RUPTURED MEMBRANES (SROM) AT TERM PRE LABOUR- PRE HOSPITAL MANAGEMENT AND SPECULUM EXAMINATION FOR MIDWIVES

This LOP is developed to guide clinical practice at the Royal Hospital for Women. Individual patient circumstances may mean that practice diverges from this LOP.

1. AIM
   • Correct identification of pre-labour spontaneous rupture of membranes (SROM) at term

2. PATIENT
   • Pregnant woman ≥ 37 weeks gestation with unconfirmed diagnosis of SROM and who is not in established labour with an uncomplicated pregnancy

3. STAFF
   • Registered Midwives who are accredited to perform speculum examinations

4. EQUIPMENT
   • Sterile Speculum
   • Lubricating gel
   • Light
   • Sterile gloves
   • Actim PROM ®

5. CLINICAL PRACTICE
   Pre Hospital Management
   • Triage over the phone obtaining a detailed history from the woman, including but not limited to:
     o when and how the gush of fluid occurred
     o whether this has happened before
     o approximately how much fluid was lost e.g. tablespoon, cup, etc.
     o what was the colour of the fluid
     o pregnancy complications
     o fetal movements
   • Invite woman with convincing history, concern regarding fetal movement or pregnancy complications.
   • If unconvincing history, instruct the woman to put a pad on and to call in an hour for assessment or sooner if any concerns

Hospital Management
   • Obtain detailed history and inspect amniotic fluid / pad
   • Recommend speculum examination, in absence of obvious amniotic fluid
   • Obtain informed consent from the woman and document
   • Insert speculum to inspect cervix and posterior fornix to assess if any pooling of amniotic fluid
   • Ask woman to cough or perform valsalva manoeuvre if examination inconclusive
   • Test vaginal secretions with Actim PROM ®, if no amniotic fluid is visible or if uncertain
   • Inform woman of findings
   • Follow “Rupture of Membranes Pre-Labour at Term” LOP if ROM confirmed
   • If not confirmed, discharge home with advice for woman to call if further concerns
RUPTURED MEMBRANES (SROM) AT TERM PRE LABOUR - PRE HOSPITAL MANAGEMENT AND SPECULUM EXAMINATION FOR MIDWIVES  cont’d

6. DOCUMENTATION
   • Integrated clinical notes
   • Antenatal card if woman going home

7. EDUCATIONAL NOTES
   • Pre-labour rupture of membranes is defined as spontaneous rupture of membranes before the onset of regular uterine contractions
   • 70% of women with SROM will labour within 24 hours
   • A history of sexual abuse needs to be taken into account and appropriate and sensitive care provided

8. RELATED POLICIES / PROCEDURES / CLINICAL PRACTICE LOP
   • Midwifery admission
   • Rupture of Membranes Pre-Labour at Term

9. RISK RATING
   • Low

10. REFERENCES
    2. FPA Health (2005) Cervical Screening Training for Midwives, Accredited by Royal College of Nursing Australia

REVISION & APPROVAL HISTORY
Reviewed Maternity Services LOPs group 12/8/14
Previously titled Speculum Examination for Midwives – Spontaneous Rupture of Membranes (SROM) at Term Guideline
Approved Patient Care Committee 7/8/08
Endorsed Obstetrics Clinical Guidelines Group July 2008

FOR REVIEW : AUGUST 2019