

## Antenatal Perineal Massage and Its Subsequent Outcomes During Childbirth

By

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### ABSTRACT

A variety of problem affects the women during child birth and result in pain and function disability. Perineal tears during childbirth may result in multiple long-term urinary and gynecologic problems, including dyspareunia, urinary and fecal incontinence. Massage and stretching of the perineum during labour have been advocated to prevent perineal trauma, but little research have been conducted to determine the effectiveness of massage and stretching, so the **objective:** of this study was to evaluate the effect of antenatal perineal massage on subsequent perineal outcomes during delivery. **Design:** A quasi study-nonequivalent design was utilized in this study **Setting:** the study was conducted in the outpatient clinics and department of labor and delivery in three university hospitals (El-Manial, Assuit and Banha). **Subjects:** included 214 null parous women, divided into two study groups (group I and group II) and one control group. All participants received oral and written information regarding the benefits of perineal massage. Women in the group (I) were requested to perform a 10-minute perineal massage daily from the 35<sup>th</sup> week of pregnancy until delivery and women in the group (II) practiced perineal massage during labor by the investigators, while the control group received routine care of the hospital. **Results:** The results revealed that, the comparison between the groups, showed a reduction of 69.4% of group (I) and 47.4% of group (II) of perineal trauma. This corresponded to perineal trauma rate 88% in control group. **Conclusion:** This study concluded that antenatal perineal massage appears to have benefit in reducing perineal trauma, as well; the study recommended that all midwives should encourage clients to use prenatal perineal massage to avoid perineal trauma during delivery