising the resources provided or identified throughout the Resource Package, or others available from your Health Service District / Facility. Identification of an available resource person/s to review and discuss the responses of all activities listed in the resource package will assist to determine knowledge and awareness of the specific issues addressed. The assessment of this resource will be undertaken by the Perineal Infiltration & Repair Workshop facilitators. **It is essential to bring this completed resource to the workshop.**

In addition, the clinical component requires the completion of four (4) perineal repairs using a midwifery skills competency based assessment tool with direct supervision by an authorised midwife or medical officer with assessed competence.

Table summarising all requirements

Completion of Perineal Infiltration & Repair Resource Package	Attendance at Perineal Repair Workshop where you will have an opportunity to apply your knowledge to practice in a simulated environment	Completion of 4 supervised repairs (minimum) & Midwifery Skills Competency in Perineal Repair
---	--	---

The satisfactory completion of all items will be recorded on the assessment sheets contained within this resource package and then submitted to the Midwifery Educators.

The Midwifery Educators will be responsible for recording the relevant information on the appropriate professional development database for the facility and also generate a certificate of competence in Perineal Repair to the midwife. It is also required that the midwife keep an on-going record of repairs and discuss this record with their Midwifery or Nurse Unit Manager in the midwife's professional appraisal development record.

Required Resources to complete the package

To complete this resource package, the following resources are recommended:

- Current anatomy and physiology textbook
- Current midwifery practice textbook
- Access to QHEPS
- Access to District Policy website
- Resource persons for example:
 - Team Leaders
 - Midwives proficient in the skill of perineal suturing
 - Midwifery Unit Managers from Birth Suite or Birth Centre
 - Midwifery Educators
 - Clinical Facilitators
 - Obstetric Consultant
 - Obstetric Registrar

Objectives

The purpose of this resource package is to advance or expand the midwife's scope of practice to perform perineal infiltration and repair after childbirth through education to:

1. Apply the required competency standards expected of a Midwife when performing perineal infiltration and repair.
2. Identify the anatomy of the pelvic floor.
3. Identify and define types of perineal trauma.
4. Describe the short and long term morbidity associated with perineal trauma.
5. Explain information and resources, which will assist a midwife in performing perineal infiltration and repair.
6. Demonstrate correct and accurate documentation
7. Discuss appropriate information with the mother.

Readings

The following readings are to be completed so that you will know how to apply your knowledge about this clinical skill.

1.0: Standards, Codes, Guidelines and Policies


Standards, codes, guidelines and policies are in place to benchmark the level of service and the quality of care provided. The following govern the care provided when performing perineal infiltration and repair.

Midwifery Standards

	<p>READING</p> <p>Read these Australian standards for midwives at:</p> <ul style="list-style-type: none">• Australian Nursing and Midwifery Council (ANMC) Competency Standards: http://www.anmc.org.au¹
---	---

NOTES

Professional Codes of Practice

	<p>READING</p> <p>Read the Australian Codes of professional practice at:</p> <ul style="list-style-type: none">• Code of Professional Conduct for Midwives in Australia http://www.anmc.org.au²• Code of Ethics for Midwives in Australia: http://www.anmc.org.au³
---	--

NOTES

Guidelines



READING

Read the following documents:

- National Midwifery Guidelines for Consultation and Referral. www.midwives.org.au ⁴
- Queensland Nursing Council Scope of Practice Framework for Nurses and Midwives at: <http://www.qnc.qld.gov.au> ⁵

NOTES

Local Policies



READING

Familiarise yourself with your local policies / procedures regarding Perineal Infiltration & Repair, documentation and scope of practice for midwives.

NOTES

2.0: Roles and Responsibilities of the Midwife

The Midwife is responsible for maintaining relevant knowledge and skills and has a responsibility to update this knowledge from an evidence base.

As a primary care provider for women who have sustained damage to the perineum as a result of birth trauma it is important that:

- You have knowledge of the anatomy and functions of the pelvic floor.
- You are competent in making a systematic and accurate assessment of the degree of the trauma sustained.
- You can provide an adequate explanation to the birthing woman in order to gain informed consent to carry out perineal infiltration and repair.
- You have the ability to perform this procedure when required and document your actions legibly and accurately.

Activity 2.1: RBWH Perineal Infiltration and Episiotomy SDLP (Optional)



Before continuing with this learning package, you may find it helpful to complete the RBWH Perineal Infiltration and Episiotomy Resource Package to refresh your knowledge in this area.

3.0: Anatomy and Physiology of the pelvic floor

In order to complete this learning package, you should have a sound knowledge of the anatomy and physiology of the pelvic floor.



READING

Anatomy & Physiology text
Chapter on the pelvic floor.

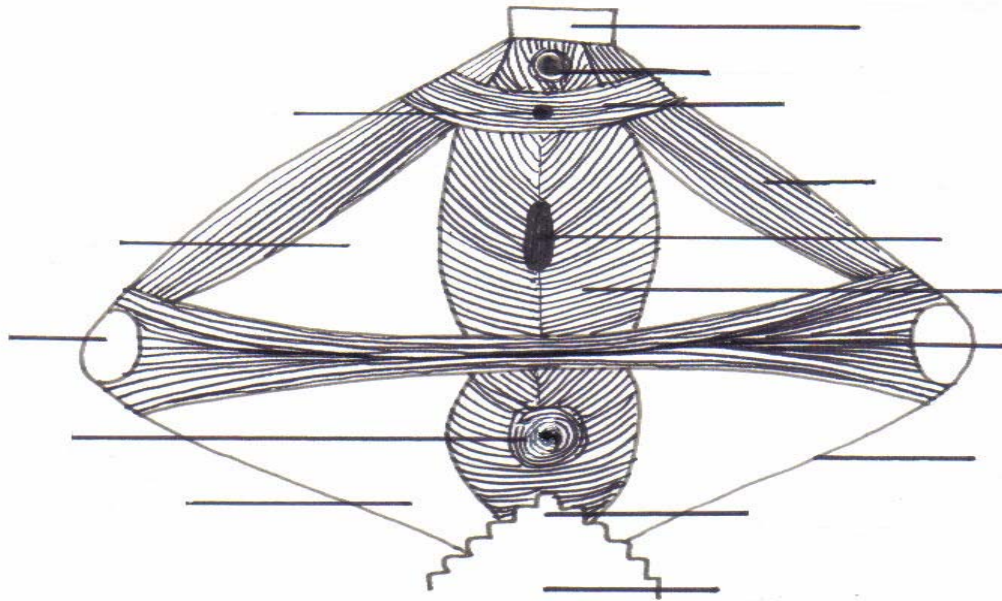
NOTES

3.0: Definitions of Pelvic Floor

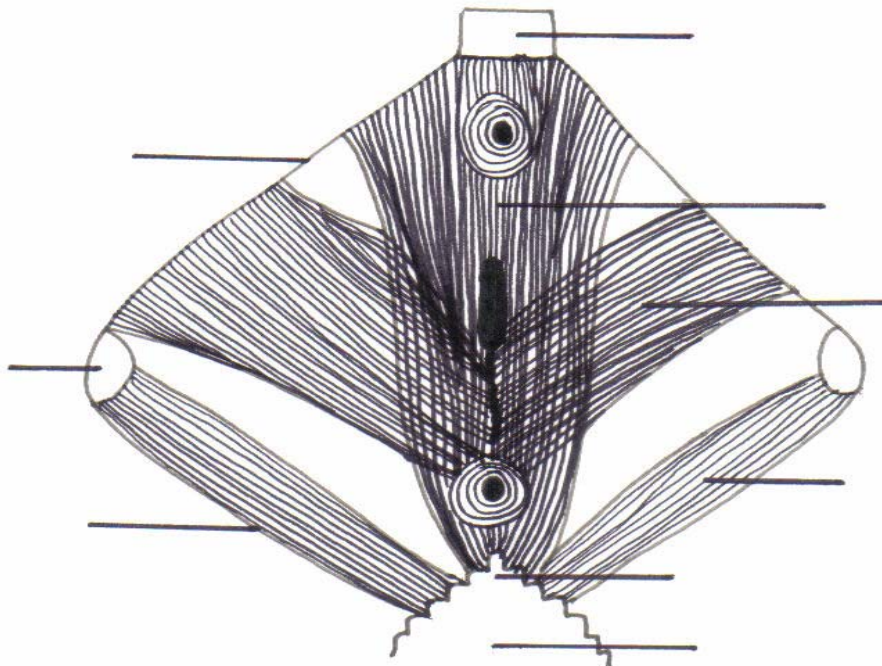


In conjunction with the information provided by your Anatomy and Physiology text, label the following diagrams and answer the questions related to this activity:

Activity 3.1: Superficial Perineal Muscles



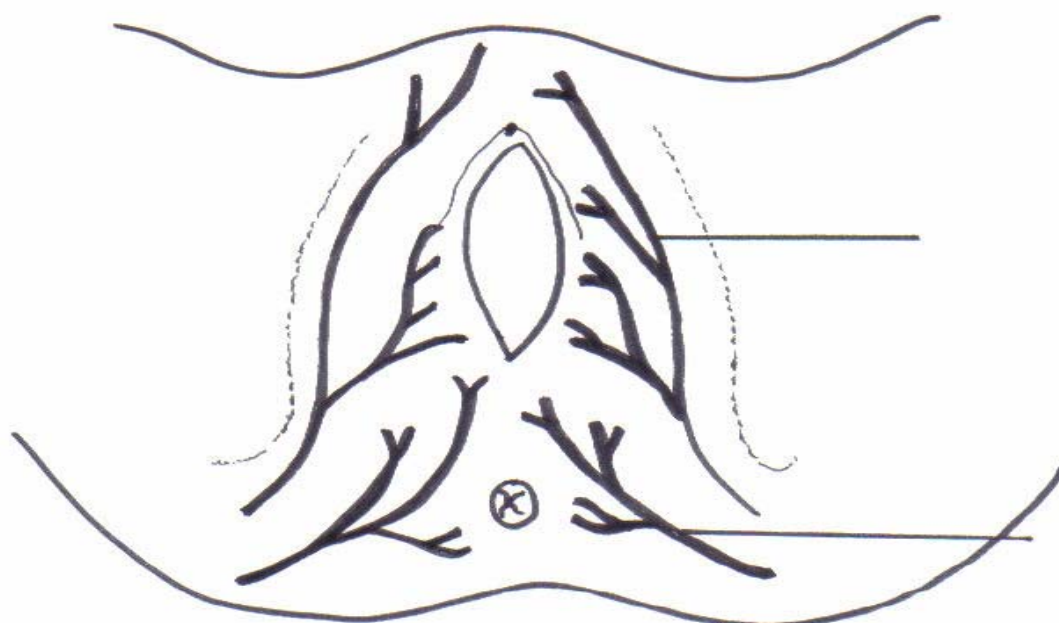
Activity 3.2: Deep Perineal Muscles



Activity 3.3: Nerves Supplying the Perineum



Activity 3.4: Blood Supply to the Perineum



Activity 3.5: Pelvic floor structure

Briefly describe the structure of the pelvic floor.

Activity 3.6: Functions of pelvic floor

List the four main functions of the pelvic floor.

1

2

3

4

Activity 3.7: Characteristics of perineal body

Define four characteristics of the perineal body.

4.0: Perineal trauma

Perineal trauma may involve any damage, whether spontaneous (tears) or intentional (episiotomy) to the perineal body. Vaginal and cervical lacerations can cause serious postpartum haemorrhage as both structures are very vascular. Therefore it is extremely important that a thorough inspection of the perineum is carried out following birth so that the extent of any trauma can be established and a decision made regarding who is the most suitable practitioner to repair it. Also it is important to assess which is the most suitable environment in which the repair should take place. Immediately after the birth, the sensation in the perineal area is often diminished and so it is preferable to complete any suturing then.⁶



- With the aid of a current Midwifery text, complete the following activities:

Activity 4.1: Assessment of perineal trauma

Describe how you would inspect the vulval areas for tears.

Activity 4.2: Healing of perineal trauma

Often small tears of the perineal/vulval area heal well without interventions.

True or False? _____

Activity 4.3: Decision making for perineal trauma

In what circumstances should these tears be sutured?

Activity 4.4: Defining perineal tears

Perineal trauma can be classified as first-, second-, third- or fourth-degree ⁶. Using a Midwifery text, define the following types of tears:

1st Degree tear:

2nd Degree tear:

3rd Degree tear:

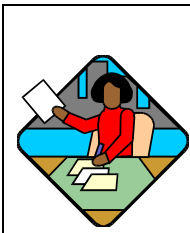
4th Degree tear:

Activity 4.5: Episiotomy types

There are two types of episiotomy most commonly used in clinical practice. Complete the following table.

	Mediolateral Episiotomy	Midline Episiotomy
Description:		
Advantages:		
Disadvantages:		

5.0: Perineal Infiltration and repair



Using your knowledge gained from completing the reading and activities so far in this self directed learning package, complete the following activities.

Activity 5.1: Practice Guidelines

According to the Australian College of Midwifery Guidelines for Consultation and Referral which tears may a Midwife suture? ⁴

Activity 5.2: Reasons for perineal anaesthetic

Why is it important that the perineum is adequately anaesthetised prior to performing a repair?

Activity 5.3: Local anaesthetic requirements

What solution, concentration and volume should be used to anaesthetise the perineum as per local facility standing orders?

Activity 5.4: Local anaesthetic precautions

Why is it important to aspirate the syringe prior to Injection of local anaesthesia?

Activity 5.5: Local anaesthetic side effects

What are the side effects and possible consequences to the mother and midwife of inappropriate/misdirected injection of local anaesthesia?

Activity 5.6: Intravascular Lignocaine

List the signs and treatment of intravascular administration of Lignocaine.

Activity 5.7: Information and advice to mother

You have just assisted a woman birth her baby. On examination of her perineum you identify a second degree tear that you believe requires suturing. Describe what information and advice you would give to this woman.

Activity 5.8: Positioning of mother

The woman agrees to undergo the repair as you advised. Which position would you help her assume and reasons why this would be appropriate?

Activity 5.9: Equipment for perineal suturing

List the equipment you need to gather in preparation for the procedure.

Activity 5.10: Suturing the vaginal mucosa

What suture material would you use to repair the vaginal mucosa and which stitch will you use? Give a rationale for your answer.

Activity 5.11: Suturing the perineal muscle

What suture material will you use to repair the perineal muscle and which stitch will you use?

Give a rationale for your answer.

Activity 5.12: Suturing perineal skin

What suture material will you use to repair the perineal skin and which stitch will you use?

Give a rationale for your answer.

Activity 5.13: Types of suturing

According to the evidence, what is the main finding regarding continuing verses interrupted sutures for repair of the perineal skin?

Activity 5.14: Post procedure actions

What investigations/actions should you carry out on completion of the repair?

Activity 5.15: Education to mother

Discuss the care/advice that you need to give to a woman who has had an episiotomy or any other type of perineal trauma.

Activity 5.16: Documentation after perineal repair

If you have performed a perineal repair, what details should you document in the woman's chart?

Congratulations !

You have now completed part one of the perineal repair program.

What's the next step?

- ✓ Contact the Midwifery Educator at your local facility and arrange to attend a workshop

Remember !

- ✓ Bring this workbook with you

6.0: Record of Supervised Repairs

A minimum of 4 (four) repairs depending on previous experience or until the midwife is deemed to be competent.

Name:..... **Facility / Unit:**

Date.....	Mothers Ur No. _____
Name of assessor Assessor's signature	Assessment of degree of trauma and brief details of repair Signature of Midwife performing repair.....

Date.....	Mothers Ur No. _____
Name of assessor Assessor's signature	Assessment of degree of trauma and brief details of repair Signature of Midwife performing repair.....

Date.....	Mothers Ur No. _____
Name of assessor Assessor's signature	Assessment of degree of trauma and brief details of repair Signature of Midwife performing repair.....

Date.....	Mothers Ur No. _____
Name of assessor Assessor's signature	Assessment of degree of trauma and brief details of repair Signature of Midwife performing repair.....

Supervised Repairs (Additional if required)

A minimum of 4 (four) repairs depending on previous experience or until the midwife is deemed to be competent.

Name:..... **Facility / Unit:**

Date.....	Mothers Ur No. _____
Name of assessor Assessor's signature	Assessment of degree of trauma and brief details of repair Signature of Midwife performing repair.....

Date.....	Mothers Ur No. _____
Name of assessor Assessor's signature	Assessment of degree of trauma and brief details of repair Signature of Midwife performing repair.....

Date.....	Mothers Ur No. _____
Name of assessor Assessor's signature	Assessment of degree of trauma and brief details of repair Signature of Midwife performing repair.....

Date.....	Mothers Ur No. _____
Name of assessor Assessor's signature	Assessment of degree of trauma and brief details of repair Signature of Midwife performing repair.....

7.0: Midwifery Skills Competency – Perineal Repair

Assessor to ensure that the following are complete prior to clinical assessment:	
<ul style="list-style-type: none"> • Workbook <input type="checkbox"/> • Workshop <input type="checkbox"/> 	<ul style="list-style-type: none"> • Supervised Repairs <input type="checkbox"/> Or • RPL for above <input type="checkbox"/>

The Midwife will demonstrate: The ability to correctly determine the degree of damage to the perineum and perform the repair in a safe manner.

PERFORMANCE CRITERIA:	Achieved	Not Achieved
Demonstrates application of and ability to apply standards that reflect accountabilities for professional midwifery practice: <ul style="list-style-type: none"> • ANMC National Competency Standards for the Midwife (2006) • ANMC Code of Ethics for Midwives (2008) • ANMC Code of Professional Conduct for Midwives (2008) • QNC Scope of Practice Framework for Nurses & Midwives (2005) • ACM National Midwifery Guidelines for Consultation & Referral (2008) 		
Refers to: <ul style="list-style-type: none"> • Policies / procedures / clinical guidelines related to labour and birth • Relevant standing orders 		
Demonstrates evidence of therapeutic interaction by: <ul style="list-style-type: none"> • Introducing self • Correct patient identification process • Providing privacy • Explaining the procedure • Obtaining informed consent from the woman 		
Performs abdominal palpation to ensure uterus is contracted and bladder is empty		
Positions the woman comfortably with an uninterrupted view of the perineum		
Correctly identifies the degree of damage to the perineum and refers to medical officer if required		
Selects appropriate suture material		
Selects and checks local anaesthetic (if required) and identifies contraindications		
Performs and documents instrument count: <ul style="list-style-type: none"> • Prior to procedure • At completion of procedure 		
Applies standard precautions throughout the procedure		
Infiltrates perineum correctly and performs the repair using acceptable technique		
Performs PV and PR after procedure		
Disposes of all sharps in line with infection control policy		
Provides education to woman on care of perineum and use of analgesia		
Accurately documents details of repair in woman's medical chart		
Name of Midwife:	Date:	
Signature:		
Name of Assessor:	Date:	
Signature:		
Please Circle		
Competent	YES / NO	
Comments:		

8.0: Ongoing Record of Repairs Performed

All repairs that the midwife performs to be documented below for inclusion in performance appraisal and development plan

Name:..... **Facility / Unit:**

Date.....	Mothers Ur No.....
Degree of damage as assessed	Brief details of repair undertaken

Date.....	Mothers Ur No.....
Degree of damage as assessed	Brief details of repair undertaken

Date.....	Mothers Ur No.....
Degree of damage as assessed	Brief details of repair undertaken

Date.....	Mothers Ur No.....
Degree of damage as assessed	Brief details of repair undertaken

Name:..... **Facility / Unit:**

Date.....	Mothers Ur No.....
Degree of damage as assessed	Brief details of repair undertaken

Date.....	Mothers Ur No.....
Degree of damage as assessed	Brief details of repair undertaken

Date.....	Mothers Ur No.....
Degree of damage as assessed	Brief details of repair undertaken

Date.....	Mothers Ur No.....
Degree of damage as assessed	Brief details of repair undertaken

This page may be photocopied as required

9.0: Perineal Infiltration & Repair Assessment Sheet

Name of Participant: _____ Position: _____

Work unit: _____ Service Line: _____

Participant Signed: _____ Date: _____

Components of Competency	Date of Assessment	Name of Assessor	Position of Assessor	Assessor Signature
Resource Package				
Workshop				
Clinical competency completed				



Has the participant's responses met expected standards for all components? Yes No

If no, please detail what further evidence is required:

To be completed when further evidence is provided to meet expected standards.

Participant's Signature: _____ Date: _____

Assessor's Signature: _____ Date: _____

On completion of the above, please present this to the Midwifery Educators so that your competency can be recorded on the appropriate professional development database for the facility and a certificate of achievement generated.

10.0: Additional Readings

BabyCentre UK Episiotomy (2007) *BabyCentre UK Medical Advisory Board*
www.babycener.com.au/referencedarticles/pregnancy/episiotomy/

Banister, C (1997) *The Midwife's Pharmacopeia*. Cheshire: Books for Midwives.

Downe, S (2004) Transition and the second Stage of Labour Chapter 27 in: Fraser, D and Cooper, M. *Myles textbook for Midwives* – 14th Edition. Edinburgh: Churchill Livingstone.

Enkin, M; Keirse, M; Neilson J; Crowther, C; Duley, L; Hodnet, E; Hofmeyr, J (2000) *A Guide to Effective Care in Pregnancy and Childbirth* – 3rd Edition. Oxford: Oxford University Press.

Hendy, S (2006) Maintaining the integrity of the pelvic floor Chapter 25 in: Pairman, S; Pincombe, J; Thorogood, C & Tracey S. *Midwifery Preparation for Practice*. Sydney: Churchill Livingstone.

Johnson, R & Taylor, W (2006) Principles of Intrapartum Skills – Perineal Repair Chapter 37 in: *Skills for Midwifery Practice* – 2nd Edition. Edinburgh: Churchill Livingstone.

Kettle, C & Johanson, R.B. (2002) Continuous versus interrupted sutures for perineal repair. (Cochrane Review). In *The Cochrane Library*, Issue 2, Oxford Update Software.

Kettle, C (2004) The Pelvic Floor Chapter 28 in: Henderson, C & Macdonald S *Mayes Midwifery – A Textbook for Midwives* – 13th Edition. London: Balliere Tindall.

Kettle, C & Johanson, R.B. (1999) Absorbable Synthetic versus catgut suture material for perineal repair. (Cochrane review). In *The Cochrane Library*, Issue 2, 2002. Oxford Update Software.

Lawrence, L & Wheeler R, (1995) Pertinent Anatomy in: Frye, *Healing Passage* – 5th Edition. Portland: Labrys Press.

Royal College of Obstetricians and Gynaecologists (2004) *Methods and Material Used in Perineal Repair*, Guideline No. 23, June.

11.0: References

-
- ¹ Australian Nursing and Midwifery Council (2006). *National Competency Standards for the Midwife*. Available on line. <http://www.anmc.org.au>
 - ² Australian Nursing and Midwifery Council (2008). *Code of Professional Conduct for Midwives in Australia*. Available on line. <http://www.anmc.org.au>
 - ³ Australian Nursing and Midwifery Council (2008). *Code of Ethics for Midwives in Australia*. Available on line. <http://www.anmc.org.au>
 - ⁴ Australian College of Midwives (2008). *National Midwifery Guidelines for Consultation and Referral*. Available on line. <http://www.midwvves.org.au>
 - ⁵ Queensland Nursing Council. (2008) *Scope of Practice Framework for Nurses and Midwives*. Available on line. <http://www.qnc.qld.gov.au>
 - ⁶ Hendy, S. (2006) Maintaining the integrity of the pelvic floor. Chapter 25 in: Pairman, S; Pincombe, J; Thorogood, C & Tracey S *Midwifery Preparation for Practice*. Sydney: Churchill Livingstone

