



CHANGING TRENDS IN THE INDICATIONS OF CAESAREAN OVER A DECADE AT RIMS GENERAL HOSPITAL, SRIKAKULAM.

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ABSTRACT

BACKGROUND: This study was done to evaluate the changing trends in caesarean section over one-decade period and to determine as to whether increase in caesarean section rate is due to increase in antenatal surveillance or due to medically complicated pregnancies or conceived with infertility treatment.

MATERIALS AND METHODS: The study was conducted in a 600 bedded Government General Hospital, Government Medical Collage (RIMS), Srikakulam, Andhra Pradesh. Data was collected retrospectively from database from 2009 to 2018. The rates and indications of primary and repeat caesarean sections (CS) were analysed among 3476 live births during 2018. Caesarean section rates have increased as it has become the procedure of choice in high risk pregnancies to prevent prenatal morbidity and mortality; this has become possible due to improved patient care, availability of effective antibiotics, blood transfusion services, safer anaesthesia, improved surgical technique and sophisticated neonatal care services.

RESULTS: As medically complicated pregnancies and antenatal surveillance have increased, there was an increase in caesarean section rate. Caesarean section rate increased from 22.23% in 2009 to 40.56% in 2018. There was an increase in primary section and repeat sections. Primary caesarean section rate is 54.32% compared to repeat caesarean section rate which was 45.67%. This increase in caesarean section rate is due to increase in indications like cephalo pelvic disproportion, pregnancy being associated with medical disorders (PIH, GDM, hypothyroidism) and Malpresentations.

CONCLUSION: Rising rate of caesarean section over one decade is attributed to frequent diagnosis of foetal distress on electronic foetal heart monitoring, identification of high-risk mother and frequent resort to elective sections in high risk situations and precious pregnancies and institutional vaginal deliveries.

KEYWORDS : Primary Caesarean Section, Repeat Caesarean Section, Caesarean Rate, Gestational Hypertension,

Caesarean section is one of the commonly performed surgical procedures in obstetrics and is certainly one of the oldest techniques in surgery. Its incidence continues to rise internationally. The rising rates of CS internationally have prompted the World Health Organization to make a proposal in 1985 that a CS rate of more than 10–15% is not justifiable for any region in the world.¹ Caesarean section (CS) is an operation mainly evolved to save a maternal life during difficult child birth. The decision to perform a primary CS has important implications for maternal morbidity in the current pregnancy and mode of delivery and maternal morbidity in subsequent pregnancies^{2,3,4} increases in the caesarean rate for women of all ages, races, geographic areas, and gestational ages.

The reasons mostly related to foetal distress especially in detection by continuous electronic foetal monitoring, advanced age, more liberal use of caesarean section for breech, intrauterine growth retardation (IUGR), preterm labour, multiple gestation, medical complicating pregnancy like Gestational Hypertension, Gestational Diabetes Mellitus and Hypothyroidism and improved safety of caesarean section.

Aims and Objectives

To compare changing trends in caesarean section over one decade -increase Caesarean section rate done to increase in Antenatal Surveillance and Medically Complicated pregnancies.

MATERIALS AND METHODS

The study conducted In Prospective and retrospective manner in 600 bedded Government Hospital; Government medical college, Srikakulam, Andhra Pradesh. The caesarean rate was calculated as the number of caesarean births divided by total live births. To compare the caesarean delivery rates over the last decade, the data was collected for the year 2009 and 2018.

The rates and indications of primary and repeat caesarean sections (CS) were analysed among 3476 live births during 2018 and present caesarean section rate was compared with that of 2009 and 2013 caesarean rates.

The following variables of interest were retrieved from the database: maternal age; year of delivery; parity; total number of previous caesarean sections; mode of delivery; onset of labour; gestational age; birth presentation; birth weight.

The categories of indications for caesarean section like foetal distress, multiple gestation, mal presentation, arrest of labour or vacuum extraction, cephalopelvic disproportion(CPD), maternal indications, and foetal indications were studied. Cases with missing information after review were excluded.

RESULTS

A total of 1410 caesarean sections performed during the year 2018 at Government General Hospital (RIMS), Srikakulam, Andhra Pradesh were analysed. The total number of deliveries during our study period was 3476. Out of these 3476 patients 2066 had normal vaginal delivery and 1410 had caesarean delivery. The incidence of caesarean section at our institution was 40.56% as per Table 1.

Mode of Delivery	No. of Cases	%
Vaginal Delivery	2066	59.44
Abdominal Delivery(LSCS)	1410	40.56
Total no. of Deliveries	3476	100

Table 1. Incidence of Caesarean Section

There was increase in the rate of caesarean section over decade from 2009 to 2018 as per Table – 2. In 2009 CS rate was 23.23% in 2018 40.56%.

As per table – 3. Incidence of primary section 54.32% and repeat section 45.67%.

As per Table -4 the Incidence of primary emergency 39.07%,

Primary elective caesarean section 15.24%, repeat emergency 17.58% and repeat elective 28.08%.

As per Table - 5. emergency CS contributed to 56.66%, elective CS 45.33%. This seems to be main reason for the rise of caesarean section rate. There is a need to encourage trial of labour following a caesarean done for non – recurrent indication.

Year	Total No. of Deliveries	No. of Caesarean Sections	%
2009	2051	456	22.23
2013	1816	449	24.72
2018	3476	1410	40.56

Table 2. Rate of Caesarean Section Over a Decade from 2009 to 2018

Primary/ Repeat	No. of Cases	%
Primary section	766	54.32
Repeat section	644	45.67
Total no. of CD	1410	100

Table 3. Incidence of Primary / Repeat Caesarean Sections

Type of CS	No. of Cases	%
Primary emergency	551	39.07
Primary elective	215	15.24
Repeat emergency	248	17.58
Repeat elective	396	28.08

Table 4. Incidence of Primary and Repeat Emergency/Elective Caesarean Section

Type of CS	No. of Cases	%
Emergency CS	799	56.66
Elective CS	611	43.23
Total No. of CD	1410	100

Table 5. Incidence of Emergency/Elective CS

Indications	No. of Cases	%
Foetal distress	203	36.84
Cephalo-Pelvic Disproportion Associated with Medical Disorders Complicating Pregnancy Like PIH, GDM, Rh Negative Pregnancy, Hypothyroidism, Epilepsy, Bronchial Asthma, Including Failed Induction.	201	36.47
Big Baby (Birth Weight 3.5 Kg and More)	24	4.35
Malpresentations	28	5.08
Oligohydramnios	42	7.62
Preterm	18	3.26
Pelvic Abnormalities	21	3.81
Precious Pregnancy	14	2.54

Table 6. Important Indications for Primary Emergency Caesarean Sections Performed in The Year 2018

Indications	No. of Cases	%
Cephalo-Pelvic Disproportion Associated with Medical Disorders Complicating Pregnancy Like PIH, GDM, Rh Negative Pregnancy, Hypothyroidism, Epilepsy, Bronchial Asthma.	79	36.74
Cephalo-Pelvic Disproportion	42	19.53
Malpresentations	18	8.37
Pelvic Abnormalities	26	12.09
Precious Pregnancy	12	5.58

Table 7. Important Indications for Primary Elective Caesarean Sections Performed in the Year 2018

Indications	No. of Cases	%
Scar Tenderness	52	20.96

Cephalo-Pelvic Disproportion Associated with Medical Disorders Like PIH, GDM, Hypothyroidism, Rh Negative Pregnancy, Epilepsy.	86	34.67
Malpresentations	18	7.25
Pelvic Abnormalities	14	5.64
Foetal Distress	78	31.45

Table 8. Important Indications for Repeat Emergency Caesarean Sections Performed in The Year 2018

Important indications for repeat elective caesarean sections performed in the year 2018 were as per Table-9. Cephalo –pelvic disproportion associated with medical disorders like GDM, PIH, RH negative pregnancy, hypothyroidism epilepsy, bronchial asthma were the commonest indication for primary emergency LSCS followed by foetal distress and malpresentations.

Cephalo-pelvic disproportion associated with medical disorders complicating pregnancy like PIH, GDM, RH Negative Pregnancy, hypothyroidism, epilepsy, bronchial asthma, cephalo pelvic disproportion, pelvic abnormalities were the commonest indications for primary elective LSCS and also for repeat caesarean section. Apart from above. Foetal distress amounted to more than one third of repeat emergency LSCS followed by scar tenderness.

The majority of cases were in the age group of 21-25 years (59%) as per Table -11. This reflects the early marriage and early age of child bearing among Indian women. Total 90.92% of women belonged to low socio-economic status as per Table-12. Total 78.15% patients belonged to rural area as per Table -13. This indicates the awareness among rural women comparatively with urban women and shows the improved transport facilities are available through 108 services to our hospital.

Indications	No. of Cases	%
Cephalo-Pelvic Disproportion Associated with Medical Disorders Like PIH, GDM, Hypothyroidism, Rh Negative Pregnancy, Epilepsy, Bronchial Asthma	196	49.49
Big Baby (Birth Weight 3.5 Kg and More)	46	11.61
Malpresentations	20	5.05
Past-Dates	48	12.12
Oligoamnios	46	11.61
IUGR with Oligoamnios	11	2.77
Intrauterine Growth Retardation (IUGR)	9	2.27
Pelvic Abnormalities	13	3.28
Precious Pregnancy	7	1.76

Table 9. Important Indications for Repeat Elective Caesarean Sections Performed in The Year 2018

Total 77.02% of patients had regular antenatal checkups but 22.97% were admitted as emergencies as per Table -14. Most of these cases were post caesarean pregnancies and referred from surrounding villages as our hospital is a referral hospital. Majority of LSCS were in primi gravid(41.41%) and second gravid(45.60%) as per Table-15. Total 68.93% cases were performed at term with good foetal survival chances as per Table 16.

DISCUSSION

There is concern over the rising caesarean delivery rates, in both developed and developing countries across the world.^{5,6} The rates of both primary and repeat caesarean delivery have been on the rise.⁷

A study conducted by Stavrou et al.⁸ in New South Wales, Australia, showed an overall increase in caesarean rate from 19.1 to 29.5 per 100 births from 1998 to 2008. In a study conducted in Singapore by Chong et al.⁹

In our study the rates and indications of primary and repeat caesarean sections (CS) were analysed among 3476 live births during 2018 and present caesarean section rate was compared with 2009 and 2018 caesarean rates. In our study, the caesarean rate was 40.56%. There is an increase in the LSCS rate over last decade from 22.23% in 2009, 24.72% in 2013, and 40.56% in 2018.

An increase in primary and repeat caesarean rates has been reported by Stavrou et al.⁸ in our study primary emergency rate is higher than repeat emergency. Both multiple gestation and pre-eclampsia increased as indications for caesarean delivery at a much faster rate than the incidences of multiple gestation¹⁰ and pre-eclampsia^{11,12} in the population are increasing.

Indications	Emergency	Elective	Emergency	Elective
Cephalo-Pelvic Disproportion Associated with Medical Disorders Like PIH, GDM, Hypothyroidism, RH Negative Pregnancy, Epilepsy, Bronchial Asthma	36.47	36.47	34.67	49.49
Pelvic Abnormalities	3.891	12.09	5.64	3.28
Foetal Distress	36.84	-	31.45	-
Precious Pregnancy	2.54	5.58	-	1.76
Big Baby	4.35	-	-	11.61
Malpresentations	5.08	8.37	7.25	5.05
Scar Tenderness	-	-	20.96	-
IUGR	-	-	-	2.27

Table 10. Comparison of Various Indications for All Types of CS

As in our study, the largest contributor to the primary caesarean rate was cephalopelvic disproportion associated with medical disorder complicating pregnancy like hypertension, GDM, hypothyroidism. Indian national survey report also showed cephalo pelvic disproportion associated with medical disorders like PIH, GDM, Rh negative, bronchial asthma, hypothyroidism as the largest contribution in our study both big baby and IUGR was also similar to the study by BARBER et al.,⁷ The higher contribution by foetal indications reflects better neonatal care with improved survival of IUGR babies. For the repeat caesarean, there is an increase in the number of cases with CPD and scar tenderness.⁹

Foetal distress, especially its detection by continuous electronic foetal monitoring, more liberal use of caesarean section for breech presentation, abdominal delivery for growth-retarded fetus, delayed childbearing, increasing maternal body mass, multiple gestation, prematurity, and improved safety of caesarean section are commonly cited causes for caesarean section in our as well as many other studies.

Age Group	No. of Cases	%
19 Years and Below	262	18.58
21-25 Years	832	59
26-30 Years	294	20.85
31-35 Years	22	1.56

Table 11. Pattern of Age Distribution

Economic Status	No. of Cases	%
Low Income Group	1282	90.92
Middle Income Group	126	8.93
High Income Group	2	0.14

Table 12. Pattern of Economics Status

Residential Status	No. of Cases	%
Urban	308	21.84
Rural	1102	78.15

Table 13. Pattern of Residential Status

Registration Status	No. of Cases	%
Booked	1086	77.02

Unbooked	324	22.97
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Table 14. Pattern of Registration Status

Gravida	No. of Cases	%
Primi Gravida	584	41.41
II Gravida	643	45.60
III Gravida	146	10.35
IV Gravida	30	2.12
V Gravida and Above	7	0.49

Table 15. Status of Gravida

Gestational Age (Weeks)	No. of Cases	%
32-34	22	1.56
35-36	74	5.24
>37	972	68.93
>40	342	24.25

Table 16. Status of Gestational Age

The limitation of this study is that this data represents one institution.

CONCLUSION

The rate of caesarean section has increased from 2009 to 2018 with primary and repeat caesareans both showing an increase. In the primary caesarean section rate, indications like labour arrest disorders, cephalo pelvic disproportion, show an increase. In repeat caesarean sections, history of foetal distress and two or more previous sections contributed more than the scar tenderness.

Rising rate of caesarean section over one decade are justified and mainly attributed to frequent diagnosis of foetal distress on electronic foetal heart monitoring, identification of high-risk mother and frequently resorting to elective sections in high risk situations and precious pregnancies and institutional vaginal deliveries.

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