Pregnancy school help to reduce cesarean section rate for non-medical reason

WU Ming-zhen
(Maternal and Child Health Hospital of Xian'an District, Xianan Hubei, 437000 China)

Abstract: It is creative, and of certain scientific and educational value.

[ABSTRACT] Objective: To explore the role pregnancy school in reducing the incidence of uterine-incision delivery for non-medical reasons. Methods: Three hundred pregnant women that attended pregnancy school and 300 pregnant woman who had no pregnancy education were assigned randomly as study group and control group. Incidence of uterine-incision delivery and uterine-incision delivery for non-medical reasons, knowledge about pregnancy and delivery of both groups were investigated and compared. Results: The scores on the pregnancy knowledge were significantly higher in the both groups after intervention, but the increase in the study group was more significant than that in the control group (P both < 0.01). Incidence of uterine-incision delivery and uterine-incision delivery for non-medical reasons of the study group were both lower than that in the control group. (P < 0.01). Conclusion: Reproductive health education to pregnant woman school can significantly improve the pregnant women' knowledge about pregnancy and delivery, thus can help them to choose the delivery method correctly and reduce the rates of uterine-incision delivery, especially those for non-medical reasons.

[KEY WORDS] Uterine-incision delivery; Pregnant woman; Health education