

Perineal trauma

Diagnosing perineal trauma after birth

Workshop on how to diagnose lacerations in the vulva and the perineum after birth.

Target group: Midwives, midwifery students and other birth enthusiasts.

Duration: 2 hours hands-on workshop

Preparation before the course: 3 hours online learning and individual quiz

The online course material is free to access during a 7-day trial period

Watch the GynZone e-learning course on Diagnostics before the workshop.

Access directly online: <https://my.gynzone.com/courses/64-diagnostics>

The online quiz on diagnostics skills should be completed before the workshop.

Workshop content

International guidelines for classification of perineal lacerations

WHO	ICD – 10 & 11 classification system
RCOG classification	1st - 4th degree perineal lacerations

Diagnostics demonstrated using illustrations, photos, and clinical video

1st degree laceration	Vaginal mucosa, perineal skin, hymen, labia
2nd degree laceration	M. bulbocavernosus, transversus and fascia
3rd degree laceration, 3a	Less than 50% external anal sphincter torn
3rd degree laceration, 3b	More than 50% external anal sphincter torn
3rd degree laceration, 3c	Internal anal sphincter torn
4th degree laceration	Anorectal mucosa

Practical exercises

Technical skills	Demonstrated on a simulator from Life Form
Rectal examination	Demonstrated on a simulator from Vulva Enterprise
Objective assessment	The GynZone checklist is introduced

Options for improved diagnostics

Work environment	Positioning the woman, light, stirrups ..
Pain relief	Optimal pain management = better diagnosis?
Assisting a staff member	Objectivity and a fresh mind = better diagnosis?

Time and place

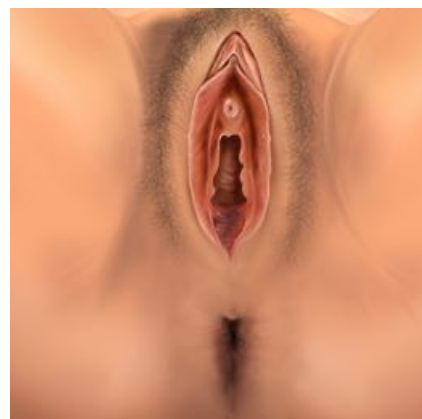
This workshop takes place in Aarhus in September 2022.

Location: Musikhuset Aarhus, Thomas Jensens Allé, 8000 Aarhus C.

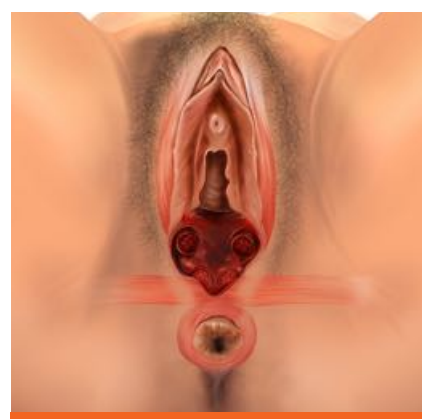
A maximum of 20 participants is allowed to secure individual supervision

Free for NLNB2022 delegates on a first-come-first-served basis.

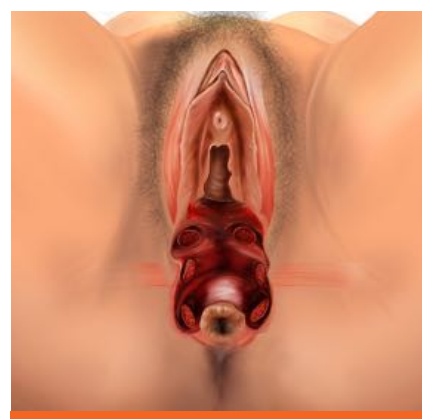
Sign up as you register for the conference here: <https://nlb22.com/workshop>



Perineal laceration 1st degree



Perineal laceration 2nd degree



Perineal laceration 3rd degree