Advancing Practice Series Study Sheet

Warm compresses for perineal care during birth study sheet

1. Identify and write down key risk factors for perineal tearing.

2. What did the Cochrane review findings reveal?

3. Reflect on your current practice, what do you usually do when facilitating a woman's birth? Having read the article, can you identify any areas you could improve? If not, identify what and why it works well.

4. How would you discuss this during the antenatal period? Write a little script of the key points you would want to share with women, people and their partners.

5. Watch the video link of how to use warm compresses during birth, making notes of what barriers or facilitators you have in your local clinical area to using warm compresses.