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

Kimberly Kelsey  
*Dominican University of California*

Crystal Hunter  
*Dominican University of California*

Brianna-Kirsten Tan  
*Dominican University of California*

Sara Shea  
*Dominican University of California*

Heather Holland  
*Dominican University of California*

See next page for additional authors

**Survey: Let us know how this paper benefits you.**

**Recommended Citation**
Kelsey, Kimberly; Hunter, Crystal; Tan, Brianna-Kirsten; Shea, Sara; Holland, Heather; Riley, Sasha; Uy, Mary; Tsomo, Tenzin; Ruys-solorzano, Fasha; and Tso, Dolma, "Effective Interventions to Reduce the Increase In Elective Cesarean Sections In Low Risk Women" (2016). *Student Research Posters*. 34.  
https://scholar.dominican.edu/ug-student-posters/34

This Presentation is brought to you for free and open access by the Student Scholarship at Dominican Scholar. It has been accepted for inclusion in Student Research Posters by an authorized administrator of Dominican Scholar. For more information, please contact michael.pujals@dominican.edu.
Authors
Kimberly Kelsey, Crystal Hunter, Brianna-Kirsten Tan, Sara Shea, Heather Holland, Sasha Riley, Mary Uy, Tenzin Tsomo, Fasha Ruys-solorzano, and Dolma Tso

This presentation is available at Dominican Scholar: https://scholar.dominican.edu/ug-student-posters/
What are effective interventions to reduce the increase in elective cesarean section in low risk women

Chrystal Curran, Brianna Tan, Kimberley Kelsey, Sara Shea, Heather Holland, Sasha Riley, Mary Uy, Crystal Hunter, Tenzin Tsomo, Fasha Ruys-Solorzano and Dolma Tso

Introduction

- According to America of Family Medicine, “The percentage of babies born by cesarean section increased in the United States from 4.5% in 1980 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 mortality rate was 27.3 per 1000 deliveries (i.e., 27.3) per 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=91) who 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.

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

Search Strategy

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

Study Design/Sample

<table>
<thead>
<tr>
<th>Date</th>
<th>Source</th>
<th>Time</th>
<th>Topic</th>
<th>Language</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>National Center for Health Statistics</td>
<td>1992-2013</td>
<td>Women's weights</td>
<td>English</td>
</tr>
<tr>
<td>2015</td>
<td>National Center for Health Statistics</td>
<td>2015</td>
<td>Women's heights</td>
<td>English</td>
</tr>
</tbody>
</table>

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 misconceptions about cesarean sections. These need 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 previous or unexplained VBAC deliveries.

Acknowledgements/Contacts

Please Contact: Chrystal Curran for references.
chrystal.curran@students.dominican.edu