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

**FGD 4** **3rd Oct. 2021**

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

**1. What are your expectation on delivering your baby?**

**Participant 19:** Normal delivery

**Participant 20:** I prefer normal delivery. Depends upon the condition and recommendation of the doctor.

**Participant 21:** I prefer normal delivery but depends upon my condition during delivery.

**Participant 22:** After caesarean section, a mother and baby have to undergo various problems. So, I prefer normal delivery.

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

**Participant 19:** I think in normal delivery there won’t be much problem. Normal because it is easy for both baby and mother.

**Participant 20:** Normal delivery. For me I want to know exactly why normal delivery, as we hear from doctors and from interviews of health professionals they say the difference in normal delivered baby and caesarean section baby, but exact information and data is not available in Nepal stating that caesarean section baby having some problems and normal delivered baby without problem. If there was any available data it would have been easy to decide.

**Participant 21:** My mother said in normal delivery both baby and mother are benefitted. Mother said you can experience the pain of mother and feel the importance of mother in normal delivery.

**Participant 22:** If normal delivery, it’s good for both mother and baby because in caesarean section incision is done in abdomen which creates difficulty in sitting, walking. Normal delivery is natural, and caesarean section is difficult and it’s different. So normal delivery is good for both mother and baby. Natural birth is better than incision in abdomen.

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

**Participant 19:** Caesarean section means to deliver a baby through incision in the abdomen. Heard from the people as I don’t have any history of caesarean section in my family and relatives.

**Participant 20:** I heard about caesarean section from media and news. It’s to deliver a baby through incision in the abdomen.

**Participant 21:** If there is complication in baby during delivery which might put mothers at risk people go for caesarean section.

**Participant 22:** Heard about caesarean section from my sister and sister-in-law as they had to undergone caesarean section. Caesarean section is done if there is low amniotic fluid. Caesarean section means to deliver baby through incision in the abdomen which I heard from them.

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

**Participant 19:** Don’t know much about that but may be because of fear of pain.

**Participant 20:** Because of the belief of the people to delivery in particular date, day and time.

**Participant 21:** Because of the fear of labor pain.

**Participant 22:** Fear of long labor pain. Mothers used to tell us how they delivered their baby after 3-4 days labor. So many might fear about the pain and think that they will give birth through caesarean section.

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

**Participant 19:** Complication in baby or mother.

**Participant 20:** Gestational diabetes (Mother related), Thyroid in mother, Low amniotic fluid, High heart rate of the baby (Baby related).

**Participant 21:** Placenta’s cord around the neck (Baby related), Abnormal positioning of the baby or breech presentation. If a baby swallow meconium.

**Participant 22:** Discharge of white vaginal fluid (mother related), Long labor and difficult in giving birth, Abnormal positioning of the baby /breech presentation, Low heart rate of the baby and abnormal heartbeat, Low amniotic fluid. Family related: Husband wife related problem. After normal delivery, they may face problem during sexual intercourse. Loose vaginal opening can be one of the reasons for family preferring caesarean section.

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

**Participant 19:** Advantage: I don’t think there is any advantage in caesarean section.

Disadvantage: Hard/ difficult for mothers to sit, walk, etc.

**Participant 20:** Advantages: Easy for mother to feed the baby. In case of normal delivery, it is difficult for mother to sit and breast fed. Difficult and problem in toileting during normal delivery.

**Participant 21:** I don’t think there is any advantage in caesarean section.

Disadvantages: Infection in the stiches. Injection may have side effects in old age. I Heard if the injection is not injected in exact place, or a small mistake may lead to paralysis.

**Participant 22:** Disadvantages: Caesarean section is to deliver baby through incision in the abdomen which takes time to recover. Reoccurrence of Infection. Can’t hold baby after birth and mothers are under anesthesia for 2-3 hours after birth. Difficulty in breast feeding baby after birth, so they must give formula milk for 2-3 days. Must be careful while eating food for few days (Limit in eating). Caesarean section mothers can’t eat as normal delivered mothers.

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

**Participant 19:** Depends upon the condition and knowledge about the difference in caesarean section and normal delivery. Health education.

**Participant 20:** Awareness by the hospital should be more concerned about the patient rather than profit. So, hospital should do caesarean section only in sever condition. Caesarean section should be done only required Policy to be implemented properly to do caesarean section for only required ones.

**Participant 21:** Hospital should be more concerned about the patient. Behavior of the nurses in the public hospital Stiches should be done properly in the public hospitals in case of normal delivery. Before giving baby to the mother baby should be examined thoroughly and should be given to the parents.

**Participant 22:** I think woman should be more conscious and avoid caesarean section. Women should be mentally strong enough to give normal delivery. Normal exercise should be done regularly from the beginning. Nowadays, there is lack of exercise among pregnant women. They start bed resting from 2-3 months of pregnancy. Resting in bed only will make body stiff and weak. So, regular exercise is important.

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

**Participant 22:** Actively working and eating is important. Eating nutritious food. Nowadays food we eat contain chemicals which may lead to various health problems. So, eating good food and exercise is very important.