ARE YOU PERFORMING FAMILY CENTERED CESAREAN SECTION?

IMPLEMENTING FAMILY CENTERED/NATURAL/GENTLE CESAREAN SECTION

Aida Simonian, MSN, RNC-NIC, SCM

No Financial Disclosures

asimonian@paclac.org
QUALIFICATIONS TO ADDRESS THIS TOPIC

- Studied General Nursing, with Obstetric focus in Mid Hertfordshire School of Nursing, England, May 1972-June 1975 (State Registered Nurse)

- Completed Midwifery training at Birmingham Maternity Hospital School of Midwifery in October 1976 (State Certified Midwife), leading to specialization in NICU care

- This presentation is a combination of personal research/observation, clinical research, peer reviewed articles and personal experience of Family Centered Cesarean Section, as the member of Neonatal Team, 1976-1979
TERMINOLOGY

❖ Gentle Cesarean Section

❖ Natural Cesarean Section

❖ Family Centered Cesarean Section
How Family Friendly is Your Cesarean section?
BRIGHAM AND WOMEN’S HOSPITAL, BOSTON

History of Cesarean Section

- The history can be traced back to ancient civilizations
- The true beginnings of Cesarean Section remain shrouded in myth and debatable accuracy
- According to one Cesarean Section mythos, the origin of the word “cesarean” has derived form the birth of Julius Caesar
- A plausible explanation of the name could be the origins of the combination of Latin verb “caedere” meaning to cut and the term “caesones” applied to babies born by postmortem operation
- It was primarily performed to save the life of the baby after mother’s death
The extraction of Asclepius from the abdomen of his mother Coronis by his father Apollo. Woodcut from the 1549 edition of Alessandro Benedetti's De Re Medica.
MODERN DAY CESAREAN SECTION

- On January 14, 1794, Dr. Jesse Bennett performed the first successful Cesarean Section in United States, on his wife Elizabeth.

- The United States Cesarean Section rate in 1970 was 5% and picked in 2009 at 32.9%. In 2013 the rate declined slightly to 32.7%, which translates to nearly one third of babies are born by Cesarean section.
IMPLEMENTING CHANGE

- There is nothing permanent except change.  
  Heraclitus

- Progress is impossible without change, and those who cannot change their minds cannot change anything.  
  George Bernard Shaw

- You must be the change you wish to see in the world.  
  Mahatma Gandhi
IS THIS THE REACTION YOU RECEIVE, WHEN TRYING TO INTRODUCE NEW IDEAS???

SO...

LET ME GET THIS STRAIGHT
MAKING FAMILY CENTERED CESAREAN DELIVERY POSSIBLE

- There is scientific evidence that supports Family Centered Cesarean Sections are more beneficial to long term health of mother and baby, by promoting early skin to skin, leading to successful breast feeding and bonding process.

- For hospitals: Cost-benefit ratio analysis will demonstrate that the small financial commitment has considerable return.

- It does not require building new operating room or even modifying the existing ones, no new equipment or engaging extra staff.

- It warrants the commitment and cooperation of the healthcare team. Obstetricians, maternity nursing staff, and anesthesiologists must work together and champion the cause.
IT’S ABOUT CHANGING HABITS!
https://www.youtube.com/watch?v=m5RIcaK98Yg
WHAT CAN YOU DO TO BE AN INSTRUMENT OF CHANGE?

- Share your knowledge with families and healthcare team members at any opportunity

- Reinforce your conversations with written material

- Show the families available videos at different stages of the decision making process. It will help you to empower them to ask their physician for a Family Centered Caesarean Section

- Be the champion in your healthcare team. Inform and educate them

- Prepare a short and to the point presentation for Administrators with a focus on Family Centered Care as an excellent marketing tool and increase in patient satisfaction
CONCLUSION

It’s about a once in a life time experience, attachment leading to a life long mind, body, spirit connection and creating family bonds! WE CAN MAKE A DIFFERENCE!
REFERENCES

http://geburtsmedizin.charite.de/fileadmin/user_upload/microsites/m_cc17/Perinatalmedizin/geburtsmedizin/PDF/Kaisergeburt.pdf


http://www.jabfmy.org/content/27/5/690.full.pdf

doi: 10.1891/1058-1243.22.3.130


http://www.wired.com/2011/01/0114caesarean-first-us/

http://harvardmagazine.com/2012/11/labor-interrupted

http://www.cdc.gov/nchs/data/nvsr/nvsr63/nvsr63_06.pdf
QUESTIONS