

**”Prevention of obstetric anal sphincter injuries (OASIS)”
- National Danish Guideline Recommendations**

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Members of the guideline group

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During the last decade the incidence of OASIS has increased in Denmark. In Norway colleges have been able to reduce the incidence of OASIS by 50-70% by using the Finnish method of manual protection of perineum during crowning.

This guideline assesses different interventions to reduce the number of OASIS.

Evidence

Level of evidence

To reduce the incidence of OASIS in Denmark, all delivery wards should initiate projects to educate accoucheurs in techniques of manual protection of the perineum.	B
To protect the perineum, it is recommended to use the “Norwegian model”: <ul style="list-style-type: none"> - The perineum should be visible during crowning. - The left hand reduces the speed of the caput during crowning. - The right hand protects the perineum using the Finish/Norwegian hand grip. - The woman is encouraged not to push during delivery of the caput. 	B
Woman should be encouraged to push in the way she finds most comfortable.	A
Episiotomy should be used restrictively.	A
If used, mediolateral episiotomy is recommended. The angle from the midline should be of minimum 60° when perineum is fully distended.	A
Immediately after the episiotomy is performed the perineum should be protected manually to avoid rapid delivery of the caput.	✓
Episiotomy should be considered when known risk factors of OASIS are present: e.g. instrumental delivery, nulliparous women, large fetal weight, occiput posterior, etc.	B
During the second stage of labor the woman should be encouraged to be in the position she finds most comfortable, taking relevant fetal monitoring into account.	B
In the final phase, when the fetal head crowns, it is recommended that the woman is in a position where the accoucheur can see the perineum and use the recommended hand grip.	B
If the woman wants to deliver in water, she should be informed that it is not possible to use the recommended hand grip, however water births does not seem to increase the incidence of OASIS in low risk deliveries.	B
A warm cloth on the perineum during the last part of second stage of delivery can reduce the incidence of OASIS in non-instrumental deliveries.	A

During crowning, the warm cloth should be removed to allow visualization of the perineum.	✓
Intrapartum massage of the perineum reduces the incidence of OASIS.	A
During delivery, the accoucheur can together with the woman evaluate whether intrapartum massage of the perineum is acceptable.	✓

For further information please see

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