**Continuity Midwifery B (11303)**

**Conference Abstract and Reference List**

I would prefer to present a poster with a 3-minute presentation on my own for the conference.

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**Word Count: 250 + References**

**Delaying the second stage of labour to reduce perineal injuries**

Perineal injuries may become severe morbidities for women and can result in adverse effects that significantly impact short term and long-term aspects of their lives. According to current research, perineal injuries and the co morbidities associated may cause further perineal pain, incontinence, isolation and or loss of identity. These aspects and more have negative impacts on a woman’s perceived role as a mother and a woman. Women deserve the chance to grow as mothers and women postnatally without the burden of perineal injuries and the adverse effects that join them. Ample research highlights the increasing rates of perineal Injury however, there is minimal action in place to avoid these significant injuries. Therefore highlighting why it is crucial to avoid the risk of potential perineal injuries for all women during the second stage of labour.

This can be achievable through using a policy supported by evidence to reduce perineal injury, that is designed to delay the initiation of pushing and beginning of the second stage of labour. The policy ensures that the management of the second stage of labour is individualised to reduce the risk of perineal injuries. Importantly, the policy focuses on simple rights for labouring women within a healthcare setting and should be executed with quality care and assurance. Current policies focus on combating the extended duration of the second stage of labour and result in intervention approaches. This policy is designed to allow more opportunity for risk free, intervention free labour and birth circumstances, and ultimately positive outcomes.

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