

# P10

## THE IMPACT OF A PERINEAL TRAINING COURSE FOR MIDWIVES ON THEIR CONFIDENCE LEVELS IN MANAGING OBSTETRIC PERINEAL INJURIES

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### Background:

Approximately 350,000 women per year, in the UK, sustain perineal injuries (PIs) at birth with 75% of these requiring repair (1,2). Midwives are responsible for managing a majority of normal deliveries and associated PIs. It is hence necessary that they achieve high levels of competency in the assessment and management of PIs.

### Aims:

To assess the impact of structured perineal training courses for midwives on their confidence levels for managing PIs.

### Methods:

6 perineal training courses for midwives were conducted between January 2018 and December 2019. Sessions were delivered to a total of 61 participants as small group interactive workshops; inclusive of PI assessment, performance of 60° mediolateral episiotomies, maintaining asepsis and practice in suturing with one-on-one guidance. Feedback data was collected by three anonymized questionnaires that were completed prior to, directly after and  $\geq 3$  months following the course. Responses for confidence in grading PIs, performing episiotomies and perineal repairs were graded as 'less confident' (score  $\leq 5$ ) or 'more confident' (score  $\geq 6$ ) based on a 10-point scale.

### Results:

Response rates were 100% pre-course and 38% in the 3-month post-course questionnaire sent via email and paper format. The proportion of those 'more confident' in the pre-course questionnaire was 44% in grading PIs, 67% in performing episiotomies and 44% in performing perineal repairs. The proportion of the 'more confident' group was significantly higher in the post-course questionnaire in all 3 categories. 96% of respondents felt that they were 'more confident' in grading PIs, 83% in performing episiotomies and 91% in performing perineal repairs following the sessions.

### Conclusion:

These quality improvement workshops aimed to address aspects of inconsistencies in training, skills and clinical practice. Although a limited post course response rate, feedback demonstrates

how such opportunities can significantly improve the skills and competency of midwives in the management of PIs.

#### References

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