

The Cesarean Option

Webinar by Sarah Miller, RNC-OB, BSN, ICCE, CLEC
Interim Assistant Nurse Manager
Childbirth Educator and L&D RN



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Objectives

- Welcome!

Who do I have in the room with me today?

- Discuss how the Cesarean Option course came about
- Give an idea of what the class is like by teaching the curriculum to an audience of professionals
- Review outcomes surrounding the class and its impact on our NTSV rate
- Allow time for questions

Why The Cesarean Option?

NTSV Taskforce identified area of opportunity to address shared decision making/informed consent related to primary elective cesarean rates, with goal to decrease primary elective cesarean rate at Cedars-Sinai Medical Center.

“I wish someone would have told me...”

“When asked about cesarean delivery on maternal request, the clinician should find out the reasons for the patient’s request; explore her values, emotional, and social needs; address her concerns about labor and vaginal birth and any misinformation leading to those concerns; and engage her and possibly her support persons in a balanced discussion about the risks and benefits (relative and absolute) of the procedure.” – Jeffrey Ecker, 2013 (5)



What does the research say?

Kalayil Madhavanprabhakaran G, et al found that “there were more than doubled numbers of maternal requests for cesarean birth among nulliparous women, who had intense childbirth anxiety. The main cause of high demand for cesarean birth was due to women’s fear and anxiety of vaginal birth.” (1)

“Structured childbirth education programs significantly reduced pregnancy specific anxiety of nulliparous pregnant women and adverse pregnancy outcomes, especially of requested cesarean sections.” (1)

“Childbirth education effectively reduced childbirth anxiety and increased desire to vaginal births.” (2,3)

“Cochrane meta-analysis of mixed 16 studies concluded that nurse-led relaxation classes and birth preparation classes for low-risk mothers decreased the number of cesarean sections.” (1)

The Cesarean Option

The Cesarean Option is a complimentary 1.5-hour class offered exclusively for mothers planning or considering an ELECTIVE cesarean birth. This class is led by our own labor and delivery nurses. Our goal is to share the pros and cons of cesarean birth with you, discuss the birth and recovery processes for both cesarean and vaginal birth, and ensure you have all the facts to make an informed choice.

Mothers having a cesarean birth for medical reasons are encouraged to attend the Cesarean Birth class to learn how to optimize their cesarean birth and recovery, understand the process and address anxieties surrounding cesarean birth in a supportive environment.

Classes began in March 2016 and are offered monthly.

Housekeeping

- Room Temperature
- Quiet your phones
- Ask questions
- Learning how to better serve YOU
- Other learning opportunities
- #cedarsbabies

- Photography Disclaimer



WELCOME

- Privacy and Confidentiality
- Count on me as your instructor and support
- We respect personal choice, beliefs, and values
- Our Goal

Photo of baby



Getting to Know You



Partner/Father:

Your name, Due date,
What excites you most
about parenthood?

Pregnant Mom:

Your name, Name of
provider, What excites
you most about
parenthood?



What have you heard?

- Cesarean Birth
- Vaginal Birth
- Parenthood



**What do you think is the number one
motivator that *we find in the class* for women
electing for a cesarean birth?**



What do you think is the number one motivator that we find in the class for women electing for a cesarean birth?

A) Fear of perineal tearing

B) Wanting to plan their due date

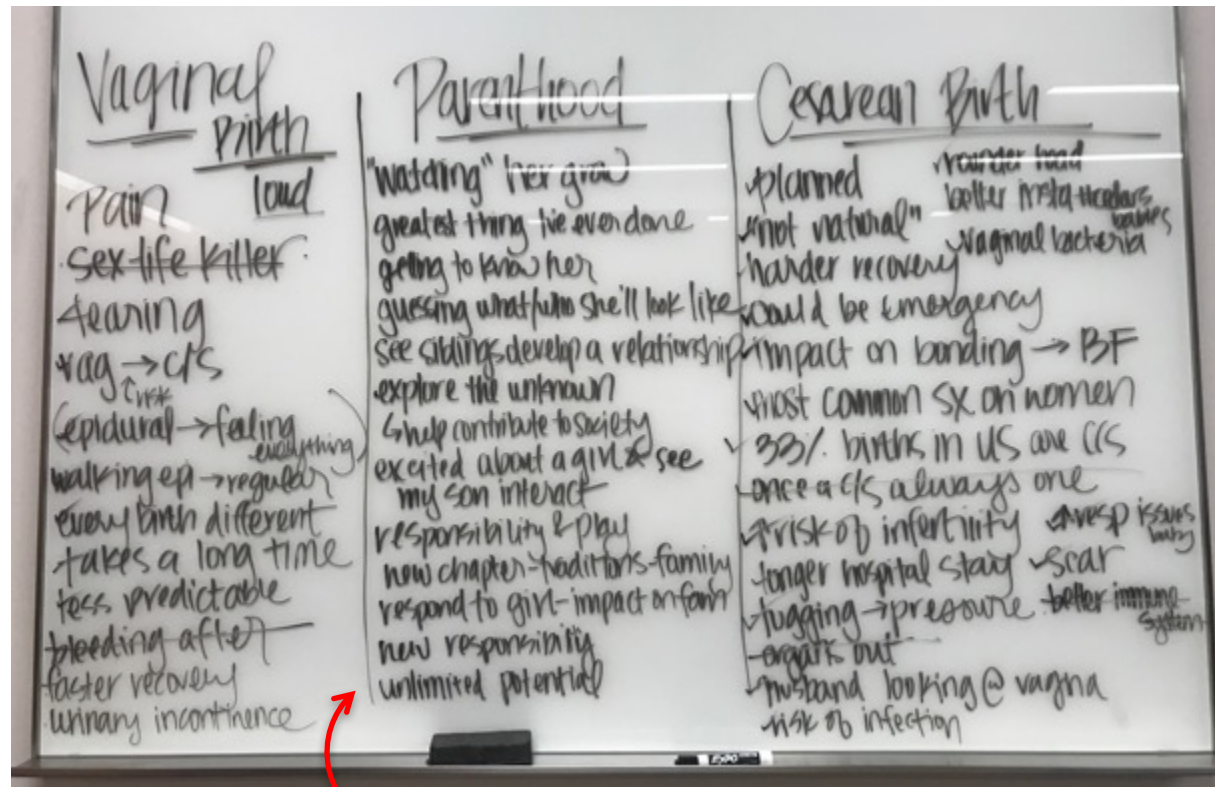
C) Fear and control

D) Being more comfortable with the idea of a surgery than the unknown of a vaginal birth

What have you heard about Vaginal Birth? Cesarean Birth?

Themes:

- Fear:
 - Tearing
 - Incontinence
 - Pain
 - The “unknown”
 - “Getting stuck”/shoulder dystocia
 - “Sex-life killer”
 - Large baby or small baby
- Control:
 - Timing/schedule
 - More “predictable”
 - Faster



**This was a highly verbal/educated group 😊

Decision Points

Pros:	Cons:
My Values: <i>What's important to me that affects my choice? (health, independence, spirituality, etc.)</i>	My Birth Preferences: <i>What are my priorities during the birth experience? (labor, birth, recovery)</i>

Supporting you in making an informed, personalized choice



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THINKING ABOUT REQUESTING A CESAREAN FOR YOUR FIRST BABY?



A cesarean birth is also called a C-Section. It is a type of surgery used in childbirth where a doctor makes a cut in the mom's uterus (the womb where the baby grows during pregnancy) to deliver her baby. There are medical reasons for a having a C-Section. Some women ask to have a C-Section as a personal choice.

As a first-time mom, you might hear a lot about which is better or safer: a vaginal birth or a C-Section. Some women want a C-Section because they are afraid of labor. Some women want to know exactly when their baby will be born. Others believe that a C-Section is safer for the baby, because you can avoid problems that can happen during labor. A C-Section has risks for both baby and mom.

For Baby

RISKS OF CESAREAN

- Increased chance of breathing problems
- Baby does not get exposed to normal bacteria from mother during vaginal birth. This can cause changes to baby's immune system
- Increased chance of childhood asthma
- Problems breastfeeding
- Small cuts from knife during surgery

BENEFITS OF CESAREAN

- Less chance of birth trauma (baby can get "stuck," nerve damage or arm bone injury)
- Less chance the doctor will use a vacuum or forceps to deliver baby

(continues)

For Mom

RISKS OF CESAREAN

- Major surgery
- Increased chance of infection
- More pain after surgery
- Longer recovery time
- Increased chance of bleeding
- Can require blood transfusion
- Increased chance of injury to uterus, bladder or bowel during surgery
- Increased chance of blood clots in your legs
- Increased chance of problems with breastfeeding
- Increased chance of problems with future pregnancies. This may include: repeat cesarean sections, still births, uterine rupture, placenta previa (placenta covers the cervix), hemorrhage, hysterectomy, and infertility
- Death in rare cases

BENEFITS OF CESAREAN

- Shorter or no labor time
- Less chance of bladder or urinary problems during the first year after childbirth
- Delivery day can be planned

It is important to know how a C-section can affect your baby and future pregnancies. Talk to your doctor about the risks and benefits of vaginal and cesarean birth. They can help you decide what is right for you.

Reasons for Cesarean

Medical:

- Prior cesarean birth
- Prior surgery on the uterus
- Twins... triplets... etc.
- Problems with the placenta (previa, accreta)
- Baby isn't head down

Elective:

- Does not want to experience labor
- Sexual trauma
- Excessive fear
- Convenience

Passageway

Position

Passenger

Power

Psyche



The Cesarean Option

Most commonly performed surgery on women.

Photo of woman in C/S



Choice

Informed Choice: Risks, Benefits, Other Options

Autonomy: An individual's right to choose for oneself.

Shared Decision Making The process in which caregivers and patients work together to make

decisions and choose care plans based on *clinical evidence that balances risks and expected outcomes with patient preferences and values.*

Photo of woman in speaking with MD



Baby

Risks of Cesarean

- Breathing problems
- Childhood asthma
- Changes to baby's immune system
- Problems breastfeeding
- Small cuts during surgery

Benefits of Cesarean

- Less chance of getting “stuck”
- Less likely to use a vacuum or forceps to deliver baby



MOM

Risks of Cesarean

- Major surgery
- Infection
- More painful & longer recovery
- Bleeding —————> blood transfusion
- Injury to uterus, bladder or bowel
- Blood clots
- Problems with breastfeeding
- Problems with future pregnancies:
 - repeat cesarean sections
 - still births
 - uterine rupture
 - placenta previa (placenta covers the cervix)
 - Hemorrhage
 - Hysterectomy
 - Infertility
- Death in rare cases

Benefits of Cesarean

- Shorter or no labor time
- Less chance of bladder or urinary problems during the *first year* after childbirth
- Delivery day can be planned
- No chance of vaginal tearing



“In the absence of maternal or fetal indications for cesarean delivery, a plan for vaginal delivery is safe and appropriate and should be recommended.”

- ACOG Committee Opinion April 2013



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What do you think the response is by the participants after hearing this pro/con list?

A) Anxiety

B) Appreciation for the information

C) Curiosity

D) All of the above

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A) Anxiety

B) Appreciation for the information

C) Curiosity

D) All of the above

Cesarean Birth

Photo of woman with partner in C/S



Ready

Photo of woman getting hooked up to FM
with RN

Photo of woman taking Bicitra



Photo of OR



Set



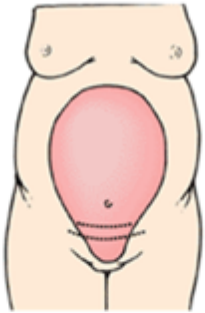
Photo of dad waiting outside



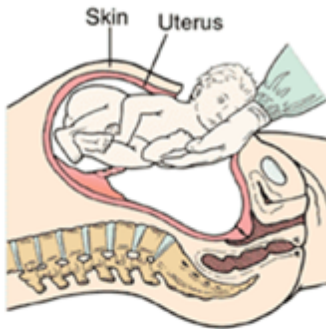
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GO!

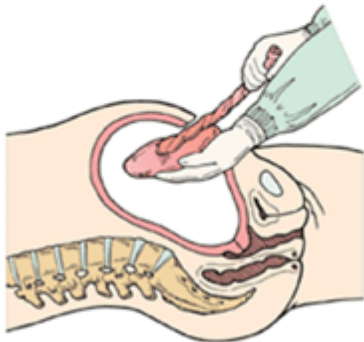
Cesarean Section



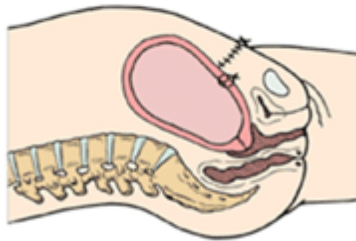
1. A cut is made in the skin just below the belly button. Then another cut is made in the uterus.



2. The baby is removed.



3. The placenta is removed.



4. The uterus and skin are sewn back up.

Photo of baby emerging from incision

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Photo of baby on sterile field after delivery



Photos of baby assessment



Photo of skin to skin in OR



Vaginal Birth

Photos of vaginal birth families



Photo of L&D room



Photos of women in labor

Photos of women pushing and delivery



Photos of vaginal birth

Photos of women skin to skin, placenta,
post-birth



Parenthood

Photo of a family



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Instilling life skills to cope not only with labor: “Birth is just one day, parenting lasts a life time...” - *Crystal Godinez*

Becoming a Parent...

- Informed/Shared Decision-Making
- Flexibility
- Communication
- Patience
- Coping
- Trust
- Acceptance
- Empathy





I am a
healthy
woman, fully
capable of
mothering my
child.



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The Goals:



- Increase the number of parents making an informed choice when determining their route of delivery.



- Offer a safe space and evidence-based curriculum to address risks and benefits of cesarean delivery as compared to vaginal birth, the processes of each, and the importance of shared decision making



- Decreased the incidence of primary elective cesarean deliveries to improve short and long-term health outcomes

FY2017



79

Couples to Date

19

Trials of Labor

19

Elective Cesarean

14

Indicated Cesarean

**Confident,
Aware, &
Empowered
Parents**



“What are you taking away from this class?”

“Knowledge. I feel I can make an informed choice.”

“Good, high level overview of both Cesarean and Vaginal.”

“A confident decision.”

“I am now much more informed to make a better decision. I can weigh out pros and cons, as well as some myths.”

“My anxiety level has gone down considerably.”

“I learned that vaginal birth is safer than Cesarean Birth for both mom and baby.”



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Cesarean Option Class Delivery Outcomes as of 5/2017

19 Women had
TOL (35%)

13 VD
(68%)

6 CD*
(32%)

3 labor dystocia, 4 NRFHT
2 were VBAC

33 Women did not have TOL
(65%)

19 Elective CD
(58%)

14 Indicated CD**
(42%)

** 10 malpresentation, 2 Myomectomy, 1 IUGR/low
placenta, 1 new onset proteinuria (repeat cesarean)

FY15 NTSV CS rate was 29.6%
FY16 NTSV CD rate was 27.1%
FY17 NTSV CD rate is 24.6%



Questions?

Thank you for attending this webinar!

If you have any further questions/comments you can contact
Sarah Miller
sarah.miller@cshs.org



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