This online survey was conducted over a six-week period in 2013. An invitation email, with a link to the questionnaire platform which hosted the online survey (Qualtrics) was distributed via the New Zealand College of Midwives to actively practising midwife members with a valid email address, who agreed to receive non-practice-related emails. At two and four weeks after the initial invitation to participate, a reminder email was sent. Data were collected exclusively via the anonymous online survey questionnaire.

This is a hard copy version of online survey, which was hosted by the Qualtics web-based survey creation, collection, and analysis software platform at <https://www.qualtrics.com/research-core/>. An interpretation of the Qualtics survey logic is in shaded italics.

**Section 1: About you: demographics and midwifery characteristics**

Q1 Your ethnic groups? (Please tick those you most closely identify with)

* NZ Maori (1)
* NZ European (2)
* Pacific (3)
* British or Irish (4)
* Australian (5)
* Other European (6)
* Chinese (7)
* Indian (8)
* Other Asian (9)
* African (10)
* Other ethnic group (Please specify): (11) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q2 Your first midwifery qualification?

* Degree in Midwifery–Direct entry NZ (1)
* Degree in Midwifery–Post Nursing NZ (2)
* Degree in Midwifery–Overseas (3)
* Hospital based midwifery NZ (4)
* Hospital based midwifery–Overseas (5)
* Advanced Diploma in Midwifery–NZ (6)
* Advanced Diploma in Midwifery–Overseas (7)
* One-year Diploma in Midwifery–NZ (8)
* Other first midwifery qualification (Please specify): (9) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q3 Country of your first midwifery qualification?

* NZ (1)
* UK/Ireland (2)
* Australia (3)
* Other country (Please specify): (4) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q4 Your current midwifery practice? (Please tick all answers that apply)

* Case load midwife (1)
* Core employed midwife (2)
* Midwife educator (3)
* Midwife other (leadership, administration, research etc.) (4)

Q5 How would you describe where your current midwifery practice is located? (Please tick all answers that apply)

* Urban (1)
* Semi-rural (2)
* Rural (3)
* Remote Rural (4)

Q6 Geographical location of your current midwifery practice?

* Northland (1)
* Auckland (2)
* Waikato (3)
* Bay of Plenty (4)
* Tairawhiti (5)
* Hawkes Bay (6)
* Taranaki (7)
* Manawhatu-Wanganui (8)
* Wellington (9)
* Nelson Marlborough (10)
* Canterbury (11)
* West Coast (12)
* Otago (13)
* Southland (14)

*Show Q7 only if core employed midwife/midwife educator/midwife other is selected in Q4*

Q7 Have you ever worked as a case load midwife providing continuity of midwifery care throughout the entire pregnancy, birth and postnatal period?

* Yes (1)
* No (2)

*Show Q8 only if Yes is selected in Q4 or Yes is selected in Q7*

Q8 As a case load midwife, do you/did you provide continuity of midwifery care throughout the entire pregnancy, birth and postnatal period?

* Yes (1)
* No (2)

*Show Q9 only if case load midwife is selected in Q4*

Q9 Have you ever worked as a core employed midwife?

* Yes (1)
* No (2)

*Show Q10 only if core employed midwife/midwife educator/midwife other is selected in Q4*

Q10 Your current employer?  (Please tick all answers that apply)

* Self-employed (1)
* Primary maternity facility employer (2)
* Secondary maternity facility employer (3)
* Tertiary maternity facility employer (4)
* Other employer (Please specify): (5) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q11 How long have you been working as a midwife?

* More than 20 years (1)
* 16-20 years (2)
* 11-15 years (3)
* 6-10 years (4)
* 1-5 years (5)
* Less than 1 year (6)
* Not currently practicing (7)

*If not currently practicing is selected, then skip to end of survey*

Q12 Does your job currently require you to undertake perineal assessment and repair?

* Yes (1)
* No (2)

*If No is selected, then skip to end of survey*

Q13 What does this perineal assessment and repair include?  (Please tick all answers that apply)

* Assessment of perineal tears (1)
* Repair of perineal tears (2)
* Supervision of perineal repair (3)

*If case load midwife is selected in Q4, then skip to Q18*

*Show Q14 only if core employed midwife/midwife educator/midwife other is selected in Q4*

Q14 Does your employer provide midwives with a guideline or protocol for the management and repair of second-degree tears and episiotomies?

* Yes (1)
* No (2)
* Don't know (Please specify): (3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show Q15 only if Yes is selected in Q14*

Q15 Where is this guideline or protocol from? (Please tick all answers that apply):

* Maternity facility/hospital guideline or protocol (1)
* Royal College of O&G Green Top Guideline No.23 (2)
* NHS NICE Clinical Guideline on Intrapartum care (3)
* Other (Please specify): (4) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show Q16 only if core employed midwife/midwife educator/midwife other is selected in Q4*

Q16 Does your employer routinely provide structured training on perineal management and repair?

* Yes (1)
* No (2)
* Don't know (Please specify): (3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show Q17 only if core employed midwife/midwife educator/midwife other is selected in Q4*

Q17 Does your employer routinely provide updates of training on perineal management and repair?

* Yes (1)
* No (2)
* Don't know (Please specify): (3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q18 When did you last undertake any training related to management and repair of perineal trauma?

* Less than a year ago (1)
* Within last 1-2 years (2)
* Within last 3-5 years (3)
* Within last 6-10 years (4)
* Longer than 10 years (5)
* Cannot remember (6)

Q19 Were you informed/made aware of guidelines or protocols related to the assessment of perineal trauma during this perineal management training?

* Yes (1)
* No (2)
* Cannot remember (Please specify): (3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q20 Do you feel confident to assess perineal trauma?

* All of the time (1)
* Most of the time (2)
* Some of the time (3)
* Never (4)

Q21 Do you feel confident to perform an episiotomy?

* All of the time (1)
* Most of the time (2)
* Some of the time (3)
* Never (4)
* Never performed an episiotomy (5)

Q22 Do you perform a digital-rectal examination (gloved lubricated finger inserted through the anus) or PR as part of your routine assessment of perineal trauma involving muscle?

* All the time (1)
* Most of the time (2)
* Some of the time (3)
* Never (4)

Q23 Do you currently leave some second-degree tears to heal without suturing?

* Yes (1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* No (2) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q24 Do you feel confident to undertake perineal repairs?

* All of the time (1)
* Most of the time (2)
* Some of the time (3)
* Never (4)

Q25 Has your competency to undertake assessment and repair of perineal tears been formally assessed at any time?

|  |  |  |  |
| --- | --- | --- | --- |
|  | Formal Assessment | | |
|  | Yes (1) | No (2) | Don't Know (3) |
| Perineal assessment (1) |  |  |  |
| Perineal repair (2) |  |  |  |

Q26 What tissues may be involved in a second-degree perineal tear?  (Please tick all answers that apply)

* Internal and external anal sphincter and anal epithelium (1)
* Both external anal sphincter and internal anal sphincter (2)
* More than 50% of external anal sphincter thickness (3)
* Less than 50% of external anal sphincter thickness (4)
* Vaginal mucosa (5)
* Superficial perineal muscles (6)
* Deep perineal muscles (7)
* Subcutaneous tissue of the perineum (8)
* Perineal skin (9)
* Labia (10)

Q27   Approximately how often have you undertaken a second-degree perineal repair over the last 6 months? Number (1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q28 Approximately how many second-degree tears have you left to heal naturally without suturing over the last 6 months? Number (1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Section Two: Your management of the woman with the last second degree perineal tear you treated**

Please think back to the last woman you treated for a second-degree perineal tear at the time of birth.

Q29 So, thinking back to this same woman you treated for second degree perineal tear: Where did she give birth?

* Birthed at home (1)
* Birthed in primary hospital/unit (2)
* Birthed in secondary hospital (3)
* Birthed in tertiary hospital (4)
* Other (Please specify): (5) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q30 Still thinking back to the same woman: How did she describe her ethnic groups?

* NZ Maori (1)
* NZ European (2)
* Pacific (3)
* British or Irish (4)
* Australian (5)
* Other European (6)
* Chinese (7)
* Indian (8)
* Other Asian (9)
* African (10)
* Other ethnic group (Please specify): (11) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Don't know (12)

Q31a Still thinking back to the same woman: Did you require assistance to assess her perineal tear?

* Yes (1)
* No (2)
* Assistance required but not available (3)
* Other (Please specify): (4) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show Q31b only if Yes is selected in Q31a*

Q31b Still thinking back to the same woman: Who gave you assistance with assessing her perineal tear?

* Midwifery colleague (1)
* Senior midwife (e.g. charge midwife) (2)
* Obstetrician (3)
* Registrar (4)
* House Surgeon (5)
* GP (6)
* Don't know (7)
* Other (Please specify): (8) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q32 Still thinking back to the same woman: What position was she in during assessment of her perineal tear?

* Semi-sitting or lying on her back (1)
* Semi-sitting or lying on her back with her bottom elevated (e.g. on pillow or towels) (2)
* Hands and knees (3)
* On her side (4)
* Lithotomy/Stirrups (5)
* Other (Please specify): (6) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q33 Still thinking back to the same woman: What pain-relief did she have during assessment of her perineal tear?

* Nil (1)
* Epidural for labour remained effective (2)
* Nitrous Oxide/Entonox gas (3)
* Lignocaine/Xylocaine (local anaesthetic) injected into perineum (4)
* Other (Please specify): (5) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Still thinking back to the same woman: How did you examine her perineum/vagina for tears after birth?

* Looked at the perineum without touching (1)
* Looked just inside the opening of the vagina (2)
* Looked inside the vagina to the top (apex) of any tears (3)
* Looked inside the vagina right up to the cervix (4)
* Not applicable as another doctor/midwife did the examination (5)
* Other (Please specify): (6) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q35 Still thinking back to the same woman: Was a digital-rectal examination or PR (gloved lubricated finger inserted through the anus) performed during the assessment of her perineal tear?

* Yes (1)
* No (2)
* Not applicable as woman declined (3)
* Other (Please specify): (4) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show Q36 only if Yes is selected in Q33*

Q36 Still thinking back to the same woman: What was being assessed during this digital-rectal examination or PR? (Please tick all answers that apply)

* To see if her tear extended to the anal margin (1)
* To feel if there was a tear inside her anus (2)
* To feel if she could squeeze her anus around the examiners finger (3)
* To see if separated ends of sphincter retracted back when she squeezed her anus (4)
* To see if there was absence of anal puckering around anterior side of anus (5)
* To feel the thickness of her perineum (6)
* To feel the thickness of her anal sphincter (7)
* Don't know (Please specify): (8) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Other (Please specify): (9) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q37 Still thinking back to the same woman: How did you assess the size of her perineal tear?  (Please tick all answers that apply)

* Visual estimation from looking at the tear (1)
* Using a ‘Peri-Rule’ ruler (2)
* Discussion with other midwife or doctor (3)
* Other (Please specify): (4) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q38 Still thinking back to the same woman: What was the approximate length and depth of her tear?

*Vaginal tear length = From fourchette up the vagina to top/apex of tear*

*Perineal tear length = From fourchette down the perineal skin towards the anus*

*Depth = From fourchette into deepest part of the perineal muscle tear*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Length and Depth of Tear | | | | |
|  | <2cm (1) | 2-3cm (2) | 3-4cm (3) | 4-5cm (4) | >5cm (5) |
| Vaginal length (1) |  |  |  |  |  |
| Perineal length (2) |  |  |  |  |  |
| Depth of tear (3) |  |  |  |  |  |

Q39 Still thinking back to the same woman: Did she have her perineal tear repaired?

* Yes, she had her perineal tear repaired (1)
* No, her perineal tear was left to heal naturally (2)

*If No is selected, skip to Q59*

Show Q40 only if Yes is selected in Q39

Q40 Still thinking back to the same woman: Who sutured her tear?

* You sutured independently (1)
* You sutured with supervision from a midwifery colleague (2)
* You sutured with supervision from a senior midwife (3)
* You sutured with supervision from a doctor (4)
* Unsure as care transferred to hospital team (5)
* Other (Please specify): (6) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show Q41 only if Yes is selected in Q39*

Q41 Still thinking back to the same woman: Did her baby have skin to skin contact with her for at least 30 minutes immediately after birth?

* Yes (1)
* No as baby required neonatal specialist care (2)
* No as woman declined (Please specify): (3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* No other (Please specify): (4) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show Q42 only if Yes is selected in Q39*

Q42 Still thinking back to the same woman: How long after birth was her perineal repair commenced?

* <15 minutes after 3rd stage (1)
* 15-30 minutes after 3rd stage (2)
* 31-60 minutes after 3rd stage (3)
* >60 minutes after 3rd stage (4)
* Other (Please specify): (5) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show Q43 only if Yes is selected in Q39*

Q43 Still thinking back to the same woman: Did her baby have skin-to-skin contact with her while her tear was being repaired?

* Yes (1)
* No as baby required neonatal specialist care (2)
* No as woman declined (Please specify): (3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* No other (Please specify): (4) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show Q44 only if Yes is selected in Q39*

Q44 Still thinking back to the same woman: What position was she in while her tear was being repaired?

* Semi-sitting or lying on her back (1)
* Semi-sitting or lying on her back with her bottom elevated (e.g. on pillow or towels) (2)
* Lithotomy (3)
* Don't know (4)
* Other (Please specify): (5) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show Q45 only if Yes is selected in Q39*

Q45 Still thinking back to the same woman: Was her perineal area cleaned before her tear was repaired?

* Yes (1)
* No (2)
* Other (Please specify): (3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show Q46 only if Yes is selected in Q39 and only if Yes and if Other is selected in Q45*

Q46 Still thinking back to the same woman: What was used to clean her perineal area? (Please tick all answers that apply)

* Dry swabs to wipe the area (1)
* Plain tap water (2)
* Tap water and soap (3)
* Chlorhexidine solution (4)
* Saline (5)
* Don't know (6)
* Other (Please specify): (7) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show Q47 only if Yes is selected in Q39*

Q47 Still thinking back to the same woman: Was a vaginal gauze ‘tampon’ inserted in her vagina while her tear was repaired?

* Yes (1)
* No (2)
* Other (Please specify): (3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show Q48 only if Yes is selected in Q39*

Q48 Still thinking back to the same woman: What pain relief did she use while her tear was repaired?  (Please tick all answers that apply)

* None (1)
* Already had an effective epidural (2)
* Lignocaine (Xylocaine) local anaesthetic (3)
* Nitrous Oxide/ Entonox gas (4)
* Acupuncture (5)
* Don't know (6)
* Other (Please specify): (7) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show Q49 only if Yes is selected in Q39 and if Lignocaine is selected in Q48*

Q49 Still thinking back to the same woman: What was the amount of Lignocaine (Xylocaine) local anaesthetic given for the repair?

* 1-5mls (1)
* 6-10mls (2)
* 11-15mls (3)
* 16-20mls (4)
* >20mls (5)
* Don’t know (6) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show Q50 only if Yes is selected in Q39 and if Lignocaine is selected in Q48*

Q50 Still thinking back to the same woman: What was the percentage of Lignocaine (Xylocaine) local anaesthetic given for the repair?

* 0.5% (1)
* 1% (2)
* 2% (3)
* Don’t know (4) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Other (Please specify): (5) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show Q51 only if Yes is selected in Q39 and if Lignocaine is selected in Q48*

Q51 Still thinking back to the same woman: How was the Lignocaine (Xylocaine) local anaesthetic given?

* Injected (1)
* Sprayed (2)
* Swabbed (3)
* Other (Please specify): (4) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show Q52 only if Yes is selected in Q39 and if Lignocaine is selected in Q48*

Q52 Still thinking back to the same woman: Did you use any additives with the Lignocaine (Xylocaine) local anaesthetic?

* None (1)
* Adrenaline (2)
* Sodium Bicarbonate (3)
* Other (Please specify): (4) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show Q53 only if Yes is selected in Q39*

The next two questions relate to MATERIAL used to repair muscle and skin layers

Q53 Still thinking back to the same woman: What material did you use to repair the vaginal and muscle layer of her tear?

* Vicryl 2/0 Rapide (1)
* Vicryl Other (Please specify): (2)
* Dexon (3)
* Monocryl (4)
* Chromic Catgut (5)
* Skin glue (6)
* Don't know (7)
* Other material (Please specify): (8) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show Q54 only if Yes is selected in Q39*

Q54 Still thinking back to the same woman: What material did you use for repairing the perineal skin layer of her tear?

* Vicryl 2/0 Rapide (1)
* Vicryl Other (Specify) (2)
* Dexon (3)
* Monocryl (4)
* Chromic Catgut (5)
* Skin glue (6)
* Skin layer left to heal naturally (7)
* Don't know (8)
* Other material (Please specify): (9) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show Q55 only if Yes is selected in Q39*

The next two questions relate to TECHNIQUE used to repair muscle and skin layers

Q55 Still thinking back to the same woman: What technique did you use for repairing the vaginal and muscle layer of her tear?

* Interrupted (individual) sutures (1)
* Continuous locked sutures (2)
* Continuous non-locked sutures (3)
* Skin glue (4)
* Don't know (5)
* Other technique (Please specify): (6) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show Q56 only if Yes is selected in Q39*

Q56 Still thinking back to the same woman: What technique did you use for repairing the perineal skin layer of her tear?

* Subcuticular interrupted (individual) sutures (1)
* Subcuticular continuous sutures (2)
* Interrupted (individual) sutures to perineal skin (3)
* Continuous sutures to perineal skin (4)
* Skin glue (5)
* Skin layer left to heal naturally (6)
* Don't know (7)
* Other technique (Please specify): (8) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show Q57 only if Yes is selected in Q39*

Q57 Still thinking back to the same woman: Did you do a digital rectal examination or PR (gloved lubricated finger inserted through the anus) after you sutured her tear?

* Yes (1)
* No (2)
* Not applicable as woman declined (3)
* Other (Please specify): (4) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show Q58 only if Yes is selected in Q39*

Q58 Still thinking back to the same woman: What did you include in your documentation about her tear?  (Please tick all answers that apply)

* Consent from woman for suturing (1)
* Discussion about care of her tear (2)
* Description of tear (3)
* Diagram of tear (4)
* Digital rectal check before suturing (5)
* Anaesthetic used for suturing (6)
* Suturing material (7)
* Suturing technique (8)
* Count of swabs (9)
* Count of needles (10)
* Digital rectal check after suturing (11)
* Haemostasis of tear (12)
* Don't know (13)
* Other (Please specify): (14) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show Q59 only if No is selected in Q39*

Q59 Still thinking back to the same woman: Did her baby have undisturbed skin-to-skin contact with her for at least 30 minutes immediately after birth?

* Yes (1)
* No (2)

*Show Q60 only if No is selected in Q39*

Q60 Still thinking back to the same woman: What did you include in your documentation of her tear? (Please tick all answers that apply)

* Consent from woman for leaving her tear to heal naturally (1)
* Discussion about care of her tear (2)
* Description of tear (3)
* Diagram of tear (4)
* Digital rectal check of tear (5)
* Haemostasis of tear (6)
* Other (Please specify): (7) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Section Three: Postnatal perineal pain**

This next section of the survey relates to your management of postnatal perineal pain for the same woman you treated for a second-degree perineal tear at the time of birth.

Q61 Still thinking back to the same woman: How long did you provide care for her after she had given birth?

* During birth and up to 4 hours after birth only (1)
* During birth and up to 1 week after birth only (2)
* During birth and full postnatal care to 4-6 weeks postpartum (3)
* Other (Please specify): (4) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q62 Still thinking back to the same woman: Did she use any treatment or comfort measures for postnatal perineal pain? (e.g. medication, natural therapy, water, ice, positioning, exercises)

* Yes (1)
* No (2)

*If No is selected, then skip to Q72*

Q63 Still thinking back to the same woman: What form of treatment did she use for postnatal perineal pain?  (Please tick all answers that apply)

* Oral medication (1)
* PR Suppositories (2)
* Topical medication (i.e. cream or spray or foam applied to her skin) (3)
* Homeopathic remedies (4)
* Herbal remedies (5)
* Oil treatment (6)
* Heat treatment (warm water or dry heat) (7)
* Cold treatment (cold water or ice) (8)
* Ring/donut cushion (9)
* Ultrasound (10)
* Pelvic floor exercises (11)
* Other (Please specify): (12) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show Q64 only if oral medication is selected in Q63*

Q64 Still thinking back to the same woman: What oral medication did she use for postnatal perineal pain?  (Please tick all answers that apply)

* Paracetamol (Panadol) (1)
* Panadeine (Paracetamol and Codeine) (2)
* Codeine (3)
* Diclofenac (Voltaren) (4)
* Ibuprophen (Nurofen) (5)
* Other (Please specify): (6) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show Q65 only if topical medication is selected in Q63*

Q65 Still thinking back to the same woman: What topical medication (applied to her skin) did she use for postnatal perineal pain?  (Please tick all answers that apply)

* Lignocaine gel (1)
* Epifoam (2)
* Other (Please specify): (3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show Q66 only if homeopathic remedies are selected in Q63*

Q66 Still thinking back to the same woman: What homeopathic remedies did she use for postnatal perineal pain?  (Please tick all answers that apply)

* Arnica (1)
* Rescue Remedy (2)
* Bellis Perennis (3)
* Hypericum (4)
* Other (Please specify): (5) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show Q67 only if herbal remedies are selected in Q63*

Q67 Still thinking back to the same woman: What herbal remedies did she use for postnatal perineal pain?  (Please tick all answers that apply)

* Comfrey poultice (1)
* Calendula cream (2)
* Hypercal (Hypericum and Calendula) cream (3)
* Witch hazel compresses (4)
* Chamomile in bath (5)
* Comfrey in bath (6)
* Witch hazel in bath (7)
* Other (Please specify herb and use): (8) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show Q68 only if oil treatment is selected in Q63*

Q68 Still thinking back to the same woman: What oil treatment did she use for postnatal perineal pain?  (Please tick all answers that apply)

* Lavender oil applied directly to perineum (1)
* Tee tree oil applied directly to perineum (2)
* Calendula oil applied directly to perineum (3)
* Bio-Oil applied directly to perineum (4)
* Lavender oil in bath (5)
* Oil other (Please specify oil and use): (6) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show Q69 only if heat treatment is selected in Q63*

Q69 Still thinking back to the same woman: What heat treatment did she use for postnatal perineal pain?  (Please tick all answers that apply)

* Warm bath (including sitz bath/basin of water) (1)
* Warm shower (2)
* Warm water poured from jug or bottle on perineum (3)
* Heat packs on perineum (4)
* Sunshine on perineum (5)
* Warm hair dryer on perineum (6)
* Heat lamp on perineum (7)
* Heat other (Please specify): (8) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show Q70 only if warm bath or heat packs is selected in Q69*

Q70 Still thinking back to the same woman: Was anything added to the water or heat pack she used for postnatal perineal pain? (Please tick all answers that apply)

* No (1)
* Salt (2)
* Antiseptic (Please specify): (3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Herbs (Please specify): (4) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Oil (Please specify): (5) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Other (Please specify): (6) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show Q71 only if cold treatment is selected in Q63*

Q71 Still thinking back to the same woman: What cold treatment did she use for postnatal perineal pain?  (Please tick all answers that apply)

* Ice packs made from tap water to perineum (Please specify if PV pad/fingercot/condom/ice cubes/crushed ice or other): (1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Gel ice packs to perineum (Please specify brand) (2) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Herbal ice packs to perineum (Please specify herb) (3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Cold saline bath (including sitz bath/basin of water) (4)
* Cold tap water bath (5)
* Cold tap water poured from jug or bottle on perineum (6)
* Cold/Ice other (Please specify): (7) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Section Four: Postnatal perineal healing**

This next section of the survey relates to your management of postnatal healing for the same last woman you treated for a second-degree perineal tear at the time of birth.

*Show Q72 only if during birth and full postnatal care to 4-6 weeks postpartum is selected in Q61*

Q72 Still thinking back to the same woman: How did you assess how her tear was healing within the 6 weeks after birth?  (Please tick all answers that apply)

* You looked at her perineum (1)
* You asked her opinion about how her perineum felt (2)
* She got her support person to look at her perineum (3)
* She looked at her own perineum in a mirror (4)
* Another midwife or doctor looked at her perineum (5)
* You used the REEDA scoring system (6)
* Other (Please specify): (7) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show Q73 only if during birth and full postnatal care to 4-6 weeks postpartum is selected in Q61*

Q73 Still thinking back to the same woman: How often did you (and/or your back-up midwife) look at her perineum to assess healing of her tear within the 6 weeks after birth?

* Once (1)
* Twice (2)
* Three to four times (3)
* Five to six times (4)
* Six or more times (5)
* Not applicable as self-assessed by woman (6)
* Not applicable as looked at by woman's support person (7)
* Not applicable as looked at by other (Please specify) (8) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Other (Please specify): (9) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show Q74 only if during birth and full postnatal care to 4-6 weeks postpartum is selected in Q61*

Q74 Still thinking back to the same woman: Did she have any complications with her perineal tear within the 6 weeks after birth? (Please tick all answers that apply)

* No (1)
* Perineal pain greater than expected (2)
* Delay in perineal healing (3)
* Perineal infection (4)
* Bladder incontinence (5)
* Bowel incontinence (6)
* Other complication (Please specify): (7) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*If No is selected, skip to end of survey*

Q75 Still thinking back to the same woman: What action did you take to resolve these perineal tear complications? (Please tick all answers that apply)

* Prescribed antibiotic (Please specify): (1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Prescribed pain relief (Please specify): (2) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Referred to GP (3)
* Referred to Obstetrician (4)
* Referred to hospital clinic (5)
* Referred to physio (6)
* Other action (Please specify) (7) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Thank you very much for taking the time to complete this survey and adding to New Zealand midwifery knowledge on perineal care.**

Please feel free to add any comments about this survey or perineal repair: