Effective Interventions to Reduce the Increase In Elective Cesarean Sections In Low Risk Women

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What are effective interventions to reduce the increase in elective cesarean section in low risk women

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Introduction

- According to Annex of Family Medicine, “The percentage of babies born by cesarean section increased in the United States from 4.5% in 1965 to 26.1% in 2002. Nearly 40% of cesarean sections are repeat.”
- According to Maternal Health Study Group of the Canadian Perinatal Surveillance System, “The overall severe maternal morbidity rate was 27.3 per 1000 deliveries, i.e., 27.3% among women in the planned cesarean delivery group, versus 9.0 among those in the planned vaginal delivery group.”
- A research study (Wiklund et al., 2007) surveyed Swedish primiparous women who requested a cesarean section (n=95) or experienced a vaginal birth (n=266). Data from 70 women demonstrated that fear of childbirth was the most common reason for the request.
- The research question will address the problem of complications related to elective c-section and establish interventions that will help reduce requests of c-sections without medical justifications through educational modalities.

Study Design/Sample

The databases we used to search for the articles were CINAHL, ScienceDirect, and PubMed.

Findings

WHAT ARE THE REASONS FOR ELECTIVE C-SECTION?
- Fear of the pain of childbirth
- Fear the loss of control or safety
- Fear of body being less attractive after childbirth
- believes that a cesarean section is the safer, more responsible choice

Cesarean Section Risks

How to Reduce Elective Cesarean Section?

- Get educated in childbirth education
- Choose a provider and birth setting with low cesarean rates
- Do doula
- Let labor start on its own
- Avoid "routine" interventions
- Question a cesarean and your baby's need for immediate delivery
- Evaluate your options for vaginal birth after cesarean

Conclusion/ Further Study

Based on the research we have found effective interventions to reduce the increase in elective cesarean sections for low risk women. For most pregnancies cesarean sections pose a much greater risk for maternal morbidity and mortality than vaginal delivery.

The interventions that we have found, address maternal fears and preconceived thoughts about cesarean sections. There needs to be a greater push for prenatal educational programs that address maternal fears of childbirth, pain, safety, and loss of control.

Continuous labor and delivery support has been associated with a reduction in cesarean deliveries and improved patient satisfaction. Organizations and governing bodies need to ensure research is conducted to provide knowledge and promote policy changes. As an interdisciplinary team we need to encourage women to articulate their concerns, develop strategies to promote confidence in the childbirth process, and examine the woman's childbirth beliefs and decisions within a broader sociological context.

Further Research:
- We also recommend a study of neonatal mortality and morbidity associated with very low birth weight for women with previous cesarean sections that accounts for precipitous or unplanned VBAC deliveries.
- Organizations and governing bodies should work to ensure that research is conducted to provide knowledge and promote policy changes that safely lower the rate of elective cesarean deliveries.

Acknowledgements/Contacts

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