



THE INDICATIONS OF CAESAREAN SECTION IN A TERTIARY CARE TEACHING HOSPITAL AT WEST BENGAL

Pharmacology

Dr. Abhishek Ghosh*

Assistant Professor, Pharmacology, College of Medicine & JNM Hospital, Kalyani, West Bengal *Corresponding Author

Vedanta Kumar Das

3rd Prof MBBS Part 2 Student, College of Medicine & JNM Hospital, Kalyani, West Bengal

ABSTRACT

Incidence of delivery by Caesarian section is gradually increasing worldwide. The present study was done to see the indications of C section in a Govt Medical college hospital in Eastern India.

Data were collected retrospectively about all the live births in 3 months (Jan to March 2019) and rate and indications of C section delivery were calculated.

Out of 1665 live births, 604 were done by C section (27%). Among the different indications, previous delivery by C section is the commonest indication, followed by intrauterine growth retardation and oligohydramnios. There was high prevalence of preaturity and Pregnancy induced hypertension. These indicate more careful and regular check up is needed for pregnant women during antenatal period. Rising institutional delivery may be a reason of the increase of CS in India. Emphasis on maternal nutrition should be given.

KEYWORDS

INTRODUCTION

Caesarean section is one of the most widely performed procedures in obstetrics worldwide. It was mainly evolved as a lifesaving procedure for mother and foetus during the difficult delivery. For some years, there has been progressive increase in caesarean deliveries across the world; in developed as well developing countries.¹ This increase in C-Section Rate has become a major public health issue, because it is a burden on health system and imposes strain on families.²

It had been observed that caesarean deliveries are associated with increased risk of maternal and perinatal morbidity as compared to vaginal deliveries even in low risk cases.³

The rapid increase in caesarean birth rates from 1996 to 2011 without clear evidence of concomitant decreases in maternal or neonatal morbidity or mortality raises significant concern that caesarean delivery is overused.⁴

The indications of caesarean sections vary among institutions as there is no standard classification system exists for indications of C-Section.^{5,6} A major challenge is that definitions are not standardized and indications can be multiple or related.⁷

In order to understand the degree to which caesarean deliveries may be preventable, it is important to know why caesareans are performed. This study is aimed to find out various indications of the procedure. This is a step to find out indications of LSCS (Lower segment Caesarian Section) which may help us to reduce the incidence rate in the institute in future.

MATERIALS AND METHODS

To observe the various indications of caesarian section in a tertiary medical college hospital in kalyani, west bengal, the data were collected in a retrospective manner from all the deliveries that occurred during 2 months period between 1st Jan 2019 to 31st march 2019 in the department of obstetrics and Gynaecology of the medical college hospital in west Bengal.

Data on all live births were collected from the record section of the hospital. Institutional ethics committee clearance was taken before data collection. Number of caesarian section in this 3 months was calculated. In cases of caesarean sections their indications were recorded along with other demographic profile like age, residence-urban/rural, Whether procedure was done as an emergency or it was a planned surgery.

One of the limitations in our study is that we are not considering neonatal outcome and remote complications associated with caesarean sections.

RESULTS

There were a total of 1665 deliveries during the study period, out of which, 604 had delivered via C-Section.

Maximum no. of C-sections was in the age group of 20-25 years (70.69%) followed by 21.19% patients in the age group of 26-30 years. 4.8 percent cases were from below 20 years group. Rest 4.21 percent of the cases belonged to the age group of above 35 years. Majority of caesarean sections was in multiparous females (54.30%).

TABLE 1: INDICATIONS OF C-SECTION

INDICATIONS	Number of cases	Percentage (%)
Previous C-Section	192	31.79
Oligohydroamnios/IUGR	180	29.80
Foetal Distress	71	11.75
Failed Induction	59	9.77
Breech presentation	35	5.79
Obstructed labour	21	3.48
Antepartum Hemorrhage	58	9.60
Pregnancy induced Hypertension	61	10.10
Prematurity	63	10.43
Post dated	22	3.64
Bad obstetric history	11	1.82
Multifetal gestation	29	4.80

There were few pregnant ladies, where more than one indication of Caesarian section were present.

DISCUSSION

The rate of caesarian delivery in this study was 36.28% of total delivery. In an Asian survey the overall caesarean rate was 27.3%. China had the highest overall cesarean rates (46.2%) followed by Vietnam, Thailand and Sri Lanka.⁷

In the present study, the most common indication was previous caesarean section (31.79%). Similar results were found in studies conducted by G Singh et al, Jawa A et al, Chavda D et al, Nikhil A et al, Prashant Bade et al and Osman BALCI et al.⁸⁻¹²

The second common indication in the present study was oligohydramnios and Intrauterine growth retardation (29.8%). This is not similar to other studies. Higher incidence of IUGR indicates poor maternal health and nutrition during pregnancy.

Incidence of pregnancy induced hypertension and prematurity were also higher compared to previous studies.

In the present study 52.39% women undergone for CS were from urban area while 47.61% women belonged to rural area. This indicates the awareness among rural women and the improved transport facilities.

Limitation of the study was that, the institute is a tertiary care centre situated in rural area; hence we are getting high risk referral cases which may be the cause of greater number of emergency LSCS.

CONCLUSION

Increased rates of primary C section have led to an increased proportion of the obstetric population with a history of previous caesarean deliveries. Rising institutional delivery may be a reason of the increase of CS in India. In our study, post C-section was the commonest indication of caesarian delivery, followed by IUGR, which indicates that mothers should take more care of themselves during antenatal period by regular check up. Emphasis must be given for proper nutrition of mother and prevention of infection during antenatal period.

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