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EVALUATION OF OASI OUTCOMES AT 3 AND 12 MONTHS POSTNATAL IN A NEW PERINEAL SERVICE IN A DISTRICT GENERAL HOSPITAL

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Background

Women with OASI previously had variation in follow-up with only 35% being seen by physiotherapy and no women seeing a clinician with an interest in OASI. Therefore a dedicated perineal clinic was established in 2017. All women with OASI are now reviewed by both a urogynaecologist and a physiotherapist.

Methodology

Data was collected prospectively at 3 months and telephone review at 12 months. At 3 months women were asked to complete a bowel diary, Wexner score as well as questioned specifically on any lower GI symptoms, any associated LUTS or dyspareunia.

Results

From Feb 2017 to Oct 2018 94 patients attended. 34% had 3a tears, 44% 3b, 16% 3c and 6% 4th degree injuries. 63% had unassisted deliveries. 29% OASI occurred after forceps. 74% were in their first pregnancy. 82 women had complete symptom data. At 3 months 63.4% were asymptomatic and 92.6% at 12 months. Most issues at 3 months were 21% had flatal incontinence, 13.4% had faecal urgency with only 7.3% with faecal incontinence at 3 months and none at 12 months. 82.9% had no LUTS at 12 months. The remaining had stress incontinence 9.8%, 4.9% mixed incontinence and 3.7% urge incontinence.

22 women delivered again during this time period. 11 vaginal deliveries, 8 elective caesareans and 3 emergency caesareans. 4 did not attend the clinic. 9 of the remaining 18 opted for what was recommended in the perineal clinic. 6 opted for elective c-section despite normal endoanal ultrasound and manometry. 3 women chose a normal delivery despite being recommended an elective c-section based on ultrasound and manometry all three sustained a second degree tear.

Conclusion

The joint perineal clinic with physiotherapy has had a significant impact on the quality of care for women. Outcome data at three and twelve months is comparable with national data.

Reference

RCOG Green-top Guideline Third and Fourth Degree Perineal Tears Management 12th June 2015 Dr RJ Fernando, Mr AH Sultan, Professor RM Freeman Dr AA Williams Dr EJ Adams.