

改良式助产手法在低危初产妇自然分娩中的应用

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摘要:目的 探讨在低危初产妇自然分娩中应用改良式助产手法以降低会阴侧切率的临床效果。方法 选择2012年10—12月运用传统方法行自然阴道分娩的592例初产妇为对照组;以2013年10—12月改良式助产手法应用后行自然阴道分娩的541例初产妇为观察组。观察两组产妇产会阴侧切情况、产后出血、第二产程情况和新生儿窒息情况。结果 对照组592例初产妇中,会阴侧切者为584例,会阴侧切率98.6%;观察组541例初产妇中,会阴侧切者为320例,会阴侧切率为59.1%。两组比较差异有统计学意义($P < 0.001$)。两组产妇产在产后出血、第二产程延长、会阴Ⅲ度撕裂和新生儿窒息等方面比较差异无统计学意义($P > 0.05$)。结论 改良式助产手法能显著降低初产妇的会阴侧切率,最大限度地保护了会阴的完整性,同时无明显不良分娩结局,有效提高了助产质量。

关键词:初产妇;改良式助产;会阴侧切率

中图分类号:R473.71

文献标识码:A

文章编号:1009-8399(2016)01-0018-03

Application of improved midwifery skills in natural childbirth of low-risk primiparas (*Obstetrics and Gynecology Hospital of Fudan University, Shanghai 200011, China*)

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Abstract: Objective To investigate the effects of improved midwifery skills in natural childbirth on reducing lateral episiotomy rate in low-risk primiparas. **Methods** A retrospective study was conducted including 592 primiparas with traditional vaginal delivery in Obstetrics and Gynecology Hospital of Fudan University, Shanghai from October to December 2012 (enrolled in the control group) and 541 primiparas with vaginal delivery who received improved midwifery skills from October to December 2013 (enrolled in the observational group). The lateral episiotomy rate, postpartum hemorrhage, second stage of labor and neonatal asphyxia between the two groups were compared. **Results** 584 out of 592 (98.6%) primiparas underwent lateral episiotomy in the control group, while 320 out of 541 (59.1%) primiparas in the observational group underwent lateral episiotomy. The difference was significant ($P < 0.001$). There were no significant differences in postpartum hemorrhage, prolonged second stage of labor, third degree of perineal laceration and neonatal asphyxia between the two groups. **Conclusion** Improved midwifery skills in natural childbirth can significantly reduce the lateral episiotomy rate in low-risk primiparas, and protect the perineal integrity. It has no adverse effects on maternal and neonatal morbidities and can effectively improve the quality of midwifery.

Key Words: Primipara; Improved midwifery skills; Lateral episiotomy rate

随着近几年大力倡导自然分娩以来,在正常分娩中是否应该常规行会阴切开在医学界备受争议。为大量无指征的初产妇进行会阴切开,易导致过度医疗^[1]。WHO在1996年总结了10多年各国对产时适宜技术的研究后,在出版的《正常分娩监护实用手册》中提

出,常规会阴切开是常用但不是适宜的技术,并指出会阴切开术率合理范围应 $< 20\%$,最佳控制在 5% 左右。目前发达国家会阴切开率有逐渐下降的趋势,2005年一项全球范围针对会阴切开率的调查中显示,北美、欧洲等会阴切开术维持在 30% ,在瑞士、丹麦等国家约为 10% ,然而在南美、亚洲等发展中国家均超过 50% ^[2]。在我国初产妇会阴切开率高达 90% ,2006年

收稿日期:2015-11-16

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