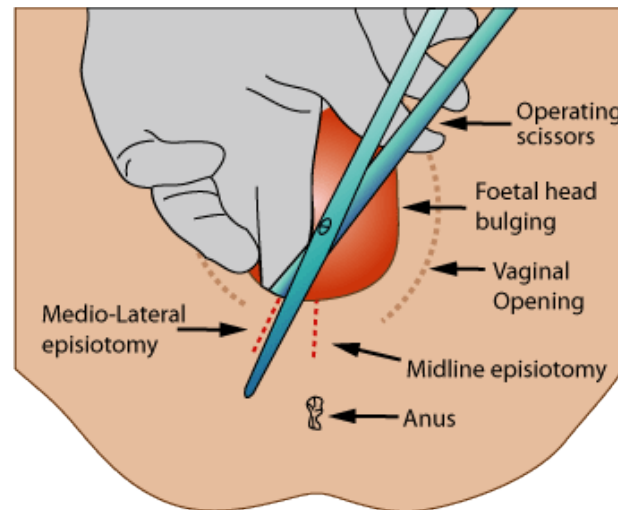


LESSON PLAN ON EPISIOTOMY



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General objectives:The student will acquire adequate knowledge about episiotomy, gives the desirable attitude and develops the skill in doing episiotomy for the patients in all the clinical settings.

Specific objective: The student will be able to,

- define episiotomy
- enlist the purposes of episiotomy
- enumerate the principles of episiotomy
- describe the indication for episiotomy
- illustrate the timing of episiotomy
- brief about types of episiotomy
- list out the articles needed for episiotomy
- explain the procedure of episiotomy and after care.

S.NO	SPECIFIC OBJECTIVE	TIME	CONTENT	AV AIDS	TEACHER's & LEARNER's ACTIVITY	EVALUATION
1	Define episiotomy	1 min	<p style="text-align: center;">EPISIOTOMY</p> <p>DEFINITION: A surgically planned incision on the perineum and posterior vaginal wall during the second stage of labour is called episiotomy. D.C.DUTTA</p>	Roller board	Defining Listening	What is episiotomy?
2	Enlist the purposes of episiotomy	2 min	<p>PURPOSE:</p> <ul style="list-style-type: none"> ➤ To aid the delivery of the presenting part when the perineum is tight and causing poor progress in the second stage of the labor. ➤ To prevent perineum from tearing. ➤ To allow space for operative or manipulative deliveries (forceps and breech deliveries) ➤ To shorten the second stage of labor, in case of fetal distress. ➤ To reduce pressure on the fetal head when delivering a preterm infant. ➤ To reduce prolonged maternal pushing efforts in case of severe hypertensive or cardiac disease. 	Pamphlet	Enlisting and taking notes	What are the purposes of episiotomy?
3	Enumerate the	1 min	<p>PRINCIPLES:</p> <ul style="list-style-type: none"> ❖ The apex of the episiotomy must be visualized and start 	Handout	Enumerating Asking doubts	Write the principles of episiotomy?

	<p>principles of episiotomy</p>		<p>suturing from the apex.</p> <ul style="list-style-type: none"> ❖ Dead space must be closed. ❖ Tissues must be brought together but not strangulated by excessive tension on the sutures. ❖ Homeostasis must be obtained. ❖ The needles must be handled with a pair of forceps and not by hand, should be removed from the operating field as soon as possible. 			
4	<p>Describe the indication for episiotomy</p>	1 min	<p>INDICATION:</p> <ul style="list-style-type: none"> ✓ Large sized babies ✓ Preterm or small for gestational age baby ✓ Anticipation of shoulder dystocia ✓ Fetal malpresentation and malpositions. ✓ Thick perineum which is rigid and resistant to distension. ✓ Prior to any assisted delivery such as forceps/ventouse ✓ To speed up delivery if there is fetal distress. 	Bulletin board	Describing Listening	What are the indications for episiotomy?
5	<p>Illustrate the timing of episiotomy</p>	1 min	<p>TIMING OF EPISIOTOMY:</p> <p>Bulging thinned perineum during contraction just prior to crowning is the ideal time.</p>	Black board	Illustrating Listening	Which is the time for episiotomy?

6	Brief about types of episiotomy	2 min	<p>TYPES IN EPISIOTOMY:</p> <p>Median: The incision commences from the center of the fourchette and extends posteriorly along the midline for about 2.5cm.</p> <p>Lateral: The incision starts from about 1cm away from the fourchette and extends laterally. It has got many drawbacks including chance of injury to the Bartholin's duct.</p> <p>Mediolateral: The incision is made downward and outward from the midpoint of the fourchette to either the right or the left. It is directed diagonally in the straight line which runs about 2.5 cm away from the anus.</p> <p>J-shaped: the incision begins in the center of the fourchette and is direct posteriorly along the midline for about 1.5cm and then direct downward and outward long 5 or 7 o'clock position to avoid the anal sphincter. Apposition is not perfect and the repaired wound tends to be puckered.</p> <p>PREPARATION OF THE MOTHER:</p> <ul style="list-style-type: none"> ➤ Provide privacy, adequate lightening. ➤ Explain the procedure to patient. ➤ Empty the bladder if needed ➤ Encourage the mother to bear down. 	Black board	Explaining Taking notes	What are the types of episiotomy?
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7	List out the articles needed for episiotomy	1 min	<p>ARTICLES NEEDED:</p> <p>A Sterile tray containing:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Episiotomy scissor <input type="checkbox"/> Sponge holding forceps <input type="checkbox"/> Bowl with antiseptic solution <input type="checkbox"/> Sims speculum <input type="checkbox"/> Needle holder <input type="checkbox"/> Toothed thumb forceps <input type="checkbox"/> Straight scissor <input type="checkbox"/> Gauze pad <input type="checkbox"/> Suture material <input type="checkbox"/> Syringe with inj. Xylocaine 2% <input type="checkbox"/> Kidney tray 	Bulletin board	Listing out Listening	What are the articles needed for episiotomy?
8	Explain the procedure of episiotomy and after care.	5 min	<p>PROCEDURE OF EPISIOTOMY:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Prefer the site of infiltration; insert and direct needle beneath the skin at an angle of approximately 45° for about 4-5 cm in the same line for a mediolateral episiotomy. <input type="checkbox"/> Withdraw the piston of the syringe to ensure needle has not entered the blood vessel. <input type="checkbox"/> Infiltrate the perineum continuously as the needle is slowly withdrawn. <input type="checkbox"/> Place two fingers in the vagina between the presenting 	Power point presentation	Explaining Taking notes.	What is procedure for episiotomy?

part and the posterior vaginal wall pointing downward,

- Give an episiotomy (a single deliberate cut) during the peak of uterine contraction when the birth is imminent.
- Encourage the mother to bear down when there is good uterine contraction.
- Give perineal support with right hand and urethral support with left and exert pressure over the occiput.
- Apply pressure with gauze pad in the episiotomy between contractions with a sterile gauze pad if there is delay in delivery.
- After delivery of baby, clean the perineum with antiseptic solution and drape with central hole towel.
- Inspect for any laceration, paraurethral tear, cervical laceration.
- Infiltrate with inj.xylocaine 2% in perineum.
- Place the needle in the catgut in the tip of the needle holder and hold the needle holder correctly.
- Suturing is done by vaginal epithelium, muscle and skin layer by continuous suturing.
- After suturing perineum and rectum is examined for any abnormalities.

AFTER CARE:

- ❖ Place the sterile pad in genital area.
- ❖ Position the mother in the supine position with cross legs.
- ❖ Clean and replace all the articles and instruments.
- ❖ Record the time and type of episiotomy.
- ❖ Check for any bleeding or hematoma.

SUMMARY:

In this class we have discussed about definition of episiotomy, purposes, indication, principles, timing, articles needed, types and procedure with after care.

CONCLUSION:

The students are able to learn about episiotomy, types and procedure in detail and they will implement in their practical activities in all clinical settings.

BIBLIOGRAPHY:

- Manual of nursing procedures and practice, second edition, published by Wolters Kluwer Pvt. Ltd., New Delhi. Page no: 847 to 853.
- D.C DUTTA text book of obstetrical nursing 7th edition pg.no:647-649.

QUESTION PAPER

Answer the question appropriately

(25 Marks)

I) Answer the following : any 22×2=4

1. Define episiotomy
2. What is the timing of episiotomy
3. Types of episiotomy

II) Answer in brief : any 22×3=6

1. what are the indications for episiotomy
2. what are the principles of episiotomy
3. articles needed for episiotomy

III) Answer in short: : 1×5=5

1. Nursing care for episiotomy patient

IV) Answer in detail: : 1×10=10

1. Procedure of episiotomy

Assignment:

Draw the diagram of female reproductive system and nursing process for patient with episiotomy.