

Preference, associated factors and the impact of a health education intervention on the caesarian section as a mode of delivery among primi pregnant mothers attending antenatal clinics of Medical officer of health area Bandaragama

Abstract

Introduction

Increasing caesarian section (CS) rate is observed in the world, which has a significant negative impact of the health of the pregnant mother, family as well as the economy of the country.

Objectives

To describe the preference, associated factors and the impact of a health education intervention on the caesarian section as a mode of delivery among primi pregnant mothers attending antenatal clinics of Medical officer of health area Bandaragama

Methods

This Study had two phases. Phase 1 was a descriptive cross sectional study among 238 primi pregnant mothers who were in their second and third trimester, attending antenatal clinics in the Bandaragama Medical officer of Health area. Preferred mode of delivery (MOD) and associated factors was measured using the interviewer administrated questionnaire. This instrument was validated and translated to Sinhala and Tamil languages. Associated factors with preferred MOD were determined using chi square test. Significance level was set at 5%.

Phase 2 was a before and after comparison study. Total number of pregnant mothers who preferred CS (26) and another 26 pregnant mothers, who preferred vaginal delivery in phase 1 randomly selected to this phase. A health education intervention was conducted at 2 weeks of intervention and after the delivery. The change of MOD and actual MOD were measured respectively with Mc-Nemar chi-squared test.

Results

Response rate was 90%. Prevalence of preferred MOD for CS was 12% (95%: CI 7.68% to 16.32%). The factors significantly associated with CS were high maternal age ($p=0.042$), being a Sinhalese ($p = 0.003$) private job sector ($p < 0.005$) and the monthly income more than Rs 40,000 ($p < 0.005$). Effectiveness of the intervention was assessed by the degree of change of

CS from the beginning to, after the intervention which was statistically significant ($p= 0.012$) at the 2 weeks after the intervention.

Conclusions

Health education intervention is an effective strategy to increase the awareness on MOD among pregnant mothers and reduce the rate of CS of the country.

Key words: Caesarian section, preferred mode of delivery,