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Amniotomy and Episiotomy Skills Models

Practical 09 / Skills laboratory simulation

Aim

Prepare and demonstrate assigned amniotomy and episiotomy repair skills on approved trainers.

Principle

Each procedure needs its own indication, consent and safety checks. Monitoring and clear documentation support recognition of complications.

Materials and Requirements

- Labour and perineal repair trainers, dummy instruments and practice sutures
- Fetal heart card, sterile practice pack and procedure checklists

Procedure

1. Explain the indication, benefits, material risks and alternatives in each fictional case. Check approval, consent, patient information and aseptic setup.
2. Review the individual indications and verify simulated permission, medication or analgesia needs, aseptic setup and team readiness before the separate model skills.
3. For amniotomy, confirm the supervisor's assessment of presentation, engagement and contraindications. Record the fetal heart assessment before the model demonstration.
4. Confirm the provided presentation, engagement and contraindication assessment. Enter the fetal heart finding and request senior confirmation when the supplied findings make proceeding unsafe.
5. Demonstrate the amniotomy sequence on the trainer. Record the simulated time and fluid characteristics and reassess the supplied fetal heart trace.

Continue with step 6 on the next page.

Procedure Continued

Amniotomy and Episiotomy Skills Models

6. On the trainer demonstrate the faculty-approved sequence, then describe fluid colour or other observations and compare fetal heart data before and after. Escalate a simulated sudden change.
7. For the perineal model identify tissue layers, check the analgesia plan and demonstrate faculty-approved repair and sharps handling.
8. On the repair pad identify layers and landmarks and verify anaesthesia readiness and instrument count. Demonstrate the approved repair and point to expected approximation and haemostasis checks.
9. Document method, findings, counts, reassessment and any complications requiring the team.
10. Complete separate records for the two exercises with timing, reason, findings, team action and reassessment. Record counts, disposal and any deferred step or escalation.

Precautions

- Perform the invasive training steps on approved models.
- Escalate new fetal heart changes or persistent bleeding promptly.

Observations and Interpretation

Amniotomy and Episiotomy Skills Models

Observations and Record

Item	What to record	What it tells you
Readiness	Indication, consent, examination and prepared setup	Determines whether to proceed
Amniotomy record	Time, fluid and fetal heart before and after	Detects change needing review
Repair record	Layers, haemostasis checks and counts	Documents completion and follow-up

Worked Example

In the amniotomy model case the presenting part is high and not well applied. The student identifies the concern and stops to request senior assessment.

Result and Interpretation

Defer the simulated step until risk is reviewed. Artificial rupture and episiotomy require individual indications and clinician supervision.

Viva Questions and Answers

Why check the relation of the presenting part before amniotomy?

A high or poorly applied part can increase the risk of cord prolapse.

What care information belongs in a repair note?

The injury extent, repair, analgesia, counts, checks and follow-up.

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