



Incidence of Vaginal Birth After Previous 1-Cesarean Section and Fetal Outcomes in a Tertiary Care Hospital in Peshawar

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Background

With the established safety of vaginal birth after cesarean section (VBAC) and the associated risks of maternal complications from repeat cesarean sections, trial of labor has emerged as a preferred approach for specific patient populations. This study aims to determine the frequency of successful vaginal births and fetal outcomes in patients with a history of previous one cesarean section.

Study Design: A cross-sectional-research study was conducted in the Gynecology and Obstetrics Department of Hayatabad Medical Complex from January 2024 to July 2024.

Methods: A total of 149 patients with a prior cesarean section were included in the study. Data was collected using a structured Questionnaire To evaluate VBAC Outcomes.

Conclusion

The findings highlight a significant rate of successful vaginal births following a single cesarean section, accompanied by favorable fetal outcomes. This underscores the potential benefits of trial of labor in appropriate patient populations. Further studies are warranted to explore the long-term implications of VBAC on maternal and neonatal health.

Results: Among the 149 patients, 93 (62.4%) achieved successful vaginal births, while 56 (37.6%) experienced unsuccessful vaginal births. The gestational age distribution showed that 107 patients were between 37-39 weeks, and 33 patients were between 40-41 weeks. The average duration of VBAC was 8.95 hours (SD $\pm$ 7.2). The average fetal weight at birth was 3.4 kg (SD $\pm$ 0.3). APGAR scores at 1 minute averaged 7.8 (SD $\pm$ 1.1), while at 5 minutes, the average score was 9.8 (SD $\pm$ 1.4).