Introduction of Perineal care bundle to reduce the obstetric anal sphincter injuries

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Objective

An Obstetrics anal sphincter injuries (OASIS) refers to any injury to the anal sphincter muscle sustained during childbirth. The reported incidence of OASIS varied among various countries from 1% to 10%. The based on National Maternity Core Indicators , Australian OASIS incidence for primip is around 5%

Design

This is a completion of audit cycle to evaluate the improvement of OASIS rate after the implementation of the Perineal Care Bundle at maternity unit, St John of God Hospital, Western Australia (WA).

Method

All women whom who obtained a OASIS between 2017 to 2020 were reviewed. The data was collected from two years before implementation of the bundle and we present the initial presentation six months after the bundle.

Ethics approval was obtained form ethics committee at St John of God Health Care.

Results

The total of 79 OASIS for the period of two years before implementation of the bundle with the rate 5.8%, 1.5% for primip and multip respectively. Majority were 3B tears (45%) and fourth degree rate was 6%.

The majority of tears were occurred among Indians (7.4%) while rate among other Asian and Caucasian were 4.4% and 2.1% respectively.

There were total of 23 OASIS for the period of six months after implementation of the bundle. The overall rate (for both primip and multip) has gone up slightly from 3.2% to 3.4% and significant decline of the OASIS rate for Vacuum from 4.2 % to 1.6% after introduction of the bundle. However, OASIS rate for Forceps remained around 9.2% before ,11% after the bundle

Discussion

The initial Key Performance Indicators (KPI) of WA, showed that our unit OASIS rate was high compared to other units in the state. We proposed new perineal care bundle is an adoption of the Women's Health Association (WHA) perineal care bundle in Australia. We did train and perineal care workshops after implementation of the bundle.

Preliminary results showed that there was a reduction of rate for vacuum associated injury rate after implementation of the bundle. An interim audit showed compliance rate for the bundle was only 42. Indian and Asian ethnicity was the main risk factor for OASIS.

Conclusion

The OASIS rate for Vacuum has significantly gone down after implementation of the perineal care bundle. We need to work hard on improve the compliance among the staff members to reduce these numbers.