

Birth preparation and recovery

Scientific background to the EPI-NO Delphine Plus

1. The first Australian trial of the birth training device EPI-NO

G.Kovacs, P. Heath, CSN. Heather: Box Hill Medical School, Monash University, Box Hill Hospital, Melbourne, Australia, September 2003

Findings and facts of the study by G. Kovacs:

- From the 37th week of pregnancy, 48 primiparous women trained for around 15 minutes a day with the EPI-NO Delphine plus. (Control group: 248 primiparous women).
- The intact perineum rate increased significantly in the EPI-NO training group (46% of vaginal births took place in the EPI-NO group with an intact perineum: in the control group only 17% of the women gave birth without an episiotomy or damage to the perineum).
- The second stage of labour was reduced by 20 minutes in the EPI-NO training group.

2. First clinical experiences among primiparous women with a new kind of birth training device EPI-NO

J. Hillebrenner et al.: Clinic for Gynaecology and Obstetrics, Clinic Rechts der Isar, Munich, 2001

Findings and facts of the study by J. Hillebrenner:

- 45 primiparous women trained with EPI-NO from the 38th week of pregnancy. Women who had given birth spontaneously and with no surgical intervention within the period of the study (May 1998 To August 1999) in the Clinic Rechts der Isar acted as the control group.
- A significant increase in the intact perineum rate (47% of participants in the trial with an intact perineum in the EPI-NO group, 9% with an intact perineum in the control group).
- Significant reduction in the second stage of labour (29 minutes in the EPI-NO group, 54 minutes in the control group).
- Reduction of the PDA rate from 36% to 16%.
- Significantly lower need for pain relief in the EPI-NO group

3. Increase in the efficiency of post partum pelvic floor training by using the training device EPI-NO

Irini Papadopoulou, midwife, Ottobrunn, December 2002

Findings and facts of the study by I. Papadopoulou:

- A training device such as EPI-NO motivates women to carry out regular, daily pelvic floor training.
- This effectively strengthens the pelvic floor musculature. The biofeedback signal given by EPI-NO confirms that muscle strength increases by 60% in a period of three weeks.
- Almost two-thirds of the EPI-NO users were able to gain control of their incontinence problems after only three weeks.
- EPI-NO improved somaesthesia in 61% of the users.
- Pelvic floor training with aids optimally expands the range of regeneration exercises among women with marked pelvic floor weakness.