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## The awareness regarding the episiotomy procedure among women in Saudi Arabia

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Episiotomy is an intended incision made through the perineal body to enlarge the vaginal orifice during the second stage of labor to ease the parturition. A cross sectional study in 2014 in Buraidah, Saudi Arabia, showed an overall episiotomy rate of (51.20%). A similar study in Jeddah, Saudi Arabia at King Abdul-Aziz university hospital over the period of 2012-2015 showed 35% of the females in 2012 had an episiotomy, while on the year of 2015 there was a slight increase in patients who had an episiotomy (36.4%). Given the increasing rates of episiotomies, it's important to assess the degree to which women are aware of this procedure. Our aim in this research is to measure the awareness regarding the episiotomy procedure among women in Saudi Arabia.

**Methods:** A questionnaire was distributed online, then filled by women in different regions of Saudi Arabia from the age of 15 and above. The Total numbers of cases were 626. a descriptive statistics was done.

**Results:** A total of 626 women participated in the study with mean age 34.7 years (table 1). The majority (63.6%) of women were aware about episiotomy (table 2), but only 40% were able to describe the procedure correctly. The most commonly thought indication was for facilitation and acceleration of delivery (46.8%) (Figure 1). A total of 271 (43.2%) had a history of previous episiotomy (table 3). Only age, parity and history of previous episiotomy were predictors for episiotomy awareness (table 4). The majority of the study group who were less than 35 were more aware of episiotomy than those who aged more than 35 with odd ratio and a 95% confidence limit of 0.554(0.398-0.770) and a p value (<0.001). However, the multigravida were more aware of episiotomy than primigravida with an Odd ratio and 95% confidence limit of 1.908 (1.308-2.782) with a p value (< 0.001).

**Conclusions:** The awareness of episiotomy is still not accomplished in Saudi Arabia, and with the increase use of the routine episiotomy in Saudi Arabia, it poses the need for further modalities to educate women and increase their awareness regarding selective episiotomy rather than the old method of routine episiotomy.

### Biography

Asma D.Zaidan is a senior medical student at King Abdulaziz University, Jeddah-Saudi Arabia, where she has been one of the top 10 excellence students for six consecutive years. She is a Member of Saudi Society of Obstetrics and Gynecology. She has extensive training experience in the Obstetrics and Gynecology. In addition to many researches about episiotomy and placenta Previa. Her recent activities include an awareness public health campaign to correct common false beliefs and misconception regarding different Obstetrics and gynecology situations and diseases, Obstetrics and gynecology workshops and simulation for undergraduate students. She was born in 1994 in Jeddah, Saudi Arabia. She still lives in Jeddah. She is interested in the Obstetrics and Gynecology specialty and is trying to learn more about the specialty, as well as to do more researches and to boost the awareness regarding different Obstetrics and gynecology situations and diseases.

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