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Appendix I: Explanation of guidelines and evidence levels

Clinical guidelines are: 'systematically developed statements which assist clinicians and patients in making decisions about appropriate treatment for specific conditions'. Each guideline is systematically developed using a standardised methodology. Exact details of this process can be found in Clinical Governance Advice No. 1 *Development of RCOG Green-top Guidelines* (available on the RCOG website at www.rcog.org.uk/green-top-development). These recommendations are not intended to dictate an exclusive course of management or treatment. They must be evaluated with reference to individual patient needs, resources and limitations unique to the institution and variations in local populations. It is hoped that this process of local ownership will help to incorporate these guidelines into routine practice. Attention is drawn to areas of clinical uncertainty where further research may be indicated.

The evidence used in this guideline was graded using the scheme below and the recommendations formulated in a similar fashion with a standardised grading scheme.

Classification of evidence levels

1++	High-quality meta-analyses, systematic reviews of randomised controlled trials or randomised controlled trials with a very low risk of bias
1+	Well-conducted meta-analyses, systematic reviews of randomised controlled trials or randomised controlled trials with a low risk of bias
1–	Meta-analyses, systematic reviews of randomised controlled trials or randomised controlled trials with a high risk of bias
2++	High-quality systematic reviews of case–control or cohort studies or high-quality case–control or cohort studies with a very low risk of confounding, bias or chance and a high probability that the relationship is causal
2+	Well-conducted case–control or cohort studies with a low risk of confounding, bias or chance and a moderate probability that the relationship is causal
2–	Case–control or cohort studies with a high risk of confounding, bias or chance and a significant risk that the relationship is not causal
3	Non-analytical studies, e.g. case reports, case series
4	Expert opinion

Grades of recommendations

A	At least one meta-analysis, systematic reviews or RCT rated as 1++, and directly applicable to the target population; or A systematic review of RCTs or a body of evidence consisting principally of studies rated as 1+, directly applicable to the target population and demonstrating overall consistency of results
B	A body of evidence including studies rated as 2++ directly applicable to the target population, and demonstrating overall consistency of results; or Extrapolated evidence from studies rated as 1++ or 1+
C	A body of evidence including studies rated as 2+ directly applicable to the target population, and demonstrating overall consistency of results; or Extrapolated evidence from studies rated as 2++
D	Evidence level 3 or 4; or Extrapolated evidence from studies rated as 2+

Good practice point

✓	Recommended best practice based on the clinical experience of the guideline development group

Appendix II: The causes of PPH[30]

The four Ts	Risk factors/notes
Tone: abnormalities of uterine contraction	
Overdistension of uterus	Polyhydramnios, multiple gestation, macrosomia
Intra-amniotic infection	Fever, prolonged rupture of membranes
Functional/anatomic distortion of uterus	Rapid labour, prolonged labour, fibroids, placenta praevia, uterine anomalies
Uterine relaxants, e.g. magnesium and nifedipine	Terbutaline, halogenated anaesthetics, glyceryl trinitrate
Bladder distension	May prevent uterine contraction
Tissue: retained products of conception	
Retained cotyledon or succenturiate lobe	
Retained blood clots	
Trauma: genital tract injury	
Lacerations of the cervix, vagina or perineum	Precipitous delivery, operative delivery
Extensions, lacerations at caesarean section	Malposition, deep engagement
Uterine rupture	Previous uterine surgery
Uterine inversion	High parity with excessive cord traction
Thrombin: abnormalities of coagulation	
Pre-existing states	
Haemophilia A	History of hereditary coagulopathies or liver disease
Idiopathic thrombocytopenic purpura	Bruising
von Willebrand's disease	
History of previous PPH	
Acquired in pregnancy	
Gestational thrombocytopenic	Bruising
Pre-eclampsia with thrombocytopenia e.g. HELLP	Elevated blood pressure
Disseminated intravascular coagulation	
a) Gestational hypertensive disorder of pregnancy with adverse conditions	Coagulopathy
b) in utero fetal demise	Fetal demise
c) severe infection	Fever, neutrophilia/neutropenia
d) abruption	Antepartum haemorrhage
e) amniotic fluid embolus	Sudden collapse
Therapeutic anticoagulation	History of thromboembolic disease

Abbreviations: HELLP haemolysis, elevated liver enzymes and low platelet count; **PPH** postpartum haemorrhage.