

## CONTINUOUS MIDWIFERY CARE (CONTINUITY OF CARE) IN MRS. T, AGE 25 YEARS OLD, WITH PERINEAL RUPTURE DEGREE I AT PRATAMA VINA CLINIC, MEDAN CITY, YEAR 2025

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### ABSTRACT

A perineal rupture is a tear (laceration) that occurs in the perineum, the area between the vagina and the anus. This tear can occur spontaneously during labor, especially if the baby's head comes out too quickly, or it can be caused by the use of assistive devices such as a vacuum or forceps. Lacerations usually occur in the middle of the perineum and can extend to the surrounding tissue depending on the speed, size of the baby's head, and the elasticity of the perineal tissue. This study aims to provide useful information in efforts to prevent and treat perineal rupture, as well as contribute to improving the quality of maternal health services.

**Keywords:** *Perineal rupture, perineal pain, postpartum pain*

#### Introduction

A perineal rupture is a tear (laceration) that occurs in the perineal area, which is the region between the genitals (vagina) and the anus. The perineum plays a crucial role in childbirth as it stretches to allow the passage of the baby. A perineal rupture can occur spontaneously during labor, particularly when the baby's head emerges too quickly or if the perineum is under excessive pressure. This can be exacerbated by interventions such as the use of forceps, vacuum extraction, or an episiotomy. These tears typically occur in the middle of the perineum, but they can extend in any direction, and the severity of the rupture depends on the amount of pressure exerted during delivery. The laceration may vary in degree from a small superficial tear to a more severe rupture involving deeper

tissues such as the anal sphincter (Ani Astiani Sidiq, 2022)

The risk factors for perineal rupture are numerous. Women who are delivering their first child, those with a large baby, or those experiencing a rapid delivery are at higher risk. The use of assisted delivery techniques, such as forceps or vacuum extraction, also increases the likelihood of tearing. In addition to the immediate pain and discomfort caused by the tear, perineal ruptures can lead to complications such as severe bleeding, infections, prolonged healing times, and even long-term problems like urinary incontinence, fecal incontinence, and sexual dysfunction if not managed appropriately (Deborah Deborah et al., 2025) (Deborah Deborah et al., 2025)

Proper treatment of a perineal rupture involves suturing the torn tissue using

precise techniques and appropriate medical materials. The primary goal is to close the tear effectively, allowing the perineum to heal properly and minimizing the risk of infection or long-term complications. Stitches should be placed in layers to ensure a tight closure, and the type of suture material used is also crucial to minimize discomfort and prevent complications such as suture rejection or wound dehiscence. In addition, pain management, proper hygiene, and post-partum care are critical components of the treatment plan. Regular follow-ups are necessary to monitor healing and ensure there are no signs of infection or complications. (Putri Utami et al., 2024)

Long-term management of perineal rupture is essential for preventing chronic issues. If not treated properly, a perineal tear can result in persistent pelvic floor dysfunction, including difficulties with urinary control, bowel movements, and sexual activity. Pelvic floor exercises, such as Kegel exercises, may be recommended to strengthen the muscles and improve recovery. Psychological support may also be beneficial for women who experience anxiety or depression due to the physical and emotional impacts of perineal tears (Putri Ramadhani et al., 2023)

This study aims to examine the incidence and severity of perineal rupture in maternity cases at the Vina Pratama Clinic and assess the outcomes of different treatment approaches used for women experiencing perineal lacerations. By focusing on the local context, this research will provide valuable insights into the frequency, risk factors, and long-term outcomes of perineal ruptures, thereby

contributing to improving clinical practices and care protocols for perinatal health (Putri Ramadhani et al., 2023)

### **Research Method**

The research method applied to Mrs. S focuses on identifying the causative factors of the disease by conducting a detailed investigation. This approach includes analyzing the relationship between various risk factors and the disease's development. The study is designed to gather comprehensive data through observation, interviews, and medical records to uncover any potential underlying causes that may contribute to the condition. By examining factors such as environmental influences, genetic predispositions, lifestyle choices, and prior medical history, the research aims to establish clear connections between these elements and the onset or progression of the disease.

Additionally, real-time assessments during the clinical investigation provide a dynamic understanding of how these factors interact and affect the patient's health over time. The ultimate goal of this study is to use the findings to inform preventive measures and improve management strategies for similar cases in the future. Results (Ulya et al., 2024) s

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### **Discussion**

Rupture of the perineum refers to tears in the perineal tissue, which is the area between the vagina and the anus, and typically occurs during the labor process. These tears can be spontaneous, arising as a natural consequence of the birthing process, or they can be caused by medical

interventions, such as the use of birth aids like forceps or a vacuum. Spontaneous perineal rupture generally occurs due to the stretching and pressure exerted during the passage of the baby through the birth canal. The risk of tearing is higher when the baby's head emerges too quickly, or when excessive pressure is applied, either by the baby's head or by medical instruments. (Montessori et al., 2021)

The perineal tear most often occurs along the midline of the perineum, a structure that is designed to stretch to accommodate the baby's passage. However, the extent of the tear can vary significantly depending on several factors. For instance, a rapid delivery or an overly large baby can increase the likelihood and severity of a tear. Additionally, the position of the baby, the use of interventions like episiotomy or assisted delivery, and the degree of perineal elasticity all influence the risk of rupture. In some cases, tearing may involve not only the superficial layers of the skin but also deeper tissues such as the muscles of the perineum and even the anal sphincter, leading to more severe lacerations that require surgical repair and have longer-term implications. (Jayanti et al., 2025)

Moreover, tearing can be exacerbated by inadequate perineal support during delivery or by improper techniques used in assisted deliveries. Preventive measures, such as perineal massage, may help reduce the risk of severe tears, but the clinical circumstances of each delivery must be considered to determine the best course of action for the health of both mother and child.. (Huber, 2023)

### **Conclusion and Suggestion**

This study emphasizes that relying solely on age theory as an indicator for perineal rupture risk is insufficient. While age can influence the likelihood of perineal tears, it is only one of many factors that contribute to the occurrence of these injuries during childbirth. A more comprehensive approach is necessary to address the full spectrum of risks involved in perineal rupture. Key elements of this approach include educating pregnant women on the potential risks, the importance of perineal care, and methods to prepare for labor, such as perineal massage and breathing techniques. ( Hediya Putri et al., 2022)

Moreover, proper childbirth management techniques, including careful monitoring of the delivery process, play a crucial role in reducing the risk of perineal damage. The application of assisted delivery methods, such as the use of forceps or vacuum extraction, should be done judiciously and in accordance with established clinical guidelines to minimize the risk of tearing. (Naohiro Yonemoto, 2023)

Real-time assessment of the childbirth conditions, including the baby's position, the rate of descent, and the level of pressure exerted on the perineum, can significantly aid in decision-making during labor. Clinicians should have the flexibility to adapt their strategies based on the evolving circumstances of each delivery to prevent unnecessary interventions and avoid severe perineal damage. (Wahyuni, 2020)

In conclusion, a holistic approach that combines education, preventive measures, and careful clinical judgment is essential to

reducing the incidence of perineal rupture and ensuring safer childbirth experiences for women. Further research and ongoing education for both healthcare providers and expectant mothers are vital to advancing perinatal care and improving maternal health outcomes. ( Borján , 2024)

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