

**00370 Determining Reduction in the Duration of Second Stage of Labour With Delayed Pushing for Labouring Women Receiving Epidural Anaesthesia: An Evidence-based Review.**

*Lim Miao Chin Jacqueline, Tan Jin Ting, Zhang Jin, Little Jose, Tay Suan Lay Julie*  
KK Women's & Children's Hospital

**Aims:** The aim of this project was to determine whether labouring women receiving epidural anaesthesia who were practising delayed pushing would be beneficial in promoting a reduction in the duration of second stage of labour.

**Methodology:** The authors conducted computerised literature searches and generated a set of abstracts based on text and index words selected to reflect the key issues to be addressed. Articles were abstracted to determine whether there were sufficient data to recommend the practising of delayed pushing for labouring women who were given epidural anaesthesia. Other research articles were evaluated to determine whether there was value in practising delayed pushing for labouring women during the second stage of labour. Finally, diagnostic criteria for recognising maternal outcomes and sampling allocations to treatment groups were reviewed.

**Result:** There were sufficient data to make recommendations regarding delayed pushing which reduced the duration of second stage of labour.

**Conclusion:** There were sufficient data to recommend delaying the onset of pushing until labouring women had the urge to push. Diagnostic criteria, e.g., maternal fatigue scores, perineal injuries, were found to be useful to the clinician for assessing another form of direct effect of delayed pushing, as was fetal heart rate decelerations.