



# PERINATOLOGÍA Y REPRODUCCIÓN HUMANA

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## ORIGINAL ARTICLE

# Obstetrician's attitudes about delivery through cesarean section: A study in hospitals at Mexico City

A. Vallejos Parás<sup>a,c,\*</sup>, S. Espino y Sosa<sup>b</sup>, L. Jaimes Betancourt<sup>c</sup>, C. Zepeda Tena<sup>d</sup>,  
D.A. Cabrera Gaytán<sup>c</sup>, L. Arriaga Nieto<sup>c</sup>, G. Valle Alvarado<sup>c</sup>, M. López Cevantes<sup>e</sup>,  
L. Durán Arenas<sup>f</sup>

<sup>a</sup> Doctoral Program in Medical, Dental and Health Sciences, National Autonomous University of Mexico (UNAM), Ciudad de México, Mexico

<sup>b</sup> National Institute of Perinatology, Ministry of Health, Ciudad de México, Mexico

<sup>c</sup> Mexican Institute for Social Security (IMSS), Ciudad de México, Mexico

<sup>d</sup> Department of Public Health, Faculty of Medicine, UNAM, Ciudad de México, Mexico

<sup>e</sup> Planning and Development in Health, Ministry of Health, Ciudad de México, Mexico

<sup>f</sup> National Center for Child and Adolescent Health, Ministry of Health, Ciudad de México, Mexico

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### KEYWORDS

Cesarean section;  
Cesarean rates;  
Attitudes;  
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### Abstract

**Objective:** To identify the attitudes of medical obstetrician-gynecologists (Ob-Gyn) and its association with the cesarean section rate.

**Material and methods:** We performed a cross-sectional multicenter survey research, 197 Ob-Gyn were surveyed from eight hospitals, between November 2010 and May 2011. Data analysis included descriptive statistics on the general characteristics of Ob-Gyn, We used the  $\chi^2$  test for bivariate analyses of categorical variables and logistic regression models to associate Ob-Gyn attitudes and percentage of births by cesarean section.

**Results:** The percentage of cesarean sections births expressed by Ob-Gyn surveyed was 59.2%. Ob-Gyn expressed a preference to delivery by cesarean section in 33.5%, 60.9% of the Ob-Gyn considered themselves skillful when attending cesarean deliveries compared against vaginal delivery. Thirty five percent of Ob-Gyn has scheduled a cesarean section for convenience, while 83.8% of Ob-Gyn said that women prefer cesarean births. In the regression model five variables are significantly associated with the Ob-Gyn that perform 30% or more of their cesarean deliveries, among these include: perception that vaginal are safer procedures than cesarean deliveries and that women have right to choose the type of delivery, whether vaginal or cesarean, with an OR = 4.7 and 7.5 respectively.

\* Corresponding author.

E-mail address: [alfonsovallejos@yahoo.com.mx](mailto:alfonsovallejos@yahoo.com.mx) (A. Vallejos Parás).

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## PALABRAS CLAVE

Cesárea;  
Tasas de partos por  
cesárea;  
Actitudes;  
México

**Conclusions:** We have shown that attitudes of Ob-Gyn who are associated with cesarean section rate. These attitudes could be related with the increase of the cesarean births.

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## Actitudes de los Obstetras sobre la cesárea: un estudio en hospitales de la Ciudad de México

### Resumen

**Objetivo:** Identificar las actitudes de los obstetras-ginecólogos (Ob-Gyn) y su asociación con la tasa de cesáreas.

**Material y métodos:** Se realizó una encuesta multicéntrica transversal a 197 Ob-Gyn procedentes de 8 hospitales, entre noviembre de 2010 y mayo de 2011. El análisis de los datos incluyó estadísticas descriptivas sobre las características generales de los Ob-Gyn. Utilizamos la prueba  $\chi^2$  para análisis bivariados de variables categóricas, y modelos de regresión logística para asociar las actitudes de los Ob-Gyn y el porcentaje de nacimientos por cesárea.

**Resultados:** El porcentaje de partos por cesárea expresados por los Ob-Gyn encuestados fue del 59,2%. Los Ob-Gyn expresaron una preferencia por el parto por cesárea en el 33,5% de los casos. El 60,9% de los Ob-Gyn se consideraron hábiles cuando asistían a partos por cesárea en comparación con el parto vaginal. El 35% de los Ob-Gyn ha programado una cesárea por conveniencia, mientras que el 83,8% de dichos facultativos manifestó que las mujeres prefieren los nacimientos por cesárea. En el modelo de regresión, 5 variables se asociaron significativamente con los Ob-Gyn que realizan el 30% o más de sus partos por cesárea, entre ellas: percepción de que los procedimientos vaginales son más seguros que los partos por cesárea y que las mujeres tienen derecho a elegir el tipo de parto, ya sea vaginal o cesárea, con un OR=4,7 y 7,5, respectivamente.

**Conclusiones:** Hemos demostrado las actitudes de los Ob-Gyn que están asociadas con la tasa de cesárea. Estas actitudes podrían estar relacionadas con el aumento en los nacimientos por cesárea.

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## Introduction

Cesarean section is the most common abdominal operation in women worldwide; the percentage of this practice varies widely between and within countries.<sup>1</sup> The World Health Organization (WHO) at 1985, proposed that the percentage of Cesarean sections should not exceed 15% of total births, and concluded that statistically there are no additional health benefits above this percentage.<sup>2</sup> Cesarean section rates have increased dramatically in several developing countries, especially in Latin America,<sup>3</sup> it was estimated that, in different countries, the percentage of cesarean sections performed unnecessarily was between 16 and 47%.<sup>4</sup> Also, is documented that women who have cesarean section without medical indication are at high risk of related complications or death.<sup>5</sup>

In Mexico, the percentage of cesarean increases each year,<sup>6</sup> at 1985 Narro et al. found that the percentage of births by cesarean sections in four hospitals in Mexico City varied between 8 and 24%, with an average of 17%.<sup>7</sup> In subsequent studies, the same authors reported that in 2005 the average cesarean section had increased in these same hospitals reaching an average of 33.6% in 2002.<sup>7</sup> By 2010 it was estimated that the percentage of births by cesarean section

and reached 38.8% nationally (Fig. 1); however the percentage of Cesarean sections varies between health institutions, for example, the Mexican Institute for Social Security (IMSS) reported for the same year 49.6% of pregnancies attended by cesarean section and Institute for Social Security and Services for State Workers (ISSSTE) 68.6% cesarean.<sup>9</sup> During 2012 Mexico ranks fourth with the largest number of unnecessary cesareans.<sup>9</sup>

Several studies conclude that the increase in cesarean births associated with factors like Maternal characteristics such as age<sup>11</sup> or pre-existing conditions, such as hypertension and obesity,<sup>12,13</sup> saving time for physicians,<sup>14</sup> maternal request cesarean section, or monitoring of labor by electronic means.<sup>8-15</sup>

For several years it has been documented that Cesarean sections account for increased service cost and risk to the health of the mother and the new born.<sup>8</sup>

An increasing percentage of Cesarean births were explained by medical reasons as are complications of pregnancy<sup>16</sup>; however at present these reasons do not explain the total growth in cesarean sections.<sup>17</sup> In Nova Scotia, Canada, it was only able to explain 2.7% of the increase in cesarean sections on medical grounds from 1988 to 2000.<sup>4</sup> Various studies suggest that at present the increase

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