

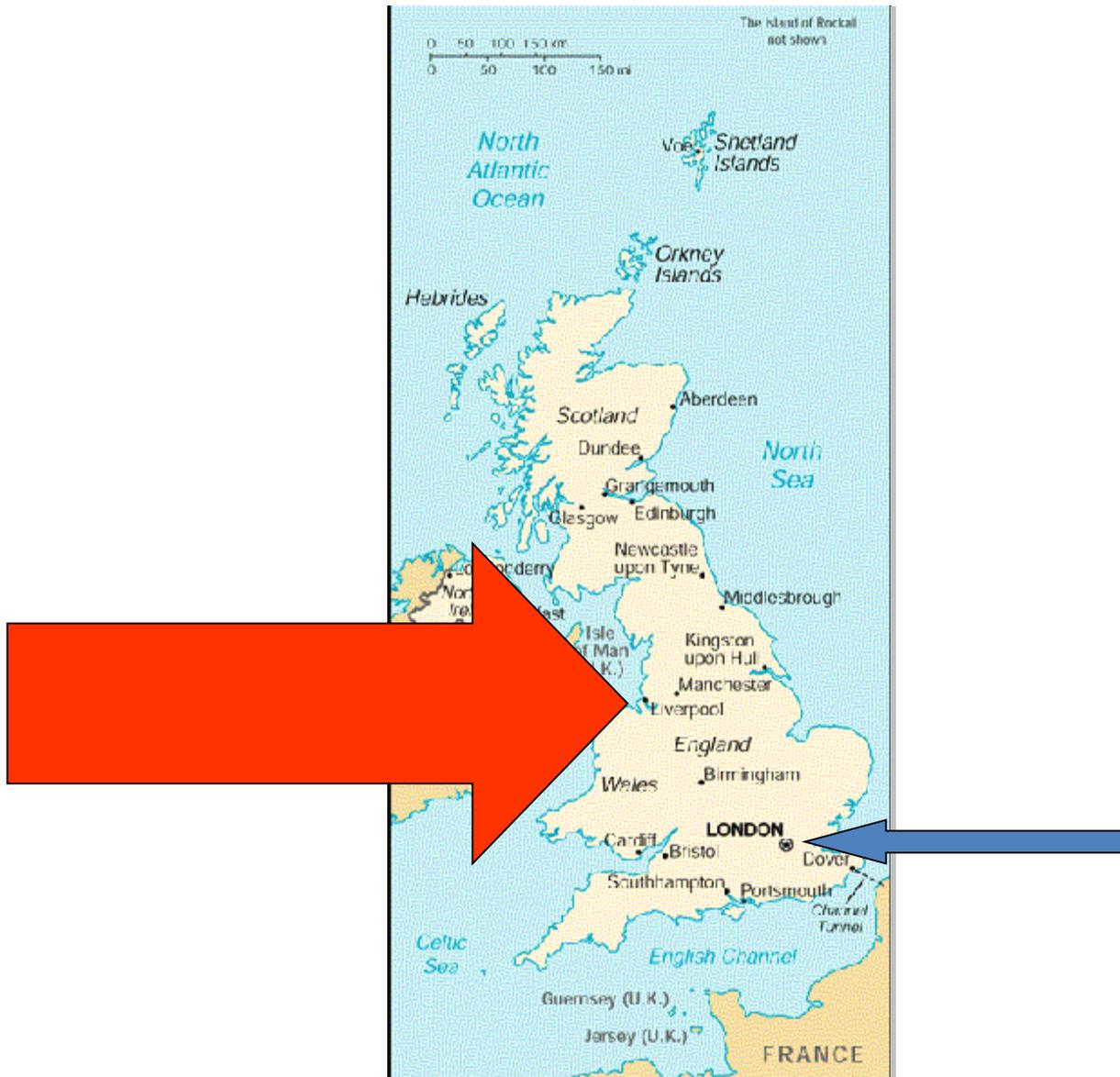


INTRODUCTION TO GUIDELINES

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What are guidelines?

- Statements that help make decisions in particular circumstances

and a small but nevertheless a real difference in age incidence in the two sexes.

(To be concluded in next week's issue)

EPISIOTOMY

BY

J. D. S. FLEW, M.D., M.R.C.O.G.

During the training of the medical student and pupil midwife in the labour ward much stress is laid upon the prevention of perineal tears, and to a great extent their skill at delivery is judged on the results obtained by them in this direction. Whilst agreeing that, in general, an intact perineum is better than a torn one, this statement needs qualification and consideration before it can pass unchallenged. Lubin (1932) has stated: "It is presupposed that a patient without a lacerated perineum fares better than her more unfortunate sister in so far as puerperal morbidity, comfort, future pathology, and disability are concerned." The damage incurred by the patient in order to maintain the integrity of her perineum must be considered.

Disadvantages of a Torn Perineum

What are the possible disadvantages of a torn perineum? The greatest is a complete tear through the sphincter and

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Results

In 135 consecutive primigravid private patients delivered per vaginam I find the following results:

Normal delivery without episiotomy, 63 cases	46.7%
Episiotomy performed in 72 cases	53.3%
Of the episiotomy cases 52 had a normal delivery, and therefore the total normal delivery rate (115 cases in 135) is ..	81.1%
Among the remainder, all of which had episiotomy performed, there were 17 forceps deliveries	12.6%
The remaining 3 cases comprised 2 extended breech and 1 perforation of a hydrocephalic head	

The relatively low forceps rate for primigravidae in private practice I attribute almost entirely to the episiotomy rate of

----- 50%



crow



dodo



crow



dodo

Days of the Empire

Telling people what is best for them

**An example of Appropriate Health
Education for the Punjab**

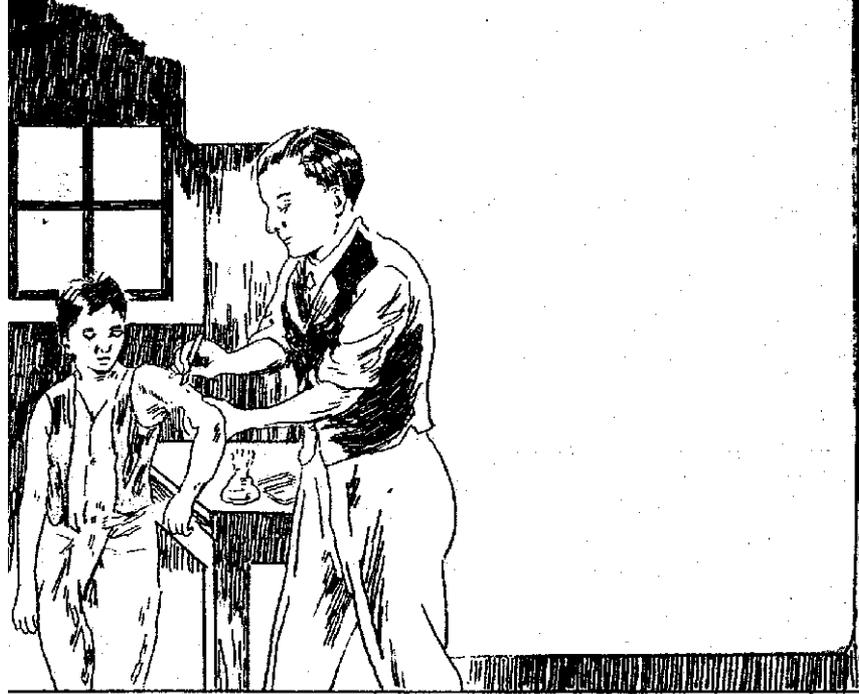
**From the British
Colonial Service**

BE VCCINATED AGAINST SMALL POX EVERY
7 YEARS AND ALSO WHEN THERE IS SMALL
POX IN THE LOCALITY.

ہر سات سال کے بعد چھپک کا ٹیکہ لگاؤ اور نیز جبکہ ارد گرد چھپک کی بیماری موجود ہو۔

हर सात साल के बाद चेचक का टीका लगावालो और जब कभी घास
पास यह बीमारी प्रकट हो, उस समय भी टीका लगावाओ।

১৫। সাত বৎসর অন্তর বসন্ত রোগের টীকা
লইবে এবং পাড়ায় বসন্ত রোগ দেখা দিলেও
টীকা লইবে।

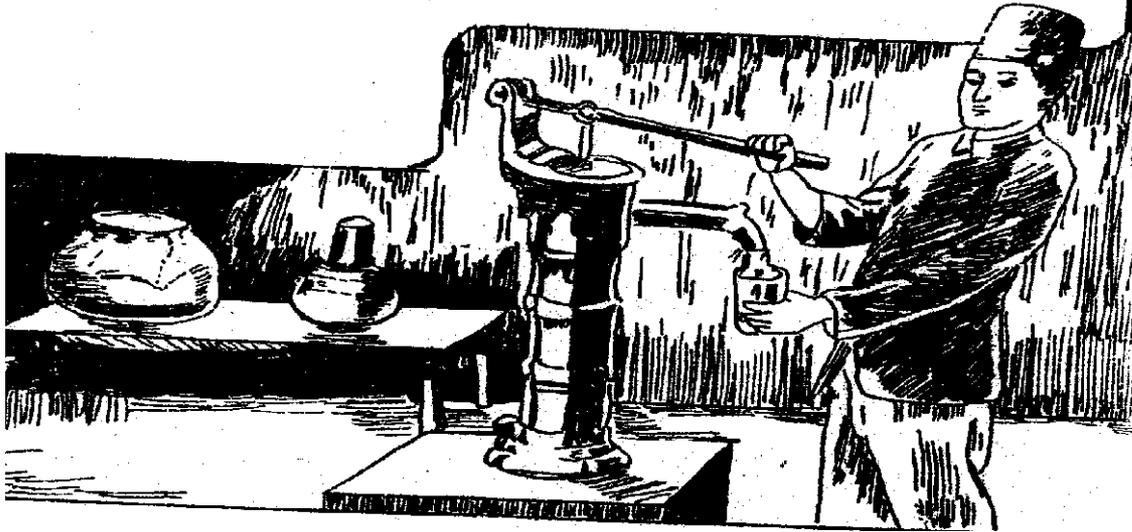


DRINK PLENTY OF PURE WATER HALF AN HOUR
BEFORE, OR ONE HOUR AFTER MEALS RATHER
THAN WITH MEALS.

صاف پانی خوب پیو۔ مگر کھانے کے ساتھ پانی پینے سے بہتر ہے کہ کھانے سے
آدھ گھنٹہ پہلے یا ایک گھنٹہ بعد پانی پیا جائے

स्वच्छ पानी, खाना खाने के साथ के बनिस्वत, खाने के आधे घन्टा पहिले
या एक घन्टे पीछे खूब पीओ।

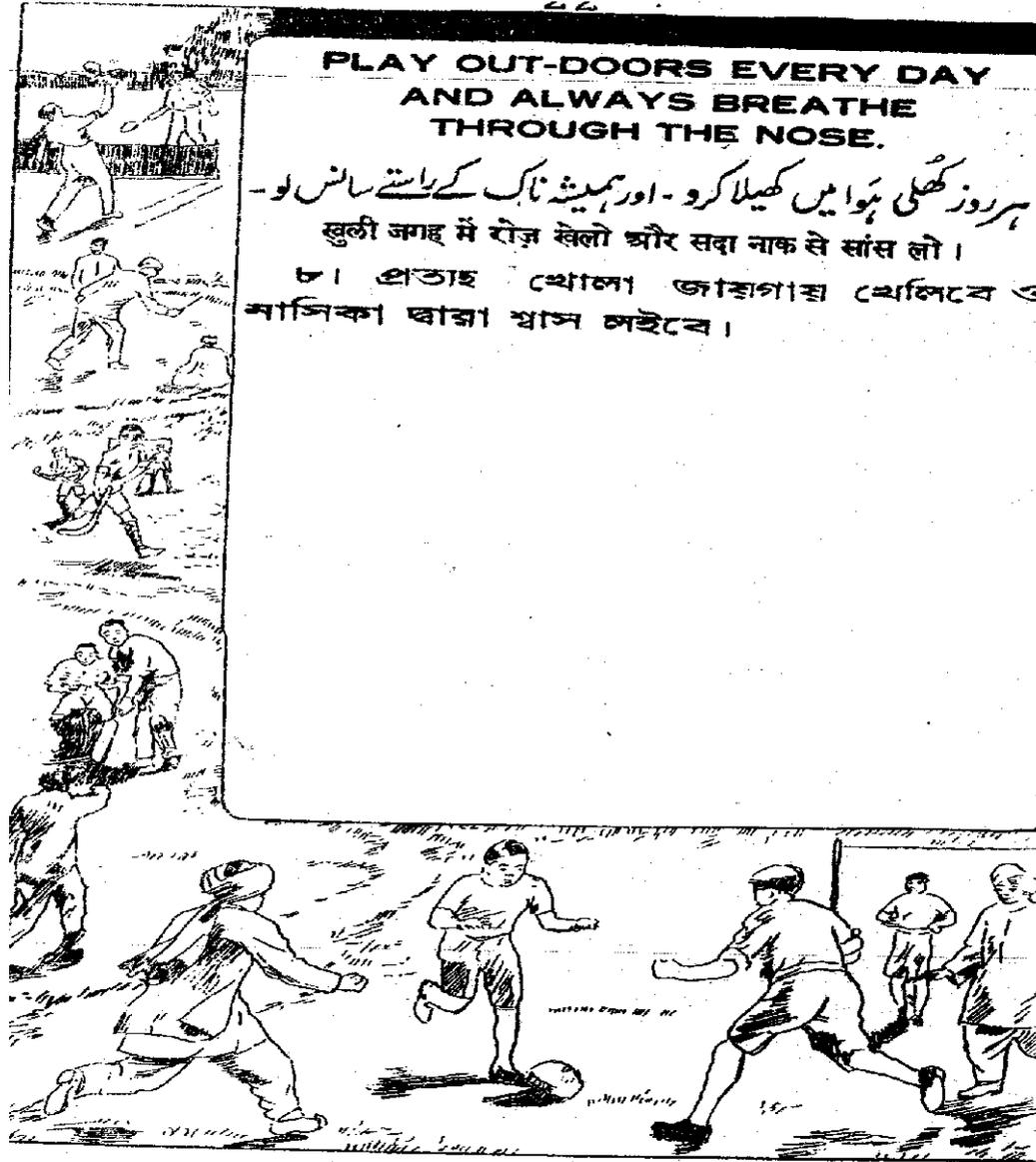
१। थाईवान्न समय जलपान ना करिआ।
थाओवान्न आध घन्टा पूरवे वा एक घन्टा परे
प्रचुर परिमाणे निर्मल जल पान करिबे।



PLAY OUT-DOORS EVERY DAY
AND ALWAYS BREATHE
THROUGH THE NOSE.

ہر روز کھلی ہوا میں کھیلا کرو۔ اور ہمیشہ ناک کے راستے سے سانس لو۔
खुली जगह में रोज़ खेलो और सदा नाक से सांस लो।

८। प्रताह खोला जाइगारा खेलिबे ७
मानिका द्वारा श्वास लइबे।



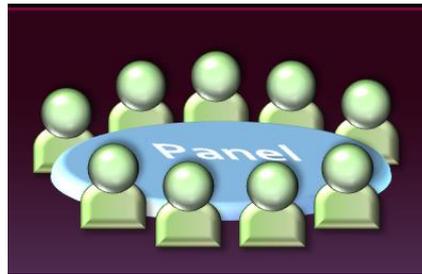
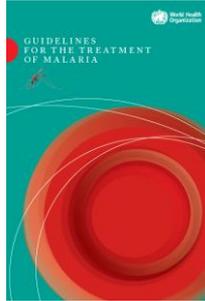
BE REGULAR IN GOING
TO THE LATRINE

باتقاعدہ مقررہ وقت پر پاخانہ کیسا کرو۔

हर रोज़ वक पर पालाने जाओ।

১১। নিয়মিত সময়ে পাখানায়ায় আইবে।





The big idea

**Health care decisions based on
reliable summaries of all the
relevant, available research**

The science

Researchers work hard to minimise
bias in primary studies

When they come to reviews....

**Scientific
principles**



Rationale for systematic reviews of effects

- Many trials done
- Scientific process required
- Scientific principles ignored when reviewing
- Good empirical data to demonstrate “traditional” reviews are misleading

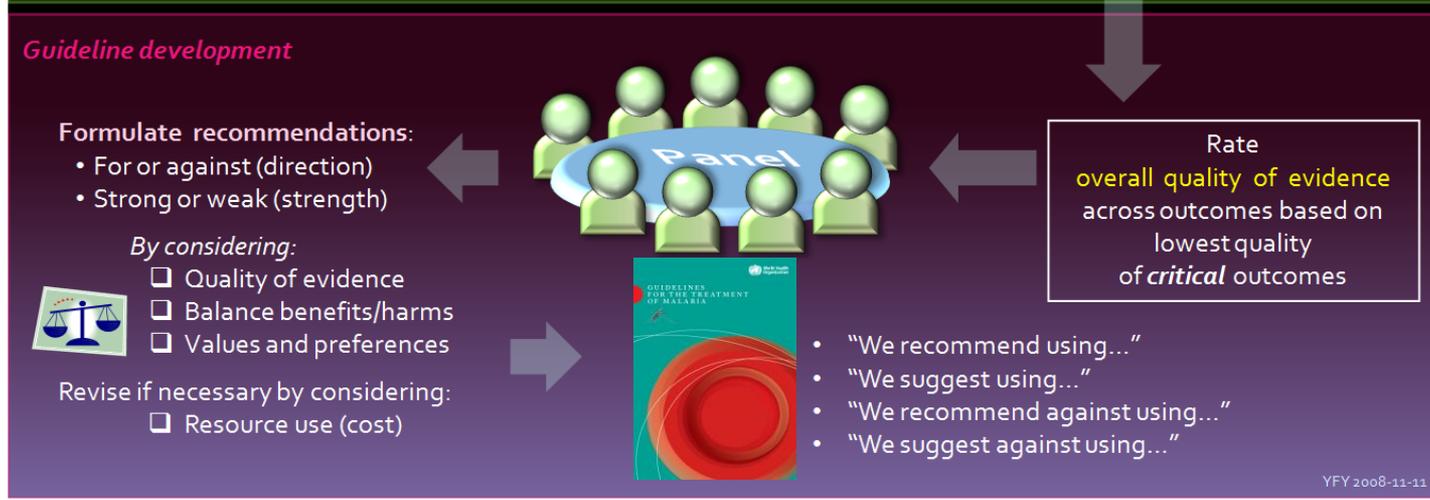
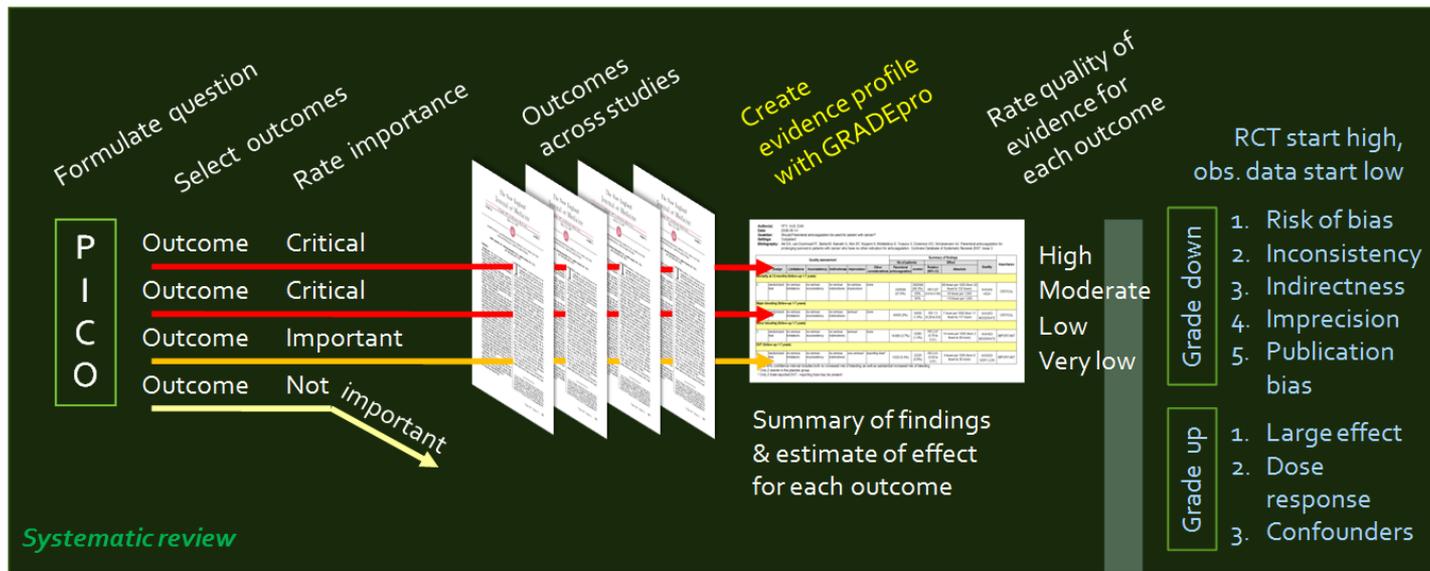


"Most WHO guidelines did not meet most of the AGREE criteria'

'Systematic reviews and concise summaries are rarely used for developing recommendations'.

'Processes usually rely heavily on experts rather than representatives of those who will have to live with the





What are guidelines?

systematically developed statements to assist practitioners and patients make decisions about appropriate health care for specific circumstances.

Three areas

- What is a good systematic review?
- What is the process from moving from a systematic review to a recommendation?
- What are some of the components of a robust, transparent guideline development process?