
Better births for women collaborative |

About the project

WHAT WILL THE BETTER BIRTHS FOR WOMEN COLLABORATIVE ACCOMPLISH?

By July 2020 the Better births for women collaborative will reduce harm to Victorian women by preventing 50 per cent of third- and fourth-degree perineal tears across participating maternity services.

Women having their first birth vaginally in Victoria are four times more likely to experience a severe perineal laceration (third- or fourth-degree tear) compared to those having a subsequent birth vaginally ([Victoria's Mothers, Babies and Children report 2017](#)).

Utilising our partnership with the with the [Institute for Healthcare Improvement](#) (IHI), the Better births for women collaborative will further test and spread the success of evidence-based clinical care bundles to reduce third- and fourth-degree perineal tear rate, with work focussing on five clinically endorsed interventions.

The Better births for women bundle has been shown to improve outcomes for women during childbirth and reduce the incidence of severe perineal trauma. The bundle includes:

- Application of warm perineal compress during labour
- Hands on to support the perineum, with gentle verbal guidance
- Episiotomy performed when indicated (during instrumental delivery and at 60 degrees)
- Genito-anal examination on all women post birth
- Grading of perineal tear based on RCOG grading and reviewed by experienced clinician.

Through facilitating the Better births for women collaborative, we will partner with clinicians to better detect and manage risk factors to prevent perineal trauma. We will improve the care experience of women through shared decision making in risk factor management.

WHAT YOU NEED TO JOIN

- **Executive sponsorship:** this person needs to engage with the work and attend Learning Session 2 on 23-25 October 2019.
- **A core team:** including a team leader, an obstetrician, midwife, consumer and member with quality improvement experience, to identify champions and drive change. This team must attend all the learning sessions.
- **A wider team:** (six to 12 members) who are influencers in the organisation and can drive commitment to the work, including a member responsible for data entry.
- Time to do the improvement work. Collaborative teams achieve the best results when they commit at least **30 hours per week** (shared between team members).
- Support for the core team to attend all learning sessions (three two-day sessions).
- A commitment to implement **all** elements of the bundle.

WHAT WE WILL PROVIDE

- Improvement science support from an industry coach
- Workshops to facilitate peer-to-peer learning and knowledge sharing across the sector
- Action learning to facilitate rapid testing, trialling and spread of improvement initiatives
- A secure online community to facilitate discussion and information sharing
- Accommodation support for regional participants' attendance at learning sessions.

KEY DATES

- June 2019: EOI opens for health service applications
- July 2019: Health service enrolment and prework
- 11 July: Q&A call
- 19 Jul: Successful health services informed of acceptance into collaborative
- 31 July: Orientation call
- 8 and 9 August 2019: Learning Session 1 followed by Action Period 1
- 23, 24 and 25 October 2019: Learning Session 2 combined with Safer Baby Collaborative, followed by Action Period 2
- 3, 4 and 5 March 2020: Learning Session 3 combined with Safer Baby Collaborative, followed by Action Period 3
- June 2020: Summative congress.

MORE INFORMATION

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