

Primary Cesarean Section Reduction Vanderbilt University Medical Center



Nashville, TN

Submitted by the J.C.R. HEN. with hospital permission

Vanderbilt University Medical Center, located in Nashville, TN, is a tertiary care, academic medical center which conducts approximately 4500 deliveries per year. Many patients have co-morbidities that place them at higher risks. Recognizing the rising Cesarean delivery rate, Vanderbilt University Medical Center came to realize that the repeat Cesarean delivery rate was continuing to rise. The best way to affect this was to prevent the first Cesarean delivery. Using the article, "Preventing the First Cesarean Delivery" [(Spong, C.Y., Berghella, V., Wenstrom, K.D., Mercer, B.M., Saade, G.R.) published in *Obstetrics & Gynecology* (2012). 120(5), p. 1181-1193] as a roadmap, the department of Obstetrics created new policies based on strategies for decision making. These strategies include:

- Any non-medically indicated induction between 39.0 and 40.6 weeks gestation must have a Bishop's score ≥ 8 .
- Defined "failed induction", "latent phase of labor", "active phase of labor". The active phase begins at 6 cm. dilation.
- Excluded the cervical ripening phase prior to induction from the latent phase definition.
- Extended the second stage of labor for multiparas with and without epidurals and primiparas with and without epidurals by one hour.
- Ensure adequate uterine contractions by monitoring with an internal catheter and using short intervals of more intense contractions.
- Increased the education in the use of forceps deliveries. We feel the risks of forceps use are not as significant as the risk of a Cesarean Delivery. Forceps are used more frequently than vacuum extractors.

In addition, the organization has 12 midwives affiliated with the residency program and 22 midwives in private practice. All midwives have collaborative relationships with the attending physicians (99% of obstetricians are employed and on the faculty). The midwifery deliveries account for 25% of deliveries, many with co-morbidities. The Director of OB-GYN says: "Our midwives have taught our physicians a great deal about patience."

August, 2013 Statistics:

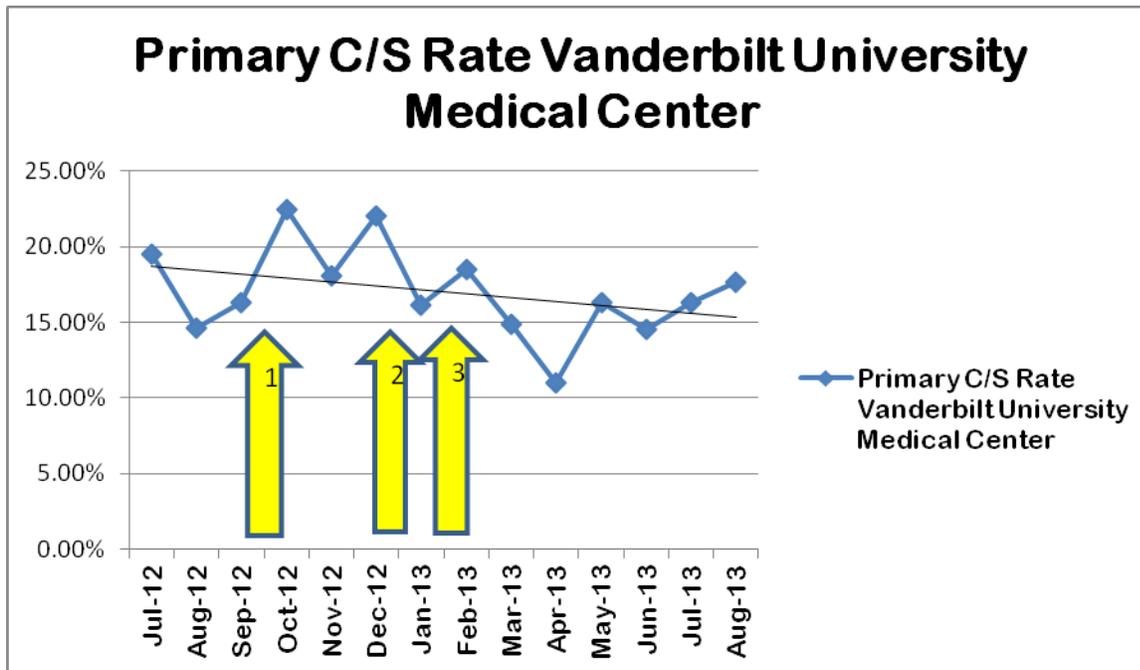
Spontaneous Delivery Rate – 57%

Total Cesarean Delivery Rate – 34% (Primary Cesarean Delivery Rate – 17.8%)

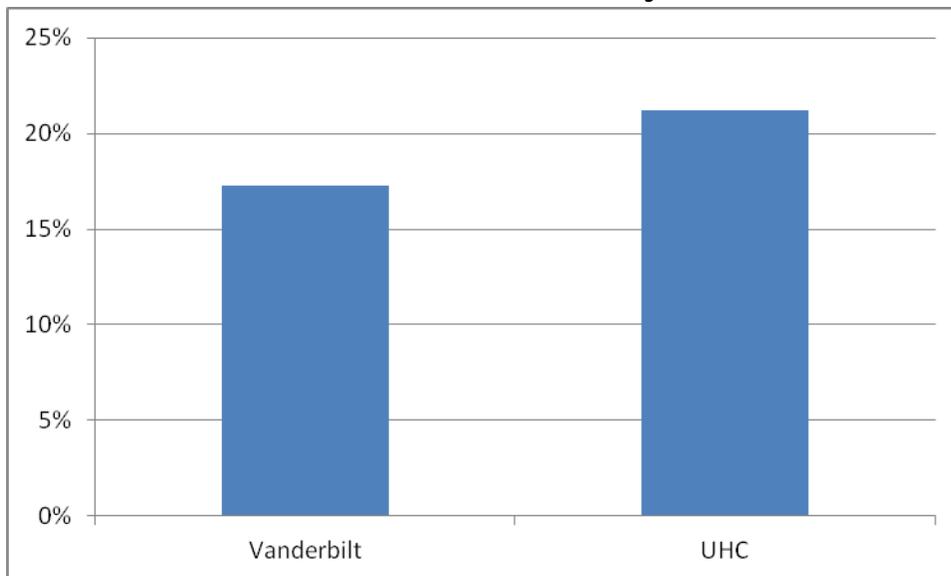
Operative Vaginal Delivery Rate – 9%

2012 Cesarean Delivery rate = 32%; 2012 primary rate delivery rate = 18.1%

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1. Article “Preventing the First Cesarean Delivery” came out Oct/Nov. 2012
2. Article discussed at didactics & board rounds as well as our OB Patient Care Center Meeting ~Jan. 2013
3. Became “Best Practice” in February 2013



Within Vanderbilt’s peer group, the University Health Consortium, Vanderbilt University Hospital now ranks 46th out of 107 university hospitals in primary Cesarean deliveries.