DOUBLE TROUBLE? AN AUDIT OF MODE OF DELIVERY OF TWINS AND BIRTH INTERVAL IN A DISTRICT GENERAL HOSPITAL

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INTRODUCTION

An audit conducted at Ysbyty Gwynedd set out to establish whether statistics for twin deliveries fall within national published figures and does the twin-twin birth interval comply with national guidelines.

According to the Royal College of Obstetricians and Gynaecologists, the reported rate of Caesarean delivery of the 2nd twin after vaginal delivery of 1st varies between 4.4% and 10.1%

59% of twin pregnancies were delivered by CS according to NICE data published in 2011.

The recommended birth interval is less than 30 minutes.

METHODS

A retrospective audit was carried out from January 2012 collecting data from the birth register, RADIS and the transfer register.

50 cases were studied.

Demographic data collected included maternal age, gestational age, patient parity, mode of delivery, time interval and birth weights.

RESULTS

At Ysbyty Gwynedd there were no instances recorded where twin 2 was delivered by Caesarean section following a vaginal delivery of twin 1. 60% of twins were delivered by Caesarean section (compared with NICE published figures of 59%)

The average time interval between deliveries as 9.8 minutes. The median was 2 minutes.

3 deliveries exceeded the recommended 30 minute time interval between deliveries. These deliveries were all spontaneous vaginal deliveries. The average time interval for elective and emergency Caesarean sections was 1.3 and 1.5 minutes respectively.

No instances of intrauterine death or neonatal death were recorded

CONCLUSION

Twin pregnancies are a source of anxiety for parents and obstetricians alike. A vaginal birth and Caesarean section in quick succession have ramifications for women both immediately after delivery for their recovery and consequences for future pregnancies. This audit has provided a useful snapshot into the mode of delivery and time interval of twins at Ysbyty Gwynedd. Whilst the recommended birth interval is currently under 30 minutes, there is little evidence to suggest an adverse outcome should this time exceeded.