

Water Birth and Perineal Trauma

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Background

Many women give birth everyday. There is a risk of perineal trauma to the mother when delivering vaginally. This trauma can be dangerous and lead to other complications postpartum. Water birth is one option for delivery. This proposed study is needed to determine the effects of water birthing on perineal trauma.

Methods: A quantitative, retrospective observational design will be used to collect data from de-identified patient records. Water birth and perineal trauma will be compared to land birth and perineal trauma.

Purpose: The purpose of this study is to identify any relationship between water birth and perineal trauma to provide more information to mothers and providers regarding delivery options.

Maternal Outcomes	Land (n=582)	Water birth (n=605)
No Repair	45%	49%
1st Degree	18%	23%
2nd Degree	28.5%	25%
3rd & 4th Degree	4.6%	0.5%
Other Lacerations	4%	2.5%

Discussion: Accurate data that is collected from this study can improve maternal outcomes by identifying the delivery option with the lower risk. Improving safety is important whenever possible.



Joanna Moore Photography

Table: Tompkins, A. (2015). Waterbirth at Mountain Midwifery Center. *Midwifery Today*, 28–29.
Photo: Moore, J. (n.d.). photograph. Retrieved from <https://www.thebump.com/a/water-birth>