The Third and Fourth Degree Perineal Tears Clinical Care Standard

Australia has introduced a new national standard of care to reduce the risk of women experiencing a serious tear of the perineum at birth. This will help to ensure that women receive appropriate treatment and support throughout their childbirth experience.

Pelvic floor muscle training can help prevent and manage 3rd and 4th degree perineal tears

Natalie McConochie Physiotherapist

A subject which until recently was taboo, can cause lifelong problems and embarrassment for women who suffer in silence

A/Prof Emmanuel Karantanis Obstetrician and Urogynaecologist

Pregnant women need to be empowered with knowledge and helpful strategies at one of the most powerful moments of their lives

Prof Hannah Dahlen AM Midwife and Researcher

5% of first-time vaginal births result in a 3rd or 4th degree tear

It will help women to receive appropriate care before, during and after birthing to optimise their recovery

Prof Anne Duggan Clinical Director, ACSQHC

12x variation across Australia in rates of 3rd and 4th degree perineal tears

Pelvic floor muscle training can help prevent and manage 3rd and 4th degree perineal tears

Natalie McConochie Physiotherapist

32.7 per 1000 vaginal deliveries result in 3rd or 4th degree perineal tears

Prof Anne Duggan Clinical Director, ACSQHC

FIND OUT MORE AT: safetyandquality.gov.au/perineal-tears