

# Emotive Elements before Elective Obstetric Surgery from Patient Standpoint: A Comparative Study

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Choice of Vaginal Birth or C-Section of Pregnant Women

## ABSTRACT

**Objective:** To observe the emotional state of the pregnant women while making the choice of vaginal birth or elective caesarean section.

**Study Design:** Cross sectional study

**Place and Duration of Study:** This study was conducted at the Gyne and Obs, Al-Tibri Medical College and Hospital, Karachi between the duration of November 2020 to April 2021.

**Materials and Methods:** A total of 100 pregnant women were included in this study and the all the patient were providing with survey questioner with self-explanatory and open ended questions 42 responses were received including 30 male and 12 female nursing students. A survey of 28 close- and open ended questions was developed after extensive literature review.

**Results:** Among 100 patients average 45.86% experienced difficulties during house work, TV watching and other activities after surgery. Average 72.67% of the total 100 patients were furious of the surgery and responses, majority of students were male 71% and 29% were afraid of losing fetus, uterus and death. Only 33.33% female were expressive regarding their feared and reservation regarding the surgery. 68%, 36% and 10% observed to be distressed, sad and happy respectively.

**Conclusion:** It has been observed that the most the pregnant women have very odd fear while and most the patient were very distress and doubtful for the procedure outcomes. Very few were relaxed and happy.

**Key Words:** Elective surgery, caesarean section, vaginal birth, pregnant.

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## INTRODUCTION

Having child is the most important feeling and most delicate experience for almost every woman. Various factors influence the decision of the child birth. In a systematic review there are four crucial factors are reported for the women's child birth experience that are Personal Expectation, attitude and support of the caretakers and relationship between caretaker and patient<sup>1</sup>. "Patient choice" is very much prevailed in obstetricians and gynecologist<sup>2</sup>. Caesarian section rate is highly increasing day by day because of the maternal consent towards worthless or unnecessary caesarian delivery of baby without medical reasons<sup>3,4</sup>.

Previous child birth experience effects very much while women decides for the caesarian delivery negative

pervious child birth experiences is highly associated with the request of caesarian section<sup>2,5,6</sup>. Negative child experience also develops child birth fear and study suggested that this is not only the factor which compels the women to go for elective caesarian delivery<sup>7</sup>. Child birth fear is a multifarious feeling of anguish which stretched from worries to anxiety which ultimate effects the everyday life till the birth time<sup>8</sup>. In Finland, Sweden and UK 22 percent of the elective caesarian section were because of the childbirth fear<sup>9</sup>. Emergency caesarian and instrumental child birth are also highly associated with the childbirth fear<sup>21</sup>. In western countries the pregnant women got the right to choose the elective caesarian surgery but as per the legislation the caesarian surgery is not the option they can chose for them self. Studies suggested that the mother choice is really hard to evaluate due to several co-founding factors.<sup>10,11</sup>

The Aim of this study is to evaluate the mental state and emotional status of the pregnant female which are going towards the elective surgery. This study can help will help the medical health care worker working in maternity homes and midwives to deal with the pregnant patient. The odd results can help in suggesting the counselling sessions to the patients.

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## MATERIALS AND METHODS

After IRB approval, this cross sectional study carried out at Al-Tibri Medical College and Hospital, Gyne & Ops ward. 100 pregnant women were enrolled after taking proper informed consent they were provided a survey questioner, contains self-explanatory and open-ended question to assess the emotional state of the patient toward the upcoming elective surgery. And the responses of the patients were recorded as the frequency basis.

## RESULTS

Among 100 pregnant women 92 and 98 percent women faced difficulty in house hold working and walking (Table 1)

The least fear of losing fetus during surgery and dying due to spinal anesthesia was observed in pregnant women (Table 2)

48 percent women were afraid but they accepted the facts while on other hand 20 percent of the women were not afraid and accepted the facts while 32 percent of the women were very much afraid (Table 3)

Only 10 percent patients were happy while going towards the elective surgery (Table 4)

**Table No.1: Frequency of faced difficulties as a Result of Elective Surgery**

	Yes	No	Frequency
Housework activities	92	8	<b>92</b>
Walking	98	2	<b>98</b>
Others	28	72	<b>28</b>
n= 100			

**Table No.2: Frequency of Fear and Acceptance of Elective Surgery**

	Yes	No	Frequency
of surgical procedure	82	18	82
of losing Uterus	34	66	34
of Losing Fetus	18	82	18
of dying during surgery	48	52	48
of dying due to general anesthesia	38	62	38
of dying due to spinal anesthesia	23	77	23
of expected next surgery	78	24	78
n=100			

**Table No.3: Frequency of consternation in pregnant women / Declaring**

	Yes	No	Frequency
very much afraid, but accepted the fact	32	68	32
somewhat afraid, but accepted the fact	48	52	48
not afraid and accepted the fact	20	80	20
n=100			

Overall 45% faced difficulties after the caesarian surgery, 72% have fear but accepted the fact and only 33% were showed consternation while going towards the elective (Table 5).

**Table No.4: Feelings of pregnant women towards undergoing Elective Surgery**

	Yes	No	Frequency
<b>Distress</b>	68	32	68
<b>Doubt as to the outcome of the surgery</b>	28	72	28
<b>Sadness</b>	36	64	36
<b>Happiness</b>	10	90	10

**Table No.5: Difficulties, fear and acceptance etc. among pregnant women**

<b>Difficulties</b>	45.86%
<b>Fear &amp; Acceptance</b>	72.67%
<b>Consternation</b>	33.33%

## DISCUSSION

This study suggested that the most of the women faced difficulties in fulfilling their chores and walking. It is because of the surgical cut/wound and immune responses which body takes against any surgery processes. It is evident that the postoperative duration eventually effects the women's experience due to the physical restriction and pain<sup>12,13</sup>. In our sample there is great percentages of the pregnant women were observed having the fear of losing their fetus and dying due to spinal anesthesia. It may be due to the lack of awareness regarding the basic medical knowledge and procedures. No evident study was found during the literature survey in this regards. A study reported 14 percent birth related fear<sup>14</sup> but in our study 48 percent fear was observed. Multiple studies suggest that the birth related fear is a strongest factor which contributes in elective cesarean surgery<sup>15-18</sup>. The most important factor which tends women to go for elective ops surgery is childbirth related fear. Constant counselling reflects significant effect in decision making for pregnant women. It is reported in the literature that the fear of pain is directly allied with the childbirth related fear<sup>19</sup>. Gynecological information of all the aspects of the caesarean section is vital for the women who opt caesarean section where no medical symptoms are present. A Study reported that 41 percent women were furious about the surgery but didn't express, similarly in this study 33 percent women were constraining about their fear regarding the upcoming cesarean surgery (ref). It was observed in this study that overall only 10 percent of patients were happy going towards the elective caesarian surgery which is because of the social culture of the Pakistan and attitude of the midwives and nurse of the medical centers.

One of the limitation of the study was small size of the women undergoing caesarean surgeries that is why it is

hard to make it generalize the finding. More longitudinal research needs to be done for better picture of the finding in the aspect with a larger sample size.

## CONCLUSION

In a nutshell the finding of the study is that there multiple confounding factors which can effects the emotional state of the pregnant women. Most of them were furious about the process and very few were happy with the caesarean surgery procedure.

### Author's Contribution:

Concept & Design of Study: Bushra Zulfiqar  
 Drafting: Kausar Parveen  
 Data Analysis: Shagufta Parveen  
 Revisiting Critically: Bushra Zulfiqar,  
 Final Approval of version: Bushra Zulfiqar

**Conflict of Interest:** The study has no conflict of interest to declare by any author.

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