

This word picture was verified by injured mothers who gave their accounts in various focus groups. The size of the word represents the force of the emotions felt.

Key:

The Condition

Healing / recovery

Coping Mechanisms

*Adjustment*  
 Bewildered  
 Isolation  
 Embarrassed  
 Family  
**Baby**  
 Unclean  
 Family  
 No one to talk to  
 Inadequate  
*Sharing*  
 Employment  
**Blessings**  
 Fear  
 Dignity loss  
*Washing*  
 Partner disengagement  
 Guilt  
 Disbelief  
**Hiding my condition**  
*My baby*  
 Feeling low  
 Sexual horrors  
*Having to plan*  
**Hope**  
 Shock  
 Loss of confidence  
*Friends*  
**Family**  
 Mutilated  
 Stressed  
 Grief  
 Anxiety  
 Anger  
 Pain  
**Love**  
 Marriage fears  
 Denial  
 Shattered motherhood  
*Work*  
 Being a failure  
 Disfigurement

## The MASIC Foundation's mission statement

Improving the welfare of mothers with anal incontinence caused by birth injuries during childbirth as well as their families, through the prevention, detection and treatment of these injuries, within a comprehensive national care pathway of support.

Want to know more and what you can do?  
 Visit [www.masic.org.uk](http://www.masic.org.uk)  
 Contact us: [admin@masic.org.uk](mailto:admin@masic.org.uk)  
**Spread the word**  
 MASIC is a small charity, solely reliant upon the generosity of donations. Please donate by contacting the MASIC Office or visit our CAF Page: [www.cafonline.org](http://www.cafonline.org)



### The MASIC Foundation

Registered charity no. 1169632  
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 [@masic\\_uk](https://twitter.com/masic_uk)

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# Supporting mothers through injuries sustained during childbirth



The MASIC Foundation

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 [@masic\\_uk](https://twitter.com/masic_uk)

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## Supporting mothers, making the public aware, educating the professions.

The MASIC Foundation, registered in 2016, is the only multi-disciplinary charity working with women and healthcare professionals to support those with **obstetric anal sphincter injuries (OASI)** following childbirth.

Our objectives are:

1. Supporting women who have sustained these injuries, and their families;
2. Campaigning for changes in healthcare policies to avoid injuries and improve their detection;
3. Promoting awareness in the healthcare professions as they are ignorant about the frequency and long-term consequences of this condition;
4. Advancing public awareness that over 20% of women have some impairment of bowel control after birth, which becomes more problematic with age;
5. Promoting research into the causes, prevention and treatment of OASI.

*"I am ashamed to go out of the house"*

*"I have flashbacks of what has happened at her birth"*

*"I feel a failure"*

*"I have lost my job"*

*"Nobody warned me about this"*

**[Testimonies from mothers with OASI]**

Having a baby is a natural and increasingly safe process. However, one in five women delivering a baby through the natural way may develop a serious tear, that results in anal incontinence and poor control of wind.

Anal incontinence after childbirth can be a physically, psychologically and socially debilitating condition. Many women suffer in silence, unaware that there are others with a similar experience, and that support can be provided in specialist clinics.

Those that do seek support from healthcare professionals may be met with misunderstanding or a lack of knowledge in how to investigate the problem or provide women with support. MASIC aims to change this.



Primary prevention, better collaboration and improved detection of injury.

The MASIC Foundation has a close relationship between the Royal Colleges of Obstetricians and Gynaecologists and Midwives, through the OASI Care Bundle. A pilot study in 16 centres has generated a closer collaboration between midwives, obstetricians and those requiring intrapartum care by initiating four interventions, which have significantly reduced the rate of OASI as well as improving the detection of these injuries.

Preliminary health economic data indicate that avoiding 100 cases of OASI could save the NHS over £20 million. Similarly, for every OASI missed, there is a potential further saving of £1.25 million.

### The MASIC Foundation:

- Enables support groups for women with these injuries so that they can meet one another;
- Creates opportunities for women with OASI to be involved in research;
- Raises public awareness through MASIC Ambassadors;
- Encourages a multidisciplinary care pathway for women with OASI;
- Runs open nationwide Education Days with health professionals;
- Does research by converting stories into education soundbites in the prevention and detection of OASI;
- Changes attitudes and health practices;
- Has a website and social media platforms where women can find information, sources of support and link with others.