

Objective:

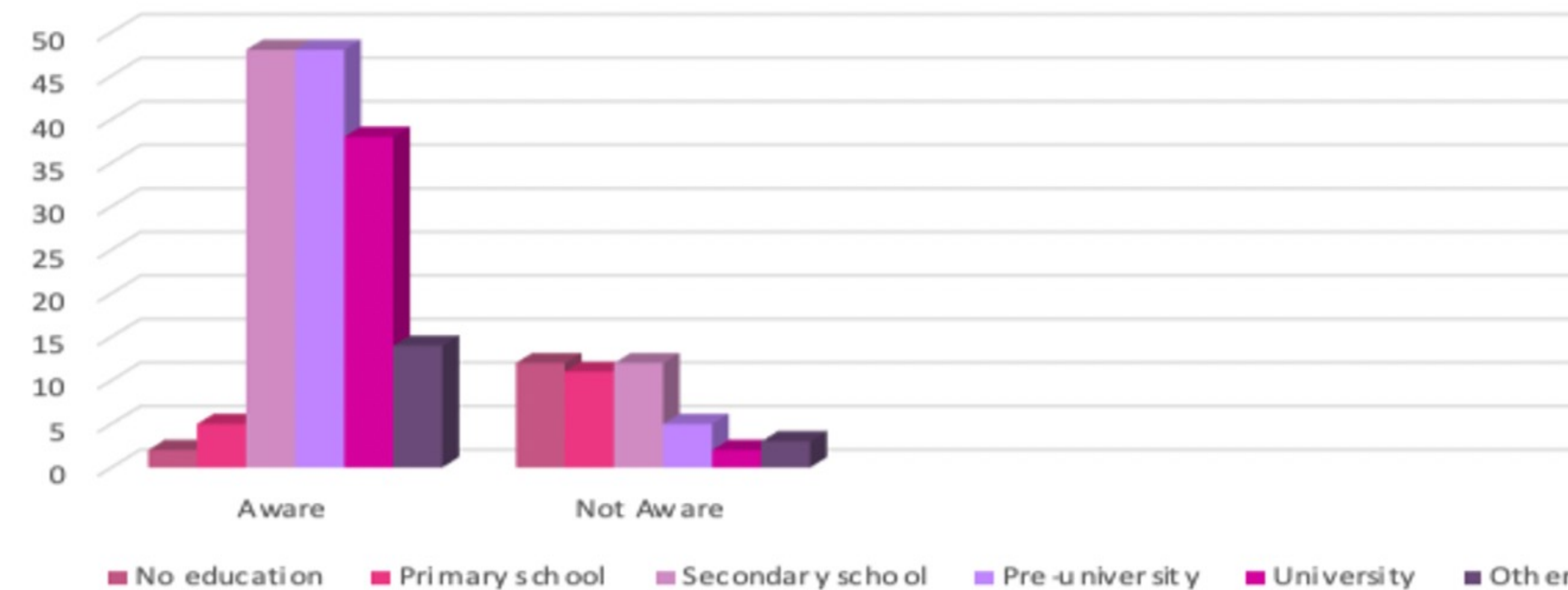
- Episiotomy is a procedure commonly performed at the time of delivery. WHO recommends institutions to aim towards 10% episiotomy rate for all normal deliveries.
- Over-utilisation of episiotomy has widely been reported in literature with upto 36.4% episiotomy rate from one centre in Saudi Arabia.
- It is vital for women to be aware of the indications and complications of episiotomy, as well as postpartum perineal care to be a partner in their intra-partum decision making and reduce unnecessary intervention.
- We aim to review the awareness of women regarding episiotomy procedure presenting to our tertiary care hospital.

Method:

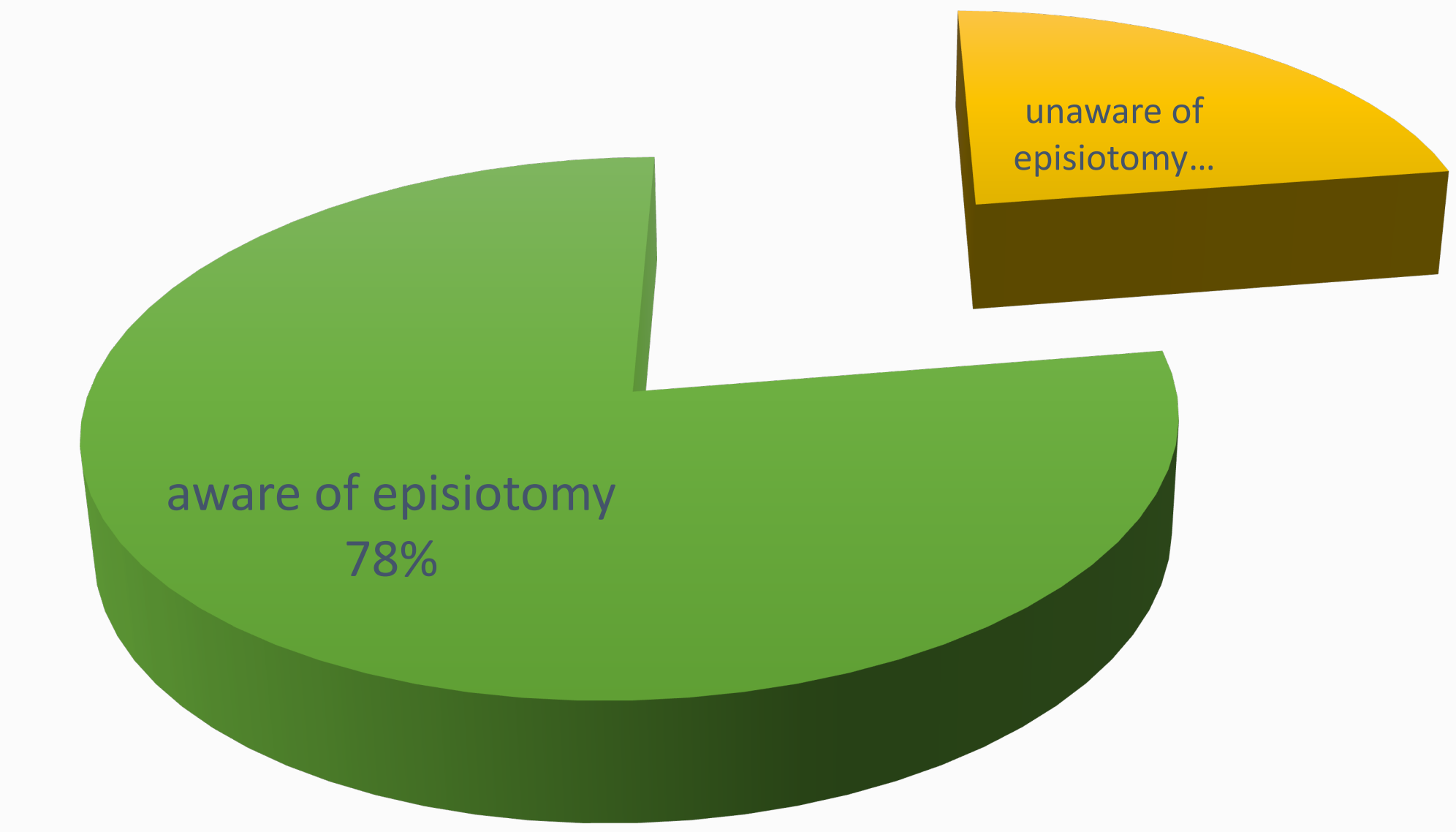
- It is a prospective survey of the women presenting to a tertiary obstetric unit for their antenatal follow up over a period of six months from July to December 2021.
- Sequential sampling was done during data collection where all 200 women were approached for completion of questionnaire via face to face interview or e-survey. Research objectives were explained and written consent was obtained. To predict the knowledge of episiotomy, a logistic regression analysis was performed.
- The protocol was approved by Institutional Review Board for research.

Results:

- Majority of the women (42%) were between 20-30 years of age and more than half (55%) had been to college or university.
- Out of 200 women 179 ((89.5%) had at least given birth once, of which 56.4% required episiotomy. In the group of women who had episiotomy almost 98% had pain after procedure and 23.8% had associated complications.



Variable		Frequency (n)	Percentage (%)
Source of Information (participants allowed to choose more than 1)	Doctor	32	20.6%
	Social Media	81	52.3%
	Internet	23	14.8%
	Family and Friends	19	12.3%



- Most of these women 77.5% (155) answered that they were aware of episiotomy, however only 59% knew about the indications, benefits, or risks.
- Predominantly, knowledge was gained from resources other than their healthcare providers, with the most being from social media (52.3%) and internet sources (14.8%). Almost 41% (64) women were not aware of benefits and risks, 65.5% (102) didn't know about perineal massage and 77% (120) didn't know about perineal care.

Conclusion:

- The survey demonstrates awareness of episiotomy among women presenting to our practice is lacking. It emphasises the need for obstetric units to increase women's knowledge and understanding of episiotomy and post partum perineal care.