**NZ midwives’ management of perineal trauma during childbirth**

This is a hard copy version of 2013 online survey, which was hosted by the Qualtics web-based survey creation, collection, and analysis software platform - <https://www.qualtrics.com/research-core/> The Qualtics survey logic is described 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)

*If case load midwife is selected, then skip to Q7*

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/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 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)

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)

*Show Q14 only if core/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 Q13*

Q15 Is this guideline or protocol (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/midwife educator/midwife other is selected in Q4*

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

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

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

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

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

Q18 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)

Q19 Have you been informed/made aware of guidelines or protocols related to the assessment of perineal trauma during training?

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

Q20 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)

Q21 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)

Q22 Do you perform a digital rectal examination (gloved lubricated finger inserted through the anus)/PR as part of routine assessment of trauma?

* 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 perineal repair over the last 6 months?

 Number of perineums repaired over last 6 months (1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

**Section Two: Your Management of 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

(either independently or under supervision)

Q29 So, thinking back to this last 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 your assessment for perineal tears?

* 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 your assessment for perineal tears?

* 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) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q34 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/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 vagina to top/apex of tear*

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

*Depth = From fourchette into deepest part of 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 straight to Q56*

*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 her birth was the 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 Q37 and if Yes 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 50 only if Yes is selected in Q37 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 Q37 and if Lignocaine is selected in Q48*

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

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

*Show Q52 only if Yes is selected in Q37 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 given for the repair?

* 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 Q 39*

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 perineal tear at the time of birth (either independently or under supervision)

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 end of survey*

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 perineal tear at the time of birth (either independently or under supervision)

*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) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Show Q75 only if Yes is selected in Q74*

Q 75 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) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Once again 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: