



## Assessing the Relative Contribution of Causes Leading to Cesarean Section Among Women Who had Referred to ShahidMadani Clinic in Marand City

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### Abstract

**Objectives:** Cesarean section is a surgical procedure and it is performed when the normal vaginal delivery is not available or vaginal delivery is dangerous for mother or fetus. In other words, there are some special indications for cesarean section. In the past decade the rate of cesarean delivery in the absence of clear indications has increased. This subject suggests an intensive research and attention. This study has compared the causes of cesarean delivery among women.

**Material and methods:** 100 women who had referred to Shahid Madani Clinic in Marand city, were asked based on questionnaire that included information about patients and a list of causes that could lead women to a cesarean delivery. Thereafter, the contribution of each cause was assessed.

**Results:** Fear of labor pain is the most common cause of cesarean delivery (35%) while having history of previous caesarean section, fear of disturbing the anatomy of external genitalia, medical indication for caesarean section and cultural beliefs caused with lower rate in comparison to fear of labor pain. were placed in lower classes.

**Conclusion:** This study showed that, several factors may lead women to caesarean delivery; The fear of labor pain is the most common factor that could be reduced by proper training and holding childbirth preparation classes for pregnant women.

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## Introduction:

Cesarean section is the delivery of a baby through a surgical incision made in the mother's abdomen and uterus. In past centuries, cesarean section was done to save fetus in women who were full-term but had died before birth.

The first modern cesarean was conducted by Dr. James Barry in South Africa on July 1826(1).

Cesarean section is performed when the normal vaginal childbirth is not proper for the mother or for some reasons childbirth must be done sooner; in other words, there is an indication for cesarean delivery. Some of the indications for cesarean, including breech or transverse position of the fetus, placenta previa, fetal respiratory problems, HIV positive mothers, baby with a malformation such as NTD (Neural Tube Defect), obstruction of the vaginal canal with a large fibroid, history of previous cesarean section. Despite the advances in medical science, cesarean section is accompanied by complication during labor and after that such as atonic uterus and bleeding, uterine rupture, increasing the risk of bowel adhesions and damage to the urinary tract (2). In the past three decades cesarean section has increased in the world so this issue requires careful consideration. According to the Disease control and prevention center of America in 2009, 33% of women had a cesarean delivery. The cesarean section rate has been increased nearly 60 percent since 1996 in United States(2).

Recent studies have also shown that babies who are born by cesarean section are not exposed to the bacteria in the birth canal, this can lead to a loss of colonization of bacteria that can be useful in the future for the baby's health(3).

According to official statistics in Iran, cesarean delivery rate is about 25 to 35%, while according to unofficial statistic, cesarean section rate in Iran is five times more in comparison to other parts of the world. Reasons of increased rate of caesarean sections are as follows:

1: medical advances and technology: by reducing the risk of surgery and cesarean

section for fetals well as increase of neonatal care.

2: This option is selected by women on the basis of cultural beliefs such as the lack of pressure on the baby's head.

3: Some experts say that major cause is women fear of labor pain.

4: Scientific and medical causes: baby's heart failure and the fetal placental detachment, etc.

## Material & Methods:

In a cross-sectional study about 100 women who referred to Shahid Madani Clinic in Marand city from march 2013 to September 2013 and had a cesarean section were selected. They were asked based on a questionnaire containing personal information and causes which could lead to cesarean delivery such as fear of labor pain, history of previous cesarean, fear of disturbing anatomy of genital tract, cultural beliefs and indications for cesarean section. Besides, the contribution of each cause was assessed.

## Results:

The mean age of women was 27.33 years. Comparisons have shown that fear of labor pain was 35%, history of previous cesarean section was 22%, fear of disturbing the anatomy of genital was 15%, cultural beliefs 13%, and indications for cesarean section was 15%. (Figure 1)

## Discussion:

In study of Saisto in 2002 interested on complications of cesarean section including hemorrhage and longer hospital stays in mothers and increased risk of neonatal respiratory morbidity (4).

According to Manacker and et al study in 2007, 32% of all births in United States occurred by cesarean section(5).

Nieminen and et al studies showed that relationship between fear of labor and preferred of cesarean section (6). Ryding and et al in 1991 showed that fear of childbirth is common reasons for demanding cesarean section in patient(7).

In study of Saisto and et al in 2001 on psychosocial characteristics of women fearing vaginal childbirth showed that the personalities of women contributed to the women's fear of vaginal delivery(8).

In a case-control study that was performed by Ryding and et al in 1991 among 1981 swedish-speaking women ,97 patient were delivered by cesarean section and fear of childbirth of these cause were compared with the same features in 194 controls,matched for age and parity.women delivered by CS reported a fear of childbirth (9).

In study of Rouhe and et al in 2009 fear of childbirth is one of the most common cause of cesarean section in women(10).

Hildingsson and et al in 2002 determined that fear of childbirth was the only women's wish for cesarean section(11).

In our study among 100 women that had a cesarean section ,fear of childbirth was the most common cause of cesarean delivery.

### Conclusion :

Cesarean rates have increased in the past years that these rises have different reasons such as having a history of previous cesarean section, medical indications for cesarean, cultural beliefs, the fear of labor pain and disturbing the genital anatomy. In this study the fear of the pain of natural childbirth was greatest reason for cesarean delivery,that can be reduced by proper training and holding childbirth preparation classes for pregnant women.

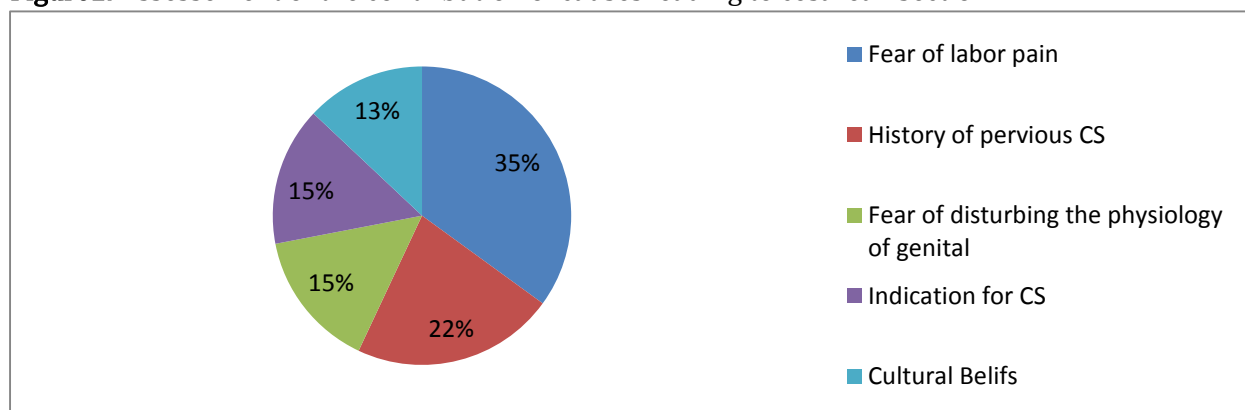
### Conflict of interest statement:

We declare that we have no conflict of interest.

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**Figure1:** Assessment of the contribution of causes leading to cesarean section.



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