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Is shoulder first technique a safe alternative to deliver deeply wedged fetal head during cesarean section?

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Cesarean section is the most common obstetric operation. The incidence of cesarean section varies worldwide. As per World Health Organization (WHO) ideal rate of C-section should not exceed 10-15 per cent, but it's far more than this especially in developing countries. Caesarean section in second stage of labor accounts for one-fourth of all primary caesarean sections especially in tertiary care hospitals in India where the laboring women are transferred once they fail to deliver vaginally. The second stage cesarean sections with impacted fetal heads are technically difficult and are associated with high rate of maternal and fetal morbidities. Different techniques have been used for decades to extract fetal head in late second stage of labor to reduce the maternal complications like extension of uterine incision, hemorrhage and fetal morbidities. A prospective study was conducted over a period of two years in tertiary care hospital to evaluate the efficacy of shoulder first technique in women undergoing cesarean section in second stage of labor for any maternal/fetal indication and this technique was compared with other methods of fetal head delivery in late second stage of labor. At the end of the study observation was that with the shoulder first technique the maternal and fetal complications were very less. The details of the study will be discussed at the time of presentation in the conference.

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