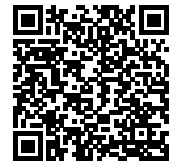


Best Practice in Perineal Care

[View Online](#)

@article{Aasheim_Nilsen_Lukasse_Reinar_1996, address={Chichester, UK}, title={Perineal techniques during the second stage of labour for reducing perineal trauma}, url={http://doi.wiley.com/10.1002/14651858.CD006672.pub2}, journal={Cochrane Database of Systematic Reviews}, publisher={John Wiley & Sons, Ltd}, author={Aasheim, Vigdis and Nilsen, Anne Britt Vika and Lukasse, Mirjam and Reinar, Liv Merete}, year={1996}, month={Sep} }

@article{Albers, L...[et al]_2005, title={Midwifery care measures in the second stage of labor and reduction of genital tract trauma at birth: a randomised trial}, volume={50}, number={5}, journal={Journal of midwifery & women's health}, publisher={Elsevier Science}, author={Albers, L...[et al]}, year={2005} }

@article{Albers, L...[et al]_2006, title={Body mass index, midwifery intrapartum care, and childbirth lacerations}, volume={51}, number={4}, journal={Journal of midwifery & women's health}, publisher={Elsevier Science}, author={Albers, L...[et al]}, year={2006} }

@article{Albers, L...[et al]_2006, title={Factors related to genital tract trauma in normal spontaneous vaginal births}, volume={33}, number={2}, journal={Birth}, publisher={Medical Consumer Communications}, author={Albers, L...[et al]}, year={2006} }

@book{Andrews, Gilly_2005, address={Edinburgh}, edition={3rd ed}, title={Women's sexual health}, publisher={Elsevier}, author={Andrews, Gilly}, year={2005} }

@article{Andrews, V...[et al]_2006, title={Occult anal sphincter injuries - myth or reality?}, volume={113}, number={2}, journal={British journal of obstetrics and gynaecology}, publisher={British Journal of Obstetrics and Gynaecology}, author={Andrews, V...[et al]}, year={2006} }

@article{Beckmann, M. M. and A. J. Garratt_2006, title={Antenatal perineal massage for reducing perineal trauma}, number={Issue 1}, journal={The Cochrane database of systematic reviews}, author={Beckmann, M. M. and A. J. Garratt}, year={2006} }

@book{Bick, Debra_MacArthur, Christine_Winter, Heather_Mott, Kathy de_Ritchie, Gill_2009, address={Edinburgh}, edition={2nd ed}, title={Postnatal care: evidence and guidelines for management}, publisher={Churchill Livingstone Elsevier}, author={Bick, Debra and MacArthur, Christine and Winter, Heather and Mott, Kathy de and Ritchie, Gill}, year={2009} }

@article{Bick_Ismail_Macdonald_Thomas_Tohill_Kettle_2012, title={How good are we at

implementing evidence to support the management of birth related perineal trauma? A UK wide survey of midwifery practice}, volume={12}, DOI={10.1186/1471-2393-12-57}, number={1}, journal={BMC Pregnancy and Childbirth}, author={Bick, Debra E and Ismail, Khaled M and Macdonald, Sue and Thomas, Peter and Tohill, Sue and Kettle, Christine}, year={2012} }

@article{Bick_Kettle_Macdonald_Thomas_Hills_Ismail_2010, title={Perineal Assessment and Repair Longitudinal Study (PEARLS): protocol for a matched pair cluster trial}, volume={10}, DOI={10.1186/1471-2393-10-10}, number={1}, journal={BMC Pregnancy and Childbirth}, author={Bick, Debra E and Kettle, Christine and Macdonald, Sue and Thomas, Peter W and Hills, Robert K and Ismail, Khaled MK}, year={2010} }

@article{Borders, N._2006, title={After the afterbirth: A critical review of postpartum health relative to method of delivery}, volume={51}, number={4}, journal={Journal of midwifery & women's health}, publisher={Elsevier Science}, author={Borders, N.}, year={2006} }

@book{Boyle, Maureen_2006, address={Oxford}, title={Wound healing in midwifery}, publisher={Radcliffe Publishing}, author={Boyle, Maureen}, year={2006} }

@article{Caroci, A. S. and M. L. G. Riesco_2006, title={A comparison of 'hands off' versus 'hands on' techniques for decreasing perineal lacerations during birth}, volume={51}, number={2}, journal={Journal of midwifery & women's health}, publisher={Elsevier Science}, author={Caroci, A. S. and M. L. G. Riesco}, year={2006} }

@article{Carroli, G. and L. Mignini_2009, title={Episiotomy for vaginal birth}, number={Issue 1}, journal={The Cochrane database of systematic reviews}, author={Carroli, G. and L. Mignini}, year={2009} }

@inbook{Chapman, V._2009, address={Chichester}, edition={2nd ed}, title={Perineal trauma and suturing}, booktitle={The midwife's labour and birth handbook}, publisher={Wiley-Blackwell}, author={Chapman, V.}, year={2009} }

@article{Chapman_2009, title={Clinical skills: issues affecting the left-handed midwife}, volume={17}, DOI={10.12968/bjom.2009.17.9.43900}, number={9}, journal={British Journal of Midwifery}, author={Chapman, Vicky}, year={2009}, month={Sep}, pages={588-592} }

@article{Dudding_Vaizey_Camm_2008, address={Philadelphia}, title={Obstetric anal sphincter injury: incidence, risk factors and management (Review)}, volume={247}, number={2}, journal={Annals of surgery}, publisher={J. B. Lippincott}, author={Dudding, T.C. and Vaizey, C.J. and Camm, M.A.}, year={2008}, pages={224-237} }

@article{2012, title={Perineal pain following childbirth: prevalence}, volume={28}, url={http://www.ncbi.nlm.nih.gov/pubmed/21236531}, number={1}, journal={Midwifery}, author={East, C}, year={2012}, pages={93-97} }

@article{Fernando, R. J._2007, title={Risk factors and management of obstetric perineal injury}, volume={17}, number={8}, journal={Obstetrics, gynaecology & reproductive medicine}, publisher={Elsevier Science}, author={Fernando, R. J.}, year={2007} }

@article{Fleming, N., E. R. Newton and J. Roberts_2003, title={Changes in postpartum perineal muscle function in women with and without episiotomies}, volume={48}, number={1}, journal={Journal of midwifery & women's health}, publisher={Elsevier Science}, author={Fleming, N., E. R. Newton and J. Roberts}, year={2003} }

@article{Fornell_2005, address={Oxford}, title={Obstetric anal sphincter injury ten years after: subjective and objective long term effects}, volume={112}, url={http://onlinelibrary.wiley.com/doi/10.1111/j.1471-0528.2004.00400.x/pdf}, DOI={10.1111/j.1471-0528.2004.00400.x}, number={3}, journal={BJOG: an international journal of obstetrics and gynaecology}, publisher={Blackwell Science}, author={Fornell, E.U.}, year={2005}, pages={312-316} }

@article{Groom, K. M. and S. Paterson-Brown_2002, title={Can we improve on the diagnosis of third degree tears?}, volume={101}, number={1}, journal={European journal of obstetrics, gynecology and reproductive biology}, publisher={Elsevier [etc.]}, author={Groom, K. M. and S. Paterson-Brown}, year={2002} }

@article{Gupta, J. K., G. J. Hofmeyr and R. Smyth_2004, title={Position in the second stage of labour for women without epidural anaesthesia}, number={Issue 1}, journal={The Cochrane database of systematic reviews}, author={Gupta, J. K., G. J. Hofmeyr and R. Smyth}, year={2004} }

@article{Gurol-Urganci_Cromwell_Edozien_Mahmood_Adams_Richmond_Templeton_van der Meulen_2013, title={Third- and fourth-degree perineal tears among primiparous women in England between 2000 and 2012: time trends and risk factors}, DOI={10.1111/1471-0528.12363}, journal={BJOG: An International Journal of Obstetrics & Gynaecology}, author={Gurol-Urganci, I and Cromwell, DA and Edozien, LC and Mahmood, TA and Adams, EJ and Richmond, DH and Templeton, A and van der Meulen, JH}, year={2013} }

@article{Hartmann, K...[et al]_2005, title={Outcomes of routine episiotomy: A systematic review}, volume={293}, number={17}, journal={JAMA the journal of the American Medical Association}, publisher={American Medical Association}, author={Hartmann, K...[et al]}, year={2005} }

@article{Hedayati, H., J. Parsons, and C. A. Crowther_2003, title={Rectal analgesia for pain from perineal trauma following childbirth}, number={Issue 3}, journal={The Cochrane database of systematic reviews}, author={Hedayati, H., J. Parsons, and C. A. Crowther}, year={2003} }

@book{Henderson, Christine_Bick, Debra_2005, address={Dinton}, title={Perineal care: an international issue}, volume={Current issues in midwifery series}, publisher={Quay}, author={Henderson, Christine and Bick, Debra}, year={2005} }

@inbook{Kettle, C. and M. D. Raynor_2010, address={Edinburgh}, title={Perineal management and repair}, booktitle={Advancing skills in midwifery practice}, publisher={Churchill Livingstone Elsevier}, author={Kettle, C. and M. D. Raynor}, year={2010} }

@article{Kettle, C., R. K. Hills and K. M. K. Ismail_2007, title={Continuous versus interrupted sutures for repair of episiotomy or second degree tears}, number={Issue 4}, journal={The Cochrane database of systematic reviews}, publisher={Update Software},

author={Kettle, C., R. K. Hills and K. M. K. Ismail}, year={2007} }

@article{Kettle, C...[et al]_2002, title={Continuous versus interrupted perineal repair with standard or rapidly absorbed sutures after spontaneous vaginal birth: a randomised controlled trial}, volume={359}, number={9325}, journal={The lancet}, publisher={J. Onwhyn}, author={Kettle, C...[et al]}, year={2002} }

@article{Lee, B._2002, title={Are you sitting comfortably? Issues around perineal trauma}, volume={5}, number={9}, journal={RCM midwives journal}, publisher={Royal College of Midwives}, author={Lee, B.}, year={2002} }

@article{Lewis, G. (ed), The Confidential Enquiry into Maternal and Child Enquiries (CMACE)_2011, title={Saving mothers' lives : reviewing maternal deaths to make motherhood safer - 2006-2008 : the eighth report of the confidential enquiries into maternal deaths in the United Kingdom}, volume={118}, number={Suppl 1}, journal={BJOG an international journal of obstetrics and gynaecology}, publisher={Blackwell Science Ltd}, author={Lewis, G. (ed), The Confidential Enquiry into Maternal and Child Enquiries (CMACE)}, year={2011} }

@book{Lewis, Gwyneth_Confidential Enquiry into Maternal Deaths (Great Britain)_Confidential Enquiry into Maternal and Child Health (Great Britain)_2007, address={London}, title={Saving mothers' lives: reviewing maternal deaths to make motherhood safer - 2003-2005 : the seventh report of the confidential enquiries into maternal deaths in the United Kingdom}, publisher={Confidential Enquiry into Maternal and Child Health}, author={Lewis, Gwyneth and Confidential Enquiry into Maternal Deaths (Great Britain) and Confidential Enquiry into Maternal and Child Health (Great Britain)}, year={2007} }

@article{Lieberman_O'Donoghue_2002, title={Unintended effects of epidural analgesia during labor: a systematic review}, volume={186}, url={http://www.sciencedirect.com/science/journal/00029378/186/5/supp/S}, number={5, Supp A}, journal={American Journal of Obstetrics and Gynecology}, author={Lieberman, E. and O'Donoghue, C.}, year={2002}, pages={S31-S68} }

@book{Lockhat, Haseena_2004, address={London}, title={Female genital mutilation: treating the tears}, publisher={Middlesex University Press}, author={Lockhat, Haseena}, year={2004} }

@article{Lundquist, M...[et al]_2000, title={Is it necessary to suture all lacerations after a vaginal delivery?}, volume={27}, number={2}, journal={Birth}, publisher={Medical Consumer Communications}, author={Lundquist, M...[et al]}, year={2000} }

@article{Macarthur, A.J. and C. Macarthur_2004, title={Incidence, severity, and determinants of perineal pain after vaginal delivery: A prospective cohort study}, volume={191}, number={4}, journal={American journal of obstetrics and gynecology}, publisher={C.V. Mosby Co}, author={Macarthur, A.J. and C. Macarthur}, year={2004} }

@article{MacArthur, C...[et al]_2005, title={Faecal incontinence and mode of first and subsequent delivery: a six-year longitudinal study}, volume={112}, DOI={10.1111/j.1471-0528.2005.00721.x}, number={8}, journal={British journal of obstetrics and gynaecology}, publisher={British Journal of Obstetrics and Gynaecology}, author={MacArthur, C...[et al]}, year={2005}, pages={1075-1082} }

@article{Mackrodt, C...[et al]_1998, title={The Ipswich childbirth study: 2. A randomised comparison of polyglactin 910 with chromic catgut for postpartum perineal repair}, volume={105}, url={http://onlinelibrary.wiley.com/doi/10.1111/j.1471-0528.1998.tb10131.x/pdf}, number={4}, journal={British journal of obstetrics and gynaecology}, publisher={British Journal of Obstetrics and Gynaecology}, author={Mackrodt, C...[et al]}, year={1998}, pages={441-445} }

@article{Mackrodt, C...[et al]_2001, title={How cost effective is it to leave perineal skin unsutured}, volume={9}, number={4}, journal={British journal of midwifery}, publisher={Mark Allen}, author={Mackrodt, C...[et al]}, year={2001}, pages={209-214} }

@article{McCandlish, R...[et al]_1998, title={A randomised controlled trial of care of the perineum during second stage of normal labour}, volume={105}, url={http://onlinelibrary.wiley.com/doi/10.1111/j.1471-0528.1998.tb10004.x/pdf}, number={12}, journal={British journal of obstetrics and gynaecology}, publisher={British Journal of Obstetrics and Gynaecology}, author={McCandlish, R...[et al]}, year={1998}, pages={1262-1272} }

@article{McCandlish, R...[et al]_2003, title={The HOOP study: robust evidence for perineal care?}, volume={11}, number={3}, journal={British journal of midwifery}, publisher={Mark Allen}, author={McCandlish, R...[et al]}, year={2003} }

@article{Mei-dan, E...[et al]_2008, title={Perineal massage during pregnancy: a prospective controlled trial}, volume={10}, number={7}, journal={Israel journal of medical sciences}, publisher={Weizmann Science Press}, author={Mei-dan, E...[et al]}, year={2008} }

@article{Metcalf, A...[et al]_2002, title={A pragmatic tool for the measurement of perineal tears}, volume={10}, number={7}, journal={British journal of midwifery}, publisher={Mark Allen}, author={Metcalf, A...[et al]}, year={2002} }

@book{Momoh, Comfort_2005, address={Oxford}, title={Female genital mutilation}, publisher={Radcliffe Pub}, author={Momoh, Comfort}, year={2005} }

@book{Momoh, Comfort_Barber, Gillian_Basak, Carolyn_Royal College of Nursing (Great Britain)_2006, address={London}, title={Female genital mutilation: an RCN educational resource for nursing and midwifery staff}, publisher={Royal College of Nursing}, author={Momoh, Comfort and Barber, Gillian and Basak, Carolyn and Royal College of Nursing (Great Britain)}, year={2006} }

@article{Myrfield, K., C. Brook and D. Creedy_1997, title={Reducing perineal trauma: implications of flexion and extension of the fetal head during birth}, volume={13}, number={4}, journal={Midwifery}, publisher={Churchill Livingstone}, author={Myrfield, K., C. Brook and D. Creedy}, year={1997} }

@book{National Institute for Health and Clinical Excellence (Great Britain)_National Collaborating Centre for Primary Care (Great Britain)_2006, address={London}, title={Routine postnatal care of women and their babies}, volume={NICE clinical guideline}, publisher={National Institute for Health and Clinical Excellence}, author={National Institute for Health and Clinical Excellence (Great Britain) and National

Collaborating Centre for Primary Care (Great Britain)), year={2006} }

@book{National Institute for Health and Clinical Excellence (Great Britain)_National Collaborating Centre for Women's and Children's Health (Great Britain)_2007, address={London}, title={Intrapartum care: care of healthy women and their babies during childbirth}, volume={NICE clinical guideline}, publisher={National Institute for Clinical Excellence}, author={National Institute for Health and Clinical Excellence (Great Britain) and National Collaborating Centre for Women's and Children's Health (Great Britain)}, year={2007} }

@article{Nichols, C. M...[et al]_2006, title={Anal sphincter defects and bowel symptoms in women with and without recognised anal sphincter trauma}, volume={194}, number={5}, journal={American journal of obstetrics and gynecology}, publisher={C.V. Mosby Co}, author={Nichols, C. M...[et al]}, year={2006} }

@inbook{Norton, C...[et al]_2002, edition={2}, title={Anal incontinence}, booktitle={Incontinence}, publisher={Plymouth: Health Publication Ltd}, author={Norton, C...[et al]}, year={2002} }

@article{Oberwalder, M., J. Connor and S. D. Wexner_2003, title={Meta-analysis to determine the incidence of obstetric anal sphincter damage}, volume={90}, number={11}, journal={British journal of surgery}, publisher={John Wright & Sons}, author={Oberwalder, M., J. Connor and S. D. Wexner}, year={2003} }

@article{Oboro, V. O...[et al]_2003, title={A multicentre evaluation of the two-layered repair of postpartum perineal trauma}, volume={23}, number={1}, journal={Journal of obstetrics and gynaecology}, author={Oboro, V. O...[et al]}, year={2003} }

@book{Oliver, Paul_2012, address={Maidenhead}, title={Succeeding with your literature review: a handbook for students}, volume={Open UP study skills}, publisher={Open University Press}, author={Oliver, Paul}, year={2012} }

@article{Power, D., M. Fitzpatrick and C. O'Herlihy_2006, title={Obstetric anal sphincter injury: How to avoid, how to repair: A literature review}, volume={55}, number={3}, journal={The journal of family practice}, publisher={Appleton-Century-Crofts}, author={Power, D., M. Fitzpatrick and C. O'Herlihy}, year={2006} }

@article{Shorten, A., J. Donsante and B. Shorten_2002, title={Birth position, accoucheur, and perineal outcomes: Informing women about choices for vaginal birth}, volume={29}, number={1}, journal={Birth}, publisher={Medical Consumer Communications}, author={Shorten, A., J. Donsante and B. Shorten}, year={2002} }

@article{Sleep, J. and A. Grant_1987, title={West Berkshire perineal management trial: three year follow-up}, volume={295}, number={6601}, journal={British medical journal}, publisher={British Medical Association}, author={Sleep, J. and A. Grant}, year={1987} }

@article{Sleep, J...[et al]_1984, title={West Berkshire perineal management trial}, volume={289}, number={6445}, journal={British medical journal}, publisher={British Medical Association}, author={Sleep, J...[et al]}, year={1984} }

@article{Stamp, G., G. Kruzins and C. Crowther_2001, title={Perineal massage in labour

and prevention of perineal trauma: randomised controlled trial}, volume={322}, number={7297}, journal={BMJ : British medical journal / British Medical Association}, publisher={The Association}, author={Stamp, G., G. Kruzins and C. Crowther}, year={2001} }

@article{Steen_Marchant_2001, address={London}, title={Alleviating perineal trauma the APT study}, volume={4}, number={8}, journal={RCM midwives journal}, publisher={Royal College of Midwives}, author={Steen, M. and Marchant, P.}, year={2001}, pages={256-259} }

@article{Steen, M...[et al]_2000, title={A randomised controlled trial to compare the effectiveness of ice-packs and epifoam with cooling maternity gel pads at alleviating postnatal perineal trauma}, volume={16}, number={1}, journal={Midwifery}, publisher={Churchill Livingstone}, author={Steen, M...[et al]}, year={2000} }

@inbook{Sultan, A. H. and K. Kettle_2009, address={London}, title={Diagnosis of perineal trauma}, booktitle={Perineal and anal sphincter trauma: diagnosis and clinical management}, publisher={Springer}, author={Sultan, A. H. and K. Kettle}, year={2009} }

@book{Sultan, Abdul H._Thakar, Ranee_Fenner, Dee E._2009, address={London}, title={Perineal and anal sphincter trauma: diagnosis and clinical management}, publisher={Springer}, author={Sultan, Abdul H. and Thakar, Ranee and Fenner, Dee E.}, year={2009} }

@article{Symon, A._2008, title={Third degree tears: the three stage negligence test}, volume={16}, number={3}, journal={British journal of midwifery}, publisher={Mark Allen}, author={Symon, A.}, year={2008} }

@article{Thacker, S. B._2000, title={Midline versus mediolateral episiotomy}, volume={320}, number={7250}, journal={BMJ : British medical journal / British Medical Association}, publisher={The Association}, author={Thacker, S. B.}, year={2000} }

@article{Wickham_2007, address={Hale, Cheshire}, title={Research unwrapped: Preventing perineal damage in childbirth}, volume={10}, number={2}, journal={The practising midwife: the voice of clinical midwifery}, publisher={Hochland & Hochland}, author={Wickham, S.}, year={2007}, pages={37-39} }

@article{Williams, A...[et al]_2005, title={Women's experiences after a third-degree obstetric anal sphincter tear: A qualitative study}, volume={32}, number={2}, journal={Birth}, publisher={Medical Consumer Communications}, author={Williams, A...[et al]}, year={2005} }

@article{Williams, A...[et al]_2006, title={How to repair an anal sphincter injury after vaginal delivery: results of a randomised controlled trial}, volume={113}, number={2}, journal={British journal of obstetrics and gynaecology}, publisher={British Journal of Obstetrics and Gynaecology}, author={Williams, A...[et al]}, year={2006} }

@article{Wilson_2012, title={Effectiveness of an educational programme in perineal repair for midwives}, volume={28}, DOI={10.1016/j.midw.2011.02.011}, number={2}, journal={Midwifery}, author={Wilson, Angela E.}, year={2012}, pages={236-246} }

@article{World Health Organisation Study Group on Female Genital Mutilation and Obstetric Outcome_2006, title={Female genital mutilation and obstetric outcome: WHO collaborative prospective study in six African countries}, volume={367}, number={9525}, journal={The lancet}, publisher={J. Onwhyn}, author={World Health Organisation Study Group on Female Genital Mutilation and Obstetric Outcome}, year={2006} }

@misc{Management of third and fourth degree perineal tears following vaginal delivery; Guideline no 29 }

@misc{Obstetric anal spincter injury: 7 critical questions about care }

@misc{How to suture correctly - Royal College of Midwives, url={http://www.rcm.org.uk/midwives/features/how-to-suture-correctly/} }

@misc{Eliminating female genital mutilation: an interagency statement }

@misc{Management of pregnancy, childbirth and the postpartum period in the presence of female genital mutilation: Report of a WHO Technical Consultation }

@misc{The Birth Trauma Association }

@misc{NHS Health Quality }

@misc{National Institute for Health and Clinical Excellence (NICE) }

@misc{The Royal College of Midwives }

@misc{Royal College of Obstetricians and Gynaecologists }

@misc{World Health Organisation }

@misc{Female genital mutilation }

@misc{National Perinatal Epidemiology Unit }