Review of Pain Control Methods After an Episiotomy

Abigail L. Tomlinson  
*Cedarville University*, atomlinson@cedarville.edu

Sarah J. Firmin  
*Cedarville University*, sjfirmin@cedarville.edu

Follow this and additional works at: [http://digitalcommons.cedarville.edu/pharmacy_nursing_poster_session](http://digitalcommons.cedarville.edu/pharmacy_nursing_poster_session)

Part of the [Obstetrics and Gynecology Commons](http://digitalcommons.cedarville.edu/obstetrics_and_gynecology_commons)

Recommended Citation

[http://digitalcommons.cedarville.edu/pharmacy_nursing_poster_session/21](http://digitalcommons.cedarville.edu/pharmacy_nursing_poster_session/21)
PATIENT CARE ISSUE

- In 2007, 443,000 episiotomies were performed.
- Because this procedure is used often, pain management after episiotomy is a priority for many women.
- Mothers may be reluctant to use pharmacological treatment due to the potential negative side effects to both mother and baby.
- Because of this concern, a number of researchers have investigated alternative methods of managing pain, particularly after episiotomies are performed.
- The purpose of this review is to determine the best evidence based practice for controlling pain related to an episiotomy.

EVIDENCE-BASED PRACTICE QUESTION

Question: What is the best method of pain management after an episiotomy?

P: Postpartum mothers who had a vaginal birth and an episiotomy
I: Pain control
C: Pharmacologic versus non-pharmacologic methods
O: Effective pain control with patient satisfaction

REGISTERED NURSE INTERVIEW

A mother-baby RN, Cristi, was interviewed regarding the management of pain control for episiotomies.

She estimated that 85% of women at that facility received episiotomies during delivery. She stated “The women [with episiotomies] view pain as an emergency, and they think that you as the nurse should, too.”

The most common pain control method was giving Motrin or Vicodin. Other interventions include ice packs, Tucks, sitz baths, and cushions.

Facility Policy: Congruent with information obtained from RN. Also included use of topical sprays and creams as well as peri bottles.

METHODS

Databases: MEDLINE, Pubmed, Academic Search Complete, Cochrane, CINAHL

Keywords: Episiotomy, pain control, postpartum

Current research: 2007-2012

Initial search: 51 articles

Related articles: 13

LIMITATIONS

Our review was limited by the types of studies available. Although several studies covered either pharmacological or non-pharmacological methods of pain control, very few studies compared the two types. We hope that future studies address this deficit.

REFERENCES