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Evaluation of labour preference of pregnant women and factors influencing the choice

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Introduction: Vaginal birth is a method of delivery used by human beings for millions of years, and generally, the physiological structure of the female body is suitable for vaginal delivery. Worldwide, cesarean delivery choice has increased because of many reasons; safety, pain control. We know that women are influenced by many factors during decision of the method of birth. In this study we aimed to investigate the causes of increased caesarean rates and to analyze the solutions, again to research pregnant women's attitude towards caesarean section and vaginal delivery and to contribute to develop new health strategies about this.

Methods: We applied a questionnaire, consisting of 23 open-ended and multiple-choice questions, to 419 pregnant patients admitted to outpatient obstetric polyclinic. The pregnant with 6-40 gestation age were included to the study. Patients during active labor were out of study. Besides socio-demographic and socio-economic characteristics of the patients, questions include preference of birth type, who determined the type of delivery (patient, doctor), and what affected the choice most.

Results: 72% of the pregnant preferred vaginal delivery. Preference of cesarean delivery was high among employed women, and even higher among health professionals. For the both groups first delivery type was most decisive for the second: women who gave birth to the first baby spontaneously preferred vaginal birth, those who underwent cesarean section preferred it again. The second reason that most influenced the cesarean choice was fear of pain. Medical cesarean indication (doctor decision) was only 29%, remains were mostly patients' preference.

Conclusion: As family physicians, we are the closest health providers to pregnant women. Acknowledgment we give to our patient may differ their approach to birth. The confidence we give to our patients can soothe their fears and decrease invasive interventions.