

POST-TEST

ICEA POSITION PAPER: EPISIOTOMY

1. *The difference between a 1st and 2nd degree episiotomy is*
 - a. A 1st degree doesn't require stitching
 - b. A 1st degree is skin only while a 2nd degree includes muscle
 - c. A 2nd degree is longer than a 1st degree
 - d. They are both the same but only a 2nd degree requires stitching

2. *The most common degree of episiotomy is the*
 - a. 1st degree
 - b. 2nd degree
 - c. 3rd degree
 - d. 4th degree

3. *The least common degree of episiotomy is the*
 - a. 1st degree
 - b. 2nd degree
 - c. 3rd degree
 - d. 4th degree

4. *Which is not a reason given by the obstetrical doctors in the mid 1900's for episiotomy*
 - a. Speed labor
 - b. Decrease trauma to the perineum
 - c. Decrease molding of the baby's head
 - d. Allows the perineum to be restored

5. *A recent ACOG statement states that the following risks were underestimated*
 - a. Extension to a 3rd or 4th degree tear, anal sphincter dysfunction, risk of a laceration to the fetal head
 - b. Extension to a 3rd or 4th degree tear, anal sphincter dysfunction, urinary incontinence
 - c. Sphincter dysfunction, painful sex, urinary incontinence
 - d. Sphincter dysfunction, extension to a 3rd or 4th degree tear, painful sex

6. *The decision to perform an episiotomy is based on evidence based criteria rather than clinical judgement*
 - a. True
 - b. False

7. *Episiotomy rates in the 1980's were as high as*
 - a. 70%
 - b. 85%
 - c. 64%
 - d. 92%

8. *Perineal Massage has been studied as a way to help with delivery. The following is the best statement from the evidence*
 - a. Perineal Massage has no impact on episiotomy or tearing
 - b. Perineal Massage can increase the chances of tearing or need for episiotomy
 - c. Perineal Massage is associated with decrease in perineal trauma, prevention of tears and size/rate of episiotomy lacerations
 - d. Perineal Massage is associated with prevention of tears and size/rate of episiotomy lacerations but increase in perineal trauma

9. *Gravity promoting positions/upright positions may decrease the need for episiotomy*
 - a. True
 - b. False

10. *Use of physiologic pushing and breathing while discouraging purple pushing will*
 - a. Increase the chance of an episiotomy due to care provider impatience
 - b. Decrease the chance of episiotomy
 - c. Have no effect on episiotomy
 - d. Only work with multiparous women

Name _____