



**EDUCATION AND COUNSELLING TO PREGNANT WOMEN AND FAMILIES ABOUT THE RISKS AND BENEFITS OF CAESAREAN DELIVERY AND ITS ADVANTAGES ON DECISION- MAKING.**

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## **INTRODUCTION**

C-section is a surgical procedure where the baby is delivered through an incision made in the mother's abdomen and uterus.

The common reasons why a C-section might be recommended, include maternal and fetal health conditions (e.g., hypertension, diabetes), fetal distress, breech presentation, placenta previa, or previous C-sections.

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# BEBEFITS OF C-SECTION



C-sections, can be both beneficial and risky, depending on various factors.

## Benefits:

- ▶ **Life-Saving:** C-sections can be life-saving for both the mother and the baby in situations where vaginal delivery poses risks to one or both.
- ▶ **Reduced Risk of Birth Trauma:** C-sections can reduce the risk of birth trauma, especially in cases of prolonged labor, large babies, or breech presentation.
- ▶ **Planned Delivery:** In cases of known medical issues or complications during pregnancy, planned C-sections can provide a controlled environment for delivery.
- ▶ **Avoidance of Labor Pain:** Some women opt for elective C-sections to avoid the pain of labor, although this is typically not recommended unless medically necessary.

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# RISKS ASSOCIATED WITH C-SECTION



The potential risks and complications that can arise from having a C-section. These may include

- ▶ **Surgical Risks:** C-sections are major abdominal surgeries, carrying risks such as infection, blood loss, blood clots, and adverse reactions to anesthesia. injury to surrounding organs, and potential complications in future pregnancies.
- ▶ **Recovery Time:** Recovery from a C-section generally takes longer time compared to vaginal delivery. It can be more painful and may require restrictions on physical activity for several weeks.
- ▶ **Complications in Future Pregnancies:** C-sections can increase the risk of complications in future pregnancies, such as uterine rupture, placenta previa, and placenta accreta.



# RISKS CTN...

- ▶ **Breastfeeding Challenges:** Women who undergo C-sections may face challenges with breastfeeding due to delayed milk production, difficulty with positioning, and the effects of anesthesia on the baby.
- ▶ **Emotional Impact:** Some women may experience feelings of disappointment, failure, or guilt if their birth does not go as planned or if they feel pressured into having a C-section.
- ▶ **Increased Healthcare Costs:** C-sections are generally more expensive than vaginal births and may lead to increased healthcare costs for families, especially if there are complications requiring extended hospital stays or additional medical interventions.

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# ADVANTAGES ON DECISION- MAKING



## Shared Decision-Making Process:

A nurse has a role of encourage open communication and collaboration in making informed decisions. Also to encourage pregnant women and their families to ask questions, express concerns, and actively participate in decision-making regarding their childbirth experience. On doing this it will help to:

- ▶ Reduce anxiety
- ▶ Improved satisfaction
- ▶ Reduce unnecessary caesarean section
- ▶ Also considering medical evidence and best practice
- ▶ Enhance trust and collaboration: it ensures all parties are feel respected heard, and valued throughout the child birth process



# CONCLUSION

- ▶ Nurses often provide valuable insights and advocate for patients' needs, contributing for better outcomes and patients satisfaction. When doctors making decision without involving nurses, there can be a lack of comprehensive care and oversight. They may lead to overlooked patient concern and potentially may increase unnecessary caesarean deliveries.