

Outcome of vaginal birth after cesarean section compared with a control group

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Introduction: Trial of labour for Vaginal Birth After Caesarean section (VBAC) is a well-established standard practice of care. The aim of this study was to assess the outcome of vaginal birth after caesarean section.

Methods: This is prospective study conducted at the department of Obstetrics and Gynecology, University Hospital "Koco Gliozheni", Tirana, Albania, in the period 2015-2019 including 100 women who had one prior caesarean section and were admitted to hospital at term with spontaneous onset of labour. A control group (n = 100) was matched from women without previous caesarean section.

Results: The success rate of vaginal birth after caesarean section was 89/100 (89%). The mean duration of the first and second stages of labour were not significantly different in the study group (145.9 and 31.3 min respectively) compared with the control group (145.2 and 28.6 min). There were infrequent complications; only 1 woman (1.1%) had ruptured uterus and 2 women (2.2%) suffered uterine dehiscence. There were no stillbirth or fetal distress.

Conclusions: On the basis of these results, we conclude that for selected cases with one prior lower segment caesarean section who present in spontaneous active labour, a trial of vaginal delivery may have a high success rate > 85%) with no increased risk of maternal and fetal morbidity or mortality. The duration of labour for these women was similar to normal deliveries.

Biography

I am a medical doctor, from Tirana, Albania. I have graduated on 1994 from the Faculty of Medicine, University of Tirana, Albania. Afterwards I was specialized for four years in obstetric and gynecology and I am working at Gynecological Obstetric University Hospital & "Koço Gliozheni" in Tirana. Currently I am doing Phd in obstetric and gynecology from Tirana University, in Tirana - Albania. I am dedicated to my profession and also I have several publications on this topic.

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