

World Congress on

Gynecology, Obstetrics, Nursing & Healthcare

April 16-17, 2018 Dubai, UAE

The awareness regarding the episiotomy procedure among women in Saudi Arabia

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Background: 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 Abdulaziz University Hospital over the period of 2012-2015 showed 35% of the females in 2012 had episiotomy, while in 2015 there was a slightly increase of patients who had episiotomy 36.4%. Given the increasing rates of episiotomies in the second stage of labor and the effects of episiotomy on women's health should be a constant concern thus 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 and filled by women in different Saudi Arabian regions of age 15 and above; the total number of cases were 626. A descriptive statistics was done.

Results: A total of 626 participated in the study with mean age 34.7 years. The majority (63.6%) of the women was aware about episiotomy, 76.8% were able to describe the procedure and 56.5% believed that it is not for all women. The most commonly thought indication was for facilitation and acceleration of delivery (46.8%). A total of 271 (43.2%) had a history of previous episiotomy. The highest complication rate was perineal pain (67.9%) followed by dyspareunia (22.5%) and infection (19.6%). Only age and history of previous episiotomy were predictors for episiotomy awareness. Women at age group (35-44) years were more likely to have knowledge about episiotomy compared to women at age group (15-25 years), $p=0.002$. Further, women with a previous history of episiotomy were 6 times more to know about episiotomy than women with no history of episiotomy, $p<0.001$.

Conclusion: The awareness regarding episiotomy is still not accomplished in our country and women need more education and awareness.

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 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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