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

<table>
<thead>
<tr>
<th>Reason</th>
<th>3rd tear</th>
<th>4th tear</th>
<th>Perineal pain</th>
<th>Episiotomy breakdown</th>
<th>Urinary incontinence</th>
<th>Faecal incontinence</th>
<th>Voiding dysfunction</th>
<th>Prolapse</th>
<th>Dyspareunia</th>
</tr>
</thead>
<tbody>
<tr>
<td>no</td>
<td>38</td>
<td>4</td>
<td>28</td>
<td>10</td>
<td>19</td>
<td>17</td>
<td>4</td>
<td>9</td>
<td>10</td>
</tr>
</tbody>
</table>

Some patients presented with more than 1 complaint

Outcome of clinic

<table>
<thead>
<tr>
<th>Physiotherapy</th>
<th>Continence advice</th>
<th>conservative</th>
<th>Colorectal</th>
<th>Symptom control</th>
<th>Medical</th>
<th>dilators</th>
<th>Surgery</th>
</tr>
</thead>
<tbody>
<tr>
<td>45</td>
<td>7</td>
<td>12</td>
<td>57</td>
<td>19</td>
<td>19</td>
<td>2</td>
<td>4</td>
</tr>
</tbody>
</table>

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.

Specify source of funding or grant
no funding

Is this a clinical trial?
No

What were the subjects in the study?
NONE