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How Water-Soluble Lubricants Effects Perineal Tears

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How Water-Soluble Lubricants Effects Perineal Tears

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BACKGROUND

- Perineal tears occur to the genital area during labor and delivery
- Short-term complications: prolonged recovery, bleeding, interference with newborn and mother bonding, and perineal pain.
- Long-term complications: fecal urinary incontinence, perineal pain and dyspareunia
- Degrees of perineal tears
 - First degree: involving the perineal skin and vaginal mucus membrane
 - Second degree: involving the fascia and muscles of the perineal body
 - Third degree: involving the anal sphincter
 - Fourth degree: involving the rectal mucosa

PICO

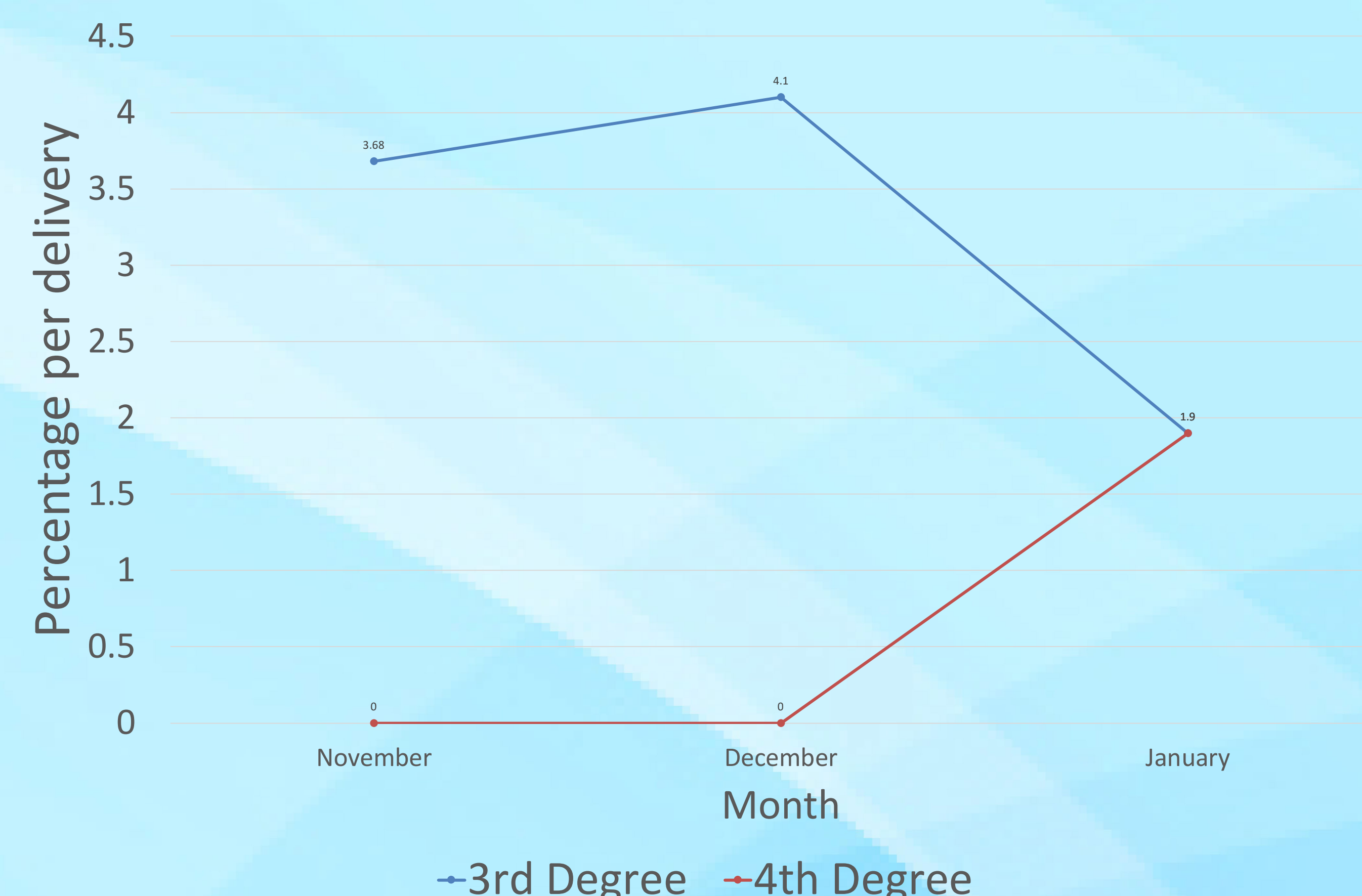
- **P:** What is the effect on rates of perineal lacerations for obstetrical patients
- **I:** with education regarding the benefits of using water-soluble lubricants and perineal massages during labor
- **C:** compared to no education
- **O:** on rates of 3rd and 4th degree lacerations

EVIDENCE

- Perineal massage during the late first stage and second stage of labor decreases the third and fourth degree perineal trauma and episiotomies (Aquino et al., 2018).
- Massage was completed during the pushing stage or in between pushing (Asiyah, et al., 2018).
- Water-soluble lubricant was used with the middle and index fingers to massage the patient's vagina (Aquini et al., 2018).
- Maintains the integrity of the perineum and decreases the risk of an episiotomy (Abdelhakim et al., 2020).

OUTCOMES

Pre Intervention Rates of Perineal Lacerations at LVH-CC and M



Post Intervention Rates of Perineal Lacerations at LVH-CC and M



Average Laceration Percentage per Delivery Pre Intervention:
3.22 (3rd degree) and 0.63 (4th degree)

Average Laceration Percentage per Delivery Post Intervention:
2.23 (3rd degree) and 0.51 (4th degree)

IMPLEMENTATON

- Ensure that each patient's room has adequate supplies of water-soluble lubricant for staff to use
- Educate nurses to advocate for providers to perform perineal massages with water-soluble lubricant – TLC provided in February
- Education patients on the benefit of the water-soluble lubricant use in the second stage of labor- TLC provided in February

NEXT STEPS

- Continue to ensure that water-soluble lubricants are readily available for use.
- Increase education about perineal massage in the offices
- Create pamphlets to be given out in the offices
- Continue education for new nurses entering into the field

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