



Perinatal Outcome Of Vaginal Breech Delievery In Carefully Selected Pakistani Women

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INTRODUCTION

- ❖ Breech presentation of fetus constitutes about 3-5% of all singleton term pregnancies(1).
- ❖ Breech presentation is directly linked to an increased risk of adverse outcomes in both mother and the fetus. (2)
- ❖ The best mode of delivery in singleton breech pregnancy is a matter of debate among obstetricians for decades(3).
- ❖ It is reported that breech delivered vaginally has a ten times higher risk of fetal death during childbirth. (4)
- ❖ After the findings of the "term breech trial (TBT)" that the planned cesarean of a breech is linked to a decreased incidence of perinatal mortality, the majority of health care facilities have followed the elective cesarean policy in singleton breech pregnancy. (5)
- ❖ Many studies after the TBT trial have shown that there is no difference in terms of fetal and maternal outcomes, in breech pregnancies delivered vaginally versus planned cesarean.
- ❖ The royal college of obstetrics and gynecologists in 2017 recommended that the risk and benefits of both vaginal and cesarean be explained to the mother and subsequent decisions be made in the light of available expertise at the health care facility. (6)
- ❖ At our center, we routinely perform vaginal deliveries of singleton breech pregnancies after taking informed consent from patients. This study is aimed at presenting short-term maternal and fetal outcomes of vaginal breech delivery at our center.

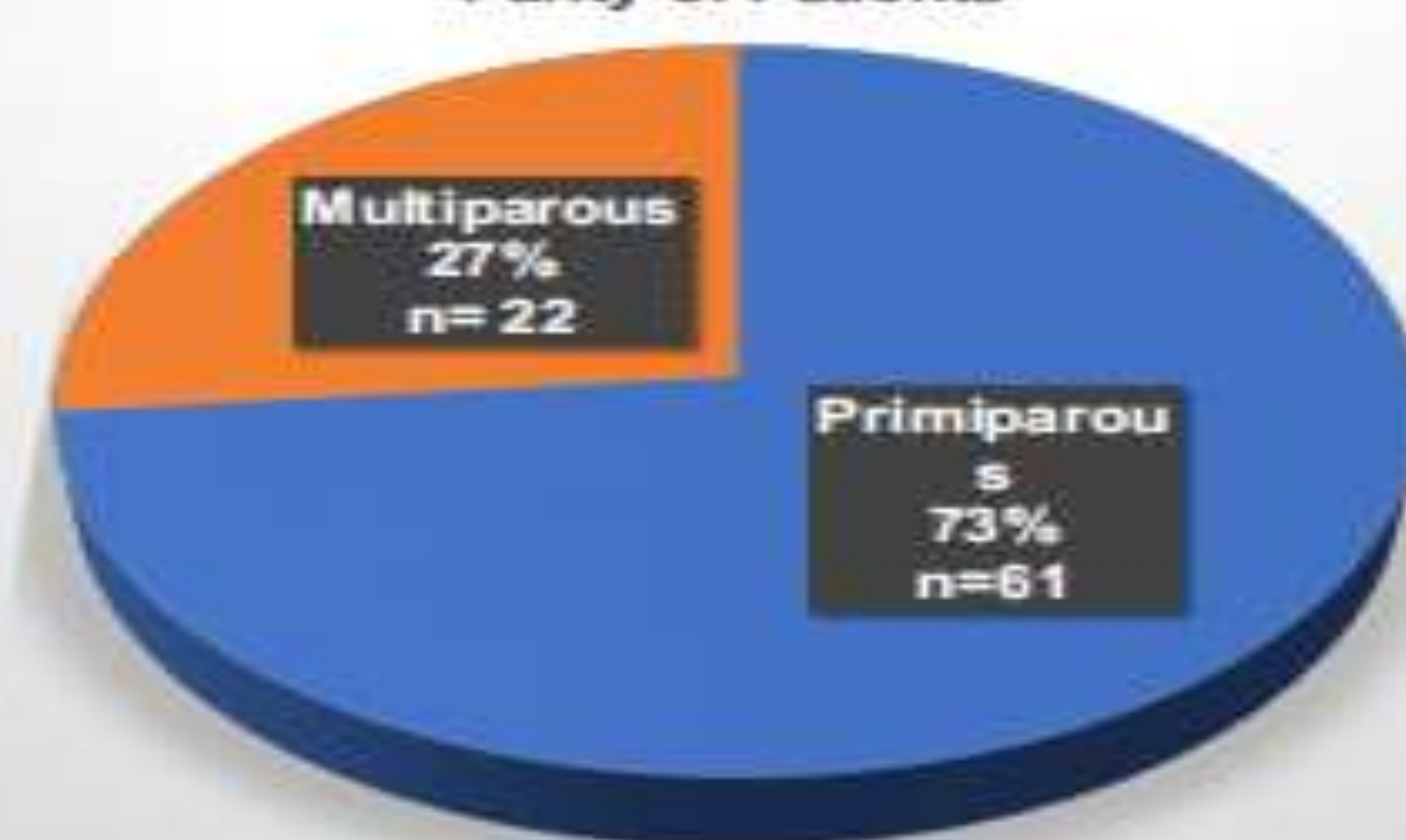
MATERIALS AND METHODS

- ❖ This retrospective study was conducted with hospital case records from January 2021 to December 2021 at Women Christian hospital Multan.
- ❖ Before commencement of the study ethical approval was sought from the hospital ethical review committee.
- ❖ **Inclusion criteria :**
 - ❖ All the patients, primiparous or multiparous having alive singleton breech term pregnancy, with normal liquor and no contraindication to normal vaginal delivery or intrauterine growth retardation were included in the study.
- ❖ **Exclusion criteria:**
 - ❖ Patients with macerated stillbirth, previous birth by caesarean ,estimated fetal weight, >3.5kg, intrauterine growth retardation, low lying placenta, and poly or oligohydramnios were excluded from the study.

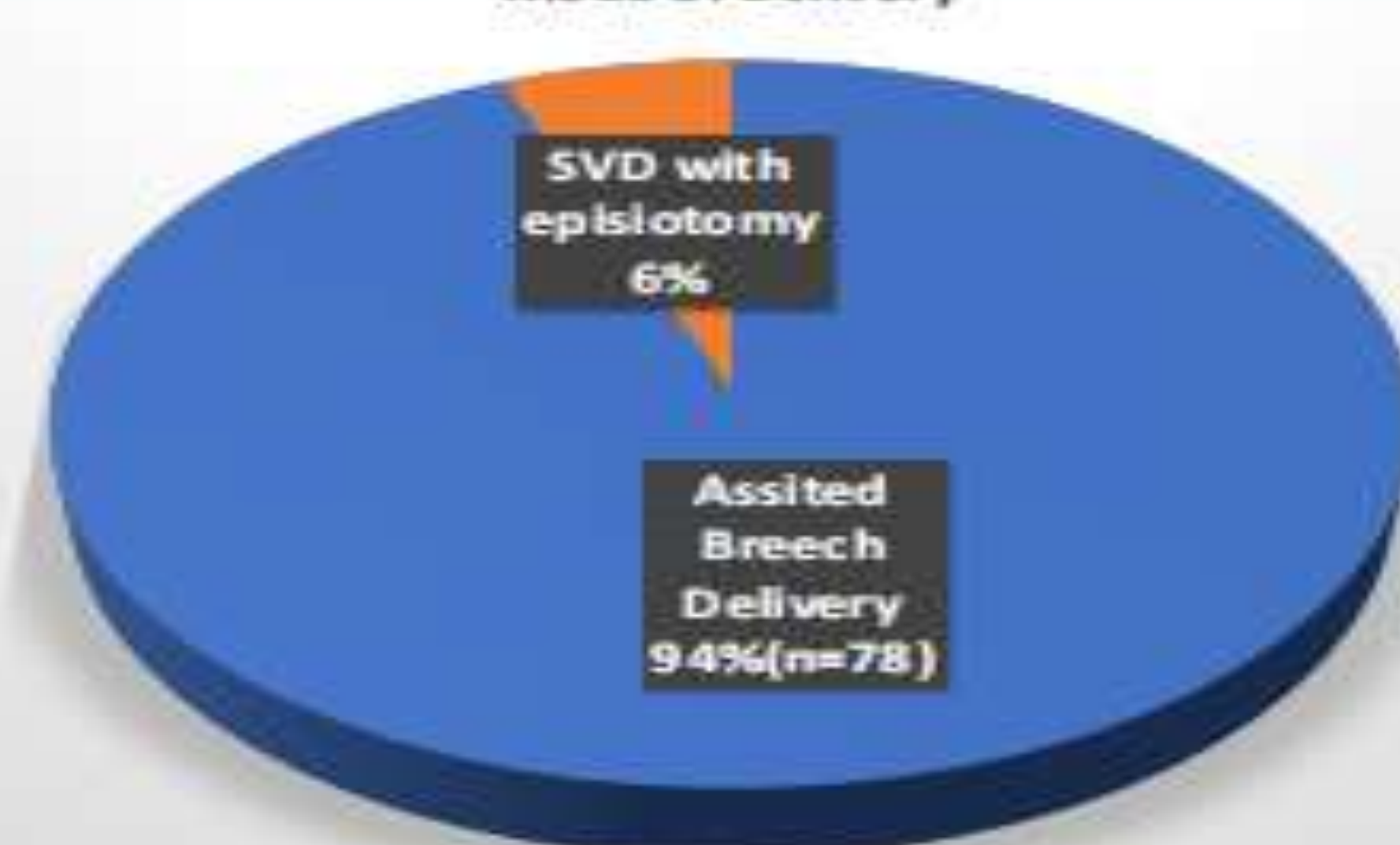
RESULTS

- ❖ During the study period, a total of 2795 deliveries were done at Women Christian hospital.
- ❖ The incidence of term breech deliveries was 105(3.7%) among them 83(79.04%) were vaginally delivered, whereas 22(20.95%) were delivered via cesarean.
- ❖ Out of these 22 patients, 10 patients opted for elective cesarean whereas 11 patients were given a trial of vaginal delivery and were converted to cesarean due to various reasons. This study focuses on the 83 patients that were vaginally delivered.
- ❖ The mean age of patients was 26.22 ± 4.30 years, with a maximum age of 41 and minimum age of 19 years. The mean gestational age was 36.5 ± 2.55 weeks with minimum gestation of 29 weeks and a maximum of 41 weeks. the mean BMI was 23.98 ± 5.24 .

Parity of Patients



Mode of Delivery



MATERNAL OUTCOMES

- Antepartum hemorrhage
- Postpartum Hemorrhage
- Vaginal Tear
- Instrumentation for delievery

Fetal Outcomes

APGAR score at 1min	7.08 ± 2.39
APGAR score at 5 min	8.3 ± 2.3
Mean birth weight	2406 ± 599 gm

Neonatal Death



DISCUSSION

- ❖ Our study shows that the neonatal mortality is 6.08% which is less than the perinatal mortality found in a study conducted by Basnet et al. (7)
- ❖ The maternal outcomes were promising with complications ranging from 1-3%.
- ❖ The decreased mortality can be explained by the process of meticulous patient selection and the clinical expertise of our staff.
- ❖ We have an institutional practice of giving a trial of vaginal breech delivery .
- ❖ We conclude that vaginal delivery in breech presentation is a viable option in a carefully selected subset of patients. And hence all breech presentations need to be given a trial of vaginal delivery , without the fear of maternal and fetal adverse outcomes.

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