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A NEW LOOKS FOR OUR POST PARTUM CLINIC- A MULTIDISCIPLINARY SETTING

Hypothesis / aims of study

The aim of this study was to audit the outcome of our new postpartum clinic.

Study design, materials and methods

Retrospective review of the post partum clinic including the type of referral, the mode of delivery of patients attending the clinic and also the outcome of patients attending the clinic. We audited all the new referrals and follow up between July-December 2008. The clinic is usually run in a multi disciplinary setting Consultant Uro-gynaecologist, Consultant Midwife, Uro-gynaecologist research fellow, Colorectal research fellow, Senior Women's Health Physiotherapist and Continence Advisor.

Results

98 new referrals and 24 follow ups.

Type of delivery:

53 normal vaginal deliveries
28 Forceps
12 Ventouse
2 Caesarean section
3 inappropriate referral

Reasons for referral

	3 rd tear	4 th tear	Perineal pain	Episiotomy breakdown	Urinary incontinence	Faecal incontinence	Voiding dysfunction	prolapse	dyspareunia
no	38	4	28	10	19	17	4	9	10

Some patients presented with more than 1 complaint

Outcome of clinic

Physiotherapy	Continence advice	conservative	Colorectal	Symptom control	Medical	dilators	Surgery
45	7	12	57	19	19	2	4

Interpretation of results

Most patients were managed conservatively including physiotherapy, continence advice and symptom control however a small proportion required surgery in form of perineal reconstruction.

Concluding message

It seems that our post partum clinic is increasingly accommodating a new whole range of referral including post partum women presenting with perineal pain, voiding dysfunction, prolapse and urinary and faecal incontinence. A large proportion of post partum clinics usually would only follow up patients with anal sphincter injury however we believe that our clinic can provide a multidisciplinary and consistent service to patients that would be normally followed up in antenatal clinic, general Gynaecology clinic, community midwives or General practitioners. We also designed a new referral form to increase the awareness of the availability of our service.

We are in process of measuring the patient's satisfaction in our service.

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What were the subjects in the study?	NONE