

Best Practice in Perineal Care

[View Online](#)

-
1.
Albers, L...[et al]. Body mass index, midwifery intrapartum care, and childbirth lacerations. *Journal of midwifery & women's health* **51**, (2006).
 2.
Albers, L...[et al]. Factors related to genital tract trauma in normal spontaneous vaginal births. *Birth* **33**, (2006).
 3.
Albers, L...[et al]. Midwifery care measures in the second stage of labor and reduction of genital tract trauma at birth: a randomised trial. *Journal of midwifery & women's health* **50**, (2005).
 4.
Andrews, V...[et al]. Occult anal sphincter injuries - myth or reality? *British journal of obstetrics and gynaecology* **113**, (2006).
 5.
Andrews, Gilly. *Women's sexual health*. (Elsevier, 2005).
 6.
Aasheim, V., Nilsen, A. B. V., Lukasse, M. & Reinart, L. M. Perineal techniques during the second stage of labour for reducing perineal trauma. *Cochrane Database of Systematic*

Reviews (1996).

7.

Beckmann, M. M. and A. J. Garratt. Antenatal perineal massage for reducing perineal trauma. The Cochrane database of systematic reviews (2006).

8.

Bick, Debra, MacArthur, Christine, Winter, Heather, Mott, Kathy de, & Ritchie, Gill. Postnatal care: evidence and guidelines for management. (Churchill Livingstone Elsevier, 2009).

9.

Bick, D. E. et al. How good are we at implementing evidence to support the management of birth related perineal trauma? A UK wide survey of midwifery practice. BMC Pregnancy and Childbirth **12**, (2012).

10.

Bick, D. E. et al. PERineal Assessment and Repair Longitudinal Study (PEARLS): protocol for a matched pair cluster trial. BMC Pregnancy and Childbirth **10**, (2010).

11.

Borders, N. After the afterbirth: A critical review of postpartum health relative to method of delivery. Journal of midwifery & women's health **51**, (2006).

12.

Boyle, Maureen. Wound healing in midwifery. (Radcliffe Publishing, 2006).

13.

Caroci, A. S. and M. L. G. Riesco. A comparison of 'hands off' versus 'hands on' techniques for decreasing perineal lacerations during birth. Journal of midwifery & women's health **51**, (2006).

14.

Carroli, G. and L. Mignini. Episiotomy for vaginal birth. The Cochrane database of systematic reviews (2009).

15.

Chapman, V. Perineal trauma and suturing. in The midwife's labour and birth handbook (Wiley-Blackwell, 2009).

16.

Dudding, T. C., Vaizey, C. J. & Camm, M. A. Obstetric anal sphincter injury: incidence, risk factors and management (Review). Annals of surgery **247**, 224–237 (2008).

17.

East, C. Perineal pain following childbirth: prevalence,. Midwifery **28**, 93–97 (2012).

18.

Fernando, R. J. Risk factors and management of obstetric perineal injury. Obstetrics, gynaecology & reproductive medicine **17**, (2007).

19.

Fleming, N., E. R. Newton and J. Roberts. Changes in postpartum perineal muscle function in women with and without episiotomies. Journal of midwifery & women's health **48**, (2003).

20.

Chapman, V. Clinical skills: issues affecting the left-handed midwife. British Journal of Midwifery **17**, 588–592 (2009).

21.

Fornell, E. U. Obstetric anal sphincter injury ten years after: subjective and objective long term effects. BJOG: an international journal of obstetrics and gynaecology **112**, 312–316 (2005).

22.

Gupta, J. K., G. J. Hofmeyr and R. Smyth. Position in the second stage of labour for women without epidural anaesthesia. The Cochrane database of systematic reviews (2004).

23.

Gurol-Urganci, I. et al. Third- and fourth-degree perineal tears among primiparous women in England between 2000 and 2012: time trends and risk factors. BJOG: An International Journal of Obstetrics & Gynaecology (2013) doi:10.1111/1471-0528.12363.

24.

Groom, K. M. and S. Paterson-Brown. Can we improve on the diagnosis of third degree tears? European journal of obstetrics, gynecology and reproductive biology **101**, (2002).

25.

Hartmann, K...[et al]. Outcomes of routine episiotomy: A systematic review. JAMA the journal of the American Medical Association **293**, (2005).

26.

Hedayati, H., J. Parsons, and C. A. Crowther. Rectal analgesia for pain from perineal trauma following childbirth. The Cochrane database of systematic reviews (2003).

27.

Henderson, Christine & Bick, Debra. Perineal care: an international issue. vol. Current issues in midwifery series (Quay, 2005).

28.

Kettle, C. and M. D. Raynor. Perineal management and repair. in Advancing skills in midwifery practice (Churchill Livingstone Elsevier, 2010).

29.

Kettle, C., R. K. Hills and K. M. K. Ismail. Continuous versus interrupted sutures for repair of episiotomy or second degree tears. The Cochrane database of systematic reviews (2007).

30.

Kettle, C...[et al]. Continuous versus interrupted perineal repair with standard or rapidly absorbed sutures after spontaneous vaginal birth: a randomised controlled trial. The lancet **359**, (2002).

31.

Lewis, Gwyneth, Confidential Enquiry into Maternal Deaths (Great Britain), & Confidential Enquiry into Maternal and Child Health (Great Britain). 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. (Confidential Enquiry into Maternal and Child Health, 2007).

32.

Lewis, G. (ed), The Confidential Enquiry into Maternal and Child Enquiries (CMACE). 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. BJOG an international journal of obstetrics and gynaecology **118**, (2011).

33.

Lee, B. Are you sitting comfortably? Issues around perineal trauma. RCM midwives journal **5**, (2002).

34.

Lieberman, E. & O'Donoghue, C. Unintended effects of epidural analgesia during labor: a systematic review. American Journal of Obstetrics and Gynecology **186**, S31-S68 (2002).

35.

Lockhat, Haseena. Female genital mutilation: treating the tears. (Middlesex University Press, 2004).

36.

Lundquist, M...[et al]. Is it necessary to suture all lacerations after a vaginal delivery? Birth **27**, (2000).

37.

MacArthur, C...[et al]. Faecal incontinence and mode of first and subsequent delivery: a six-year longitudinal study. British journal of obstetrics and gynaecology **112**, 1075–1082 (2005).

38.

Macarthur, A.J. and C. Macarthur. Incidence, severity, and determinants of perineal pain after vaginal delivery: A prospective cohort study. American journal of obstetrics and gynecology **191**, (2004).

39.

Mackrodt, C...[et al]. The Ipswich childbirth study: 2. A randomised comparison of polyglactin 910 with chromic catgut for postpartum perineal repair. British journal of obstetrics and gynaecology **105**, 441–445 (1998).

40.

Mackrodt, C...[et al]. How cost effective is it to leave perineal skin unsutured. British journal of midwifery **9**, 209–214 (2001).

41.

McCandlish, R...[et al]. The HOOP study: robust evidence for perineal care? British journal of midwifery **11**, (2003).

42.

McCandlish, R...[et al]. A randomised controlled trial of care of the perineum during second stage of normal labour. *British journal of obstetrics and gynaecology* **105**, 1262–1272 (1998).

43.

Mei-dan, E...[et al]. Perineal massage during pregnancy: a prospective controlled trial. *Israel journal of medical sciences* **10**, (2008).

44.

Metcalfe, A...[et al]. A pragmatic tool for the measurement of perineal tears. *British journal of midwifery* **10**, (2002).

45.

Momoh, Comfort. *Female genital mutilation*. (Radcliffe Pub, 2005).

46.

Myrfield, K., C. Brook and D. Creedy. Reducing perineal trauma: implications of flexion and extension of the fetal head during birth. *Midwifery* **13**, (1997).

47.

National Institute for Health and Clinical Excellence (Great Britain) & National Collaborating Centre for Women's and Children's Health (Great Britain). *Intrapartum care: care of healthy women and their babies during childbirth*. vol. NICE clinical guideline (National Institute for Clinical Excellence, 2007).

48.

National Institute for Health and Clinical Excellence (Great Britain) & National Collaborating Centre for Primary Care (Great Britain). *Routine postnatal care of women and their babies*. vol. NICE clinical guideline (National Institute for Health and Clinical Excellence, 2006).

49.

Nichols, C. M...[et al]. Anal sphincter defects and bowel symptoms in women with and without recognised anal sphincter trauma. American journal of obstetrics and gynecology **194**, (2006).

50.

Oberwalder, M., J. Connor and S. D. Wexner. Meta-analysis to determine the incidence of obstetric anal sphincter damage. British journal of surgery **90**, (2003).

51.

Norton, C...[et al]. Anal incontinence. in Incontinence (Plymouth: Health Publication Ltd, 2002).

52.

Oboro, V. O...[et al]. A multicentre evaluation of the two-layered repair of postpartum perineal trauma. Journal of obstetrics and gynaecology **23**, (2003).

53.

Oliver, Paul. Succeeding with your literature review: a handbook for students. vol. Open UP study skills (Open University Press, 2012).

54.

Power, D., M. Fitzpatrick and C. O'Herlihy. Obstetric anal sphincter injury: How to avoid, how to repair: A literature review. The journal of family practice **55**, (2006).

55.

Management of third and fourth degree perineal tears following vaginal delivery; Guideline no 29.

56.

Momoh, Comfort, Barber, Gillian, Basak, Carolyn, & Royal College of Nursing (Great Britain). Female genital mutilation: an RCN educational resource for nursing and midwifery staff. (Royal College of Nursing, 2006).

57.

Shorten, A., J. Donsante and B. Shorten. Birth position, accoucheur, and perineal outcomes: Informing women about choices for vaginal birth. Birth **29**, (2002).

58.

Sleep, J...[et al]. West Berkshire perineal management trial. British medical journal **289**, (1984).

59.

Sleep, J. and A. Grant. West Berkshire perineal management trial: three year follow-up. British medical journal **295**, (1987).

60.

Stamp, G., G. Kruzins and C. Crowther. Perineal massage in labour and prevention of perineal trauma: randomised controlled trial. BMJ : British medical journal / British Medical Association **322**, (2001).

61.

Steen, M. & Marchant, P. Alleviating perineal trauma the APT study. RCM midwives journal **4**, 256-259 (2001).

62.

Steen, M...[et al]. A randomised controlled trial to compare the effectiveness of ice-packs and epifoam with cooling maternity gel pads at alleviating postnatal perineal trauma. Midwifery **16**, (2000).

63.

Sultan, Abdul H., Thakar, Rane, & Fenner, Dee E. Perineal and anal sphincter trauma: diagnosis and clinical management. (Springer, 2009).

64.

Sultan, A. H. and K. Kettle. Diagnosis of perineal trauma. in Perineal and anal sphincter trauma: diagnosis and clinical management (Springer, 2009).

65.

Obstetric anal sphincter injury: 7 critical questions about care.

66.

Symon, A. Third degree tears: the three stage negligence test. British journal of midwifery **16**, (2008).

67.

Wilson, A. E. Effectiveness of an educational programme in perineal repair for midwives. Midwifery **28**, 236–246 (2012).

68.

Thacker, S. B. Midline versus mediolateral episiotomy. BMJ : British medical journal / British Medical Association **320**, (2000).

69.

How to suture correctly - Royal College of Midwives.
<http://www.rcm.org.uk/midwives/features/how-to-suture-correctly/>.

70.

Wickham, S. Research unwrapped: Preventing perineal damage in childbirth. The practising midwife: the voice of clinical midwifery **10**, 37–39 (2007).

71.

Williams, A...[et al]. Women's experiences after a third-degree obstetric anal sphincter tear: A qualitative study. *Birth* **32**, (2005).

72.

Williams, A...[et al]. How to repair an anal sphincter injury after vaginal delivery: results of a randomised controlled trial. *British journal of obstetrics and gynaecology* **113**, (2006).

73.

World Health Organisation Study Group on Female Genital Mutilation and Obstetric Outcome. Female genital mutilation and obstetric outcome: WHO collaborative prospective study in six African countries. *The lancet* **367**, (2006).

74.

Eliminating female genital mutilation: an interagency statement.

75.

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

76.

The Birth Trauma Association.

77.

NHS Health Quality.

78.

National Institute for Health and Clinical Excellence (NICE).

79.

The Royal College of Midwives.

80.

Royal College of Obstetricians and Gynaecologists.

81.

World Health Organisation.

82.

Female genital mutilation.

83.

National Perinatal Epidemiology Unit.