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 Annals of Family Medicine, “The percentage of babies born by cesarean section increased in the United States from 4.7% in 1965 to 26.3% in 2011. 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) for 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 repeat.

- 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.
- In 2011, one in three women who gave birth in the United States by cesarean delivery. Rapid decrease in cesarean birth rates from 1996 to 2011 without clear evidence of concomitant increase in maternal or neonatal morbidity or mortality raises significant concern that cesarean delivery is overused and clinical intervention are needed to avoid further complications.

Findings

WHAT ARE THE REASONS FOR ELECTIVE C-SECTION?

- Fear of the pain of childbirth
- Fear of 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

- Blood clots
- Infection
- Nursing complications
- Infant death
- Medical complications
- Protracted labor
- Injury to the intestines
- Baby death

Search Strategy

How to Reduce Elective Cesarean Section?

- Cesarean if you are in no pain.
- Choose a provider and birth setting with low cesarean rates.
- Let labor start on its own.
- Avoid “routine” interventions.
- 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. These 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 promote 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 women's childbirth beliefs and decisions within the broader sociological context.

Acknowledgements/Contacts

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