

Catastrophic Rate of Caesarean Section in Iranian Midwives

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Opinion

In the last century, Caesarean section has played an important role in reducing maternal and fetal mortality. But a worrying issue in modern midwifery is the high rate of caesarean section. According to the World Health Organization, the expected caesarean rate in different countries of the world should be 10 to 15% of births. But unfortunately, the statistics published in most parts of the world, especially in Iran, differ from this ratio and are much higher. In recent decades, it seems that there is a general tendency for caesarean section among both health care givers and providers.

Among midwifery personnel and students there are also those who believe that caesarean is the most appropriate method of delivery, while others believe that caesarean section is a very large operation with many complications. It is obvious that awareness of the health care givers' performance toward choosing a delivery method for their own pregnancies is important for health policies related to decrease caesarean section rate. Because the performance of the medical staff, especially midwives, in choosing the type of delivery can directly affect the performance of pregnant mothers.

The results of our recent study showed that 22.5% of the midwives of an educational hospital in Ahwaz, Iran had normal vaginal delivery in all their own pregnancies. 66.3% of the midwives

mentioned the history of caesarean section and 11.2% of them had experienced the caesarean section after normal vaginal delivery. 33.8% of the caesareans were elective. 74.1% of those who were selected the caesarean section stated that if they return to the past, they will repeat that again. 24.4% of the participants suggested that caesarean section is more appropriate than normal vaginal delivery to terminate uncomplicated pregnancies for mothers who will eventually have two to three pregnancies in their lifetime.

According to these results it seems that despite the fact that midwives learn more about the complications of caesarean section, they tend to be more willing to do this for termination of their own pregnancies. The reason for this may be due to the experience of working in maternities and seeing the suffering of labor pain in clients. One of the other possible reasons may be this fact that the elective caesarean section is a clean operation and an effortless method of birth.

Considerable findings of our study are a serious warning about the high rate of caesarean section among midwifery personnel in Iranian medical community. Trying to root these results is very necessary, because the midwives have a strong role in guiding pregnant women for decision making about mode of delivery.