**Assessing factors associated with Caesarean Sections in urban Nepal: a hospital-based study**

**FGD 3 1st Oct. 2021**

**Focus Group Discussion among pregnant women in Public Hospital**

**1. What is your expectation about delivering your baby?**

**Participant 13:** I want to give normal delivery, but in case of any complication, I will go for caesarean section.

**Participant 14**: Normal delivery.

**Participant 15:** Normal delivery.

**Participant 16**: Normal delivery.

**Participant 17:** Normal delivery.

**Participant 18:** I want to give normal delivery, but in case of any complication I will go for caesarean section.

**2.** **what is your choice about mode of birth in this time? Could you please explain why?**

**Participant 13:** I had caesarean section in case of my first baby. So, I want to give normal delivery. During normal delivery it is painful and difficult but for future it is good. After caesarean section it is difficult as well in future such we can’t carry heavy weight and work, infection may occur in stiches. So, I prefer normal delivery.

**Participant 14:** It’s my first baby so I want to give normal delivery.

**Participant 15:** I had normal delivery during my first baby, so I want to give normal delivery.

**Participant 16:** I want to give normal delivery because it will be easy for me after delivery. During and after caesarean section it is difficult, so I prefer to give normal delivery.

**Participant 17:** I had normal delivery during my first baby, so I want to give normal delivery this time also. Baby is healthy and fit in normal delivery.

**Participant 18**: I have heard normal is good for the health of mother, so I want to give normal delivery.

**3.** **What do you know about Caesarean section? Explore sources of knowledge.**

**Participant 13:** I had caesarean section during my first delivery. I tried to give normal birth at first but had to go 12hrs long labor, it was hard for me and had fever as well. So, we consulted our doctor and recommended for caesarean section. He said we must do caesarean section. otherwise, it might affect the baby. So, through health worker I knew about caesarean section.

**Participant 14**: I don’t know much about caesarean section.

**Participant 15:** Heard about caesarean section from hospital but I don’t have much idea about it.

**Participant 16:** Heard about it but I don’t have much idea about caesarean section. This is my first pregnancy, so I was not aware about caesarean section.

**Participant 17:** Heard from my sister-in-law as she gave birth through caesarean section.

**Participant 18**: I have studied about C-section and heard as my relative also had to undergo caesarean section.

**4.** **In your opinion, why do you think women choose caesarean section?**

**Participant 13**: I don’t think people prefer to give birth by caesarean section. As much as I have heard everyone tries for normal delivery unless they have complication. They undergo caesarean section in case of complication.

**Participant 14:** I don’t think they prefer to give birth through caesarean section.

**Participant 15**: Through prefer caesarean section because of complication as much as I know.

**Participant 16:** Caesarean section done because of: Abnormal positing or breech presentation, Low amniotic fluid, Nuchal cord, Low weight baby, Complication during delivery.

**Participant 17:** They might prefer caesarean section not to feel labor pain or fear of pain if they have heard from others. High pressure of the mother during delivery. In case of Baby swallowing meconium. If water breaks before schedule.

**Participant 18:** To avoid labor pain or fear of labor pain. Abnormal positioning of the fetus or breech presentation. Problem in dilation of cervix and complication.

**5.** **What are the reasons for preforming CS? Reasons related to women/baby/family or other reasons?**

**Participant 13**: To avoid labor pain. In case of complication in mother during delivery. Complication in the fetus. Low physical development of the fetus. Premature baby. Low amniotic fluid in the womb. If baby passes urine or stool in the womb or have any problem. As much as I know family doesn’t focus on caesarean section.

**Participant 14:** I don’t know much about that and haven’t heard.

**Participant 15:** Breech baby or abnormal positioning of the baby. High pressure of the mother.

**Participant 16**: Women related: High pressure of the mother. Low amniotic fluid. Gestational diabetes. Baby related: Breech presentation or abnormal positioning of the baby. If baby passes urine or stool in the womb. Placenta around neck.

**Participant 17:** Women related: excessive bleeding, high pressure of the mother. Baby related: cord around neck, breech presentation or abnormal positioning of the baby. Low weight baby or premature baby. In case of baby swallowing meconium.

**Participant 18:** I heard after normal delivery, while fluid discharge from vagina. So, some may prefer caesarean section to avoid that. Some do CS due to complication in mother and chronic illness. In normal delivery bleeding may occur for long time and can lead to death also. So, some may prefer caesarean section to avoid risk. Some family may also prefer caesarean section during delivery. In case of baby if there is low fetal movement they prefer caesarean section. Complication in the baby.

**6. What are the advantages and disadvantages of performing CS?**

**Participant 13:** Advantage of caesarean section: Don’t need to feel the labor pain.

Disadvantages: After delivery, women should undergo various complications.

Reoccurrence of infections. Stiches may open if not cared properly.

**Participant 14:** Advantage: I don’t think there is any advantage in caesarean section.

Disadvantages: It is difficult for women after delivery. In case of normal delivery, woman can recover after few days but in caesarean section it takes longer time to recover.

**Participant 15:** Advantages: I don’t think there is any advantage in caesarean section.

Disadvantages: Difficult to breastfeed after surgery for few days, Frequent visit to hospital for follow up and stiches.

**Participant 16:** Advantages: I don’t think there is any advantage.

Disadvantages: Difficult for mother to walk, sit and breastfeed baby after delivery in caesarean section. Takes time for recovery, may take even months. Must take care of the diet and eating habits.

**Participant 17:** Advantage: Don’t need to feel the labor pain.

Disadvantages: Difficult for mothers to walk, sit after delivery for long time. Must take care of the diet and control in eating habits. Problem of infection of stiches after delivery. Proper care of infection. Frequent visit to hospital to take out stiches.

**Participant 18:** Advantage: Don’t need to feel the pain.

Disadvantage: Weakness in future. Must take care of diet and control in eating habits. Chances of infection of stiches from time to time can be caused to inappropriate food. I think there might remain some disease after C-section and frequent sickness. May lead to low immune system and frequent disease condition.

**7. How do we minimize using unnecessary CS delivery?**

**Participant 13**: Counseling women about advantage of normal delivery.

**Participant 14:** Depends on people if they can handle the pain or not. So, I don’t think we can control unnecessary caesarean section.

**Participant 15:** Exercise regularly. Counseling and regular awareness about normal delivery. Mentality for normal delivery from the beginning.

**Participant 16:** Exercise regularly. Women should be mentally strong to give normal birth from the starting of pregnancy. Mentality to give normal delivery.

**Participant 17:** Women should be mentally focused to give normal birth from the beginning. Doctors should also encourage to give normal birth and aware about normal delivery. In case of critical case only they should go for caesarean section otherwise should prefer normal delivery.

**Participant 18:** Counseling from health workers from time to time. Family support for normal delivery. Pregnant mother should be mentally prepared. Doctors also should recommend normal delivery rather than caesarean section in normal condition. I think some doctors don’t like to take risk, so they perform caesarean section. This shouldn’t be done. Emotional and mental support from family members as well. Positive thoughts in mother.

**8. Is anything else would you like to say?**