

A birth plan clinic reduced unnecessary cesarean sections without compromising women's birth experience

Line Bjerkseter, Hospital of Southern Jutland · Melissa M. Alvestad, Hospital of Southern Jutland.

INTRODUCTION

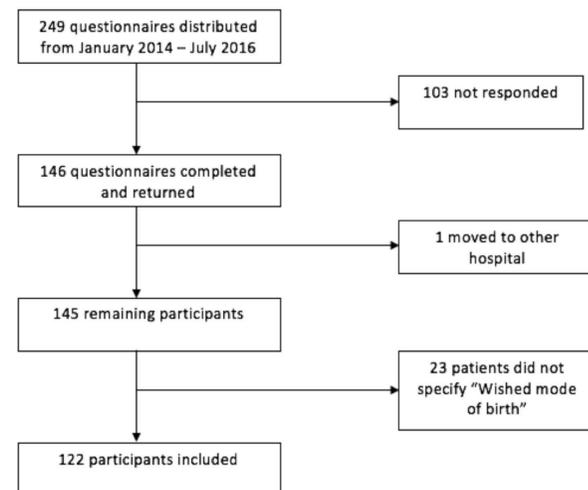
Cesarean section rates are increasing worldwide, despite WHO's recommendation of cesarean section rates to be held at 10-15% on a population level. The Hospital of Southern Jutland (SHS), Denmark established a birth plan clinic in 2008, to reduce unnecessary cesarean sections. Unnecessary cesarean section is defined as cesarean section performed without medical indication. SHS now has the lowest cesarean section rate in Denmark. This study examines how the birth plan intervention affected mode of birth, fear of vaginal birth, birth experience and satisfaction.

METHODS

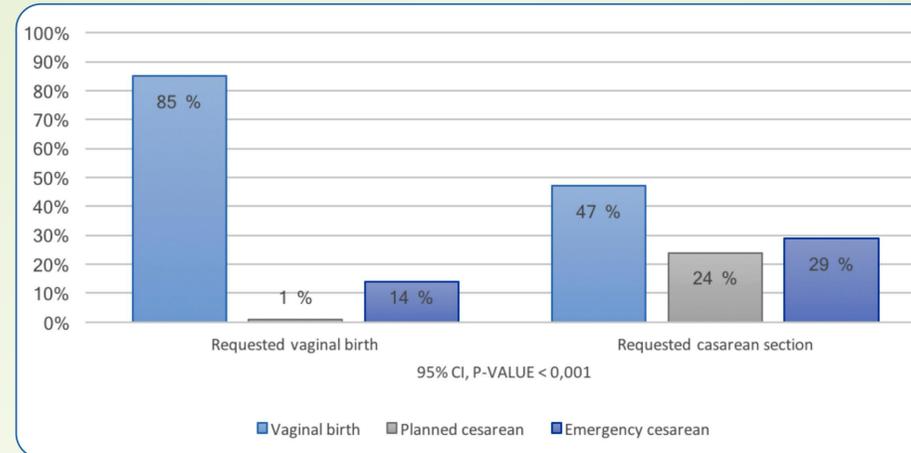
Cross-sectional study. In this study, we used data collected from 2014 until July 2016, based on questionnaires distributed to the women attending the birth plan clinic at SHS.

RESULTS

A total of 122 participants were included in the study. 76% of the women with a wish for cesarean section, decided to try a vaginal birth after the birth plan intervention.

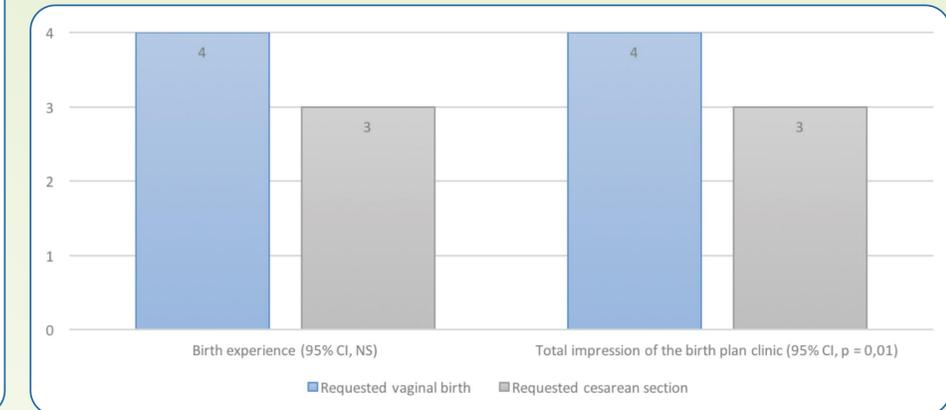


Mode of birth - outcome



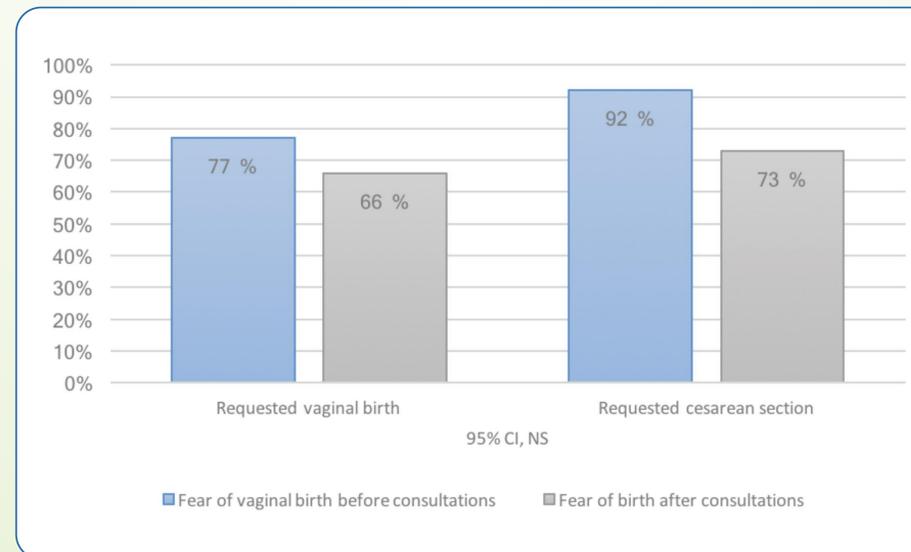
Comparing the group who wished cesarean section and the group who wished vaginal birth, there was no significant difference in birth experience. There was a non-significant reduction in fear of birth.

Birth experience and total impression. Median (IQR). Range 1-4, 1 being "very negative", 4 being "very positive"

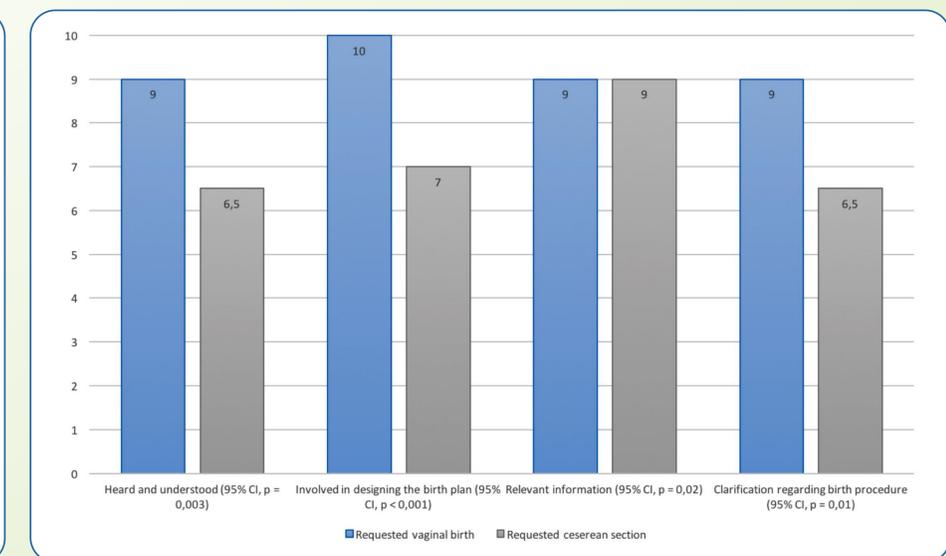


Although satisfaction with the birth plan consultations were all over good, a slightly lower satisfaction was reported among the group who wished cesarean section.

Fear of birth



Satisfaction with birth plan consultations. Median (IQR) Range 1-10, 1 being "not at all", 10 being "completely"



CONCLUSION

This study shows that the birth plan clinic at SHS succeeded in making women choose a vaginal birth over unnecessary cesarean section, without compromising the birth experience for the majority of the participating women.