

NORMAL BIRTH AFTER CAESAREAN SECTION, TRENDS AT A TERTIARY OBSTETRIC HOSPITAL 10 YEARS AFTER THE INTRODUCTION OF A DEDICATED CLINIC

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- A dedicated NBAC (Next birth after caesarean) antenatal clinic was introduced at our institution in 2010 to support women in their decision making regarding mode of delivery, with the intention of improving VBAC rates and reducing the caesarean section rate.
- In 2010, 57.1% of patients with 1 previous LSCS wanted VBAC and out of those 64.4% had a vaginal birth and 35.6% had an emergency caesarean section. The total VBAC rate was 27% which was an improvement from the total VBAC rate of 17.2% in 2006.
- In 2020, 10 years after the introduction of the NBAC antenatal clinic, 36% of patients with 1 previous LSCS wanted VBAC and out of those 65% had a vaginal birth and 35% had an emergency caesarean section. The total VBAC rate was 24%.
- While after the initial introduction of the NBAC antenatal clinic there was a rise in the total VBAC rate, over the subsequent 10 years there appears to have been a minimal increase in the overall VBAC rate.
- We propose that this maybe because of the increased complexity of patients coming through the antenatal clinic, who require induction, and may chose not try for VBAC due to the risk of morbidity of uterine rupture and hypoxic ischaemic injury.
- Our institution's induction rate has increased from 31% to 43% over the past 10 years.
- Increasing VBAC rates has been one proposed way to reduce the caesarean section rate, however this has to be balanced against the associated risks.
- Whilst prior studies have demonstrated improved maternal experience with strategies such as an NBAC clinic, none have demonstrated a significant subsequent improvement in VBAC rates.

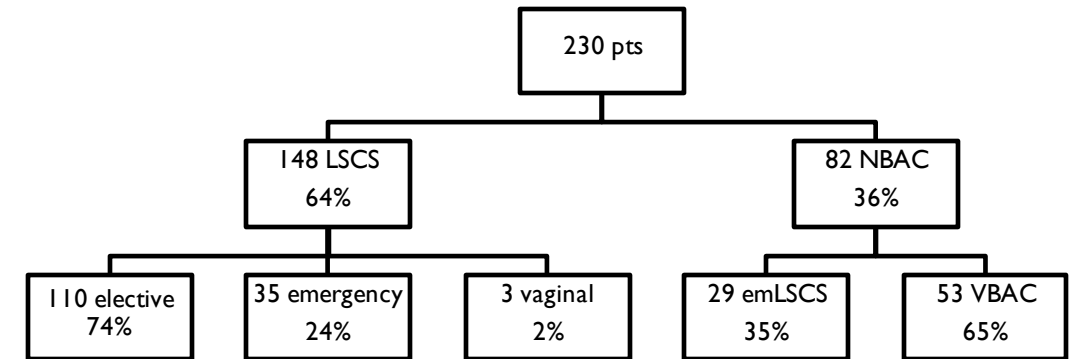


Figure 1: Graphic representation of those with 1 x previous LSCS at our institution in 2020

	SOL*	IOL~	AMA^	Caucasian	Prior vaginal birth	BW <4kg
Successful VBAC	70%	47%	25%	69%	85%	64%
emLSCS	30%	53%	75%	31%	15%	46%

Figure 2: Factors favouring successful VBAC at our institution

* Spontaneous onset of labour

~ Induction of labour

^ Advanced maternal age