INTRODUCTION

It is a well-acknowledged fact that the caesarean section rates have continued to increase worldwide and the rate of increase is highest in low income countries.\(^1\)\(^2\) An increase in the use of CS particularly in the public sector and in low-resource settings may notably affect health services by increased rates of maternal/neonatal complications but also in economic terms.\(^3\)\(^4\)

The worldwide rise in CS is a major public health concern and cause of considerable debate due to potential maternal and perinatal risks, cost issues and inequity in access.\(^5\)\(^6\) It has been noted that no agreement has been reached on an appropriate caesarean section rate.\(^7\)\(^8\)\(^9\)\(^10\) However, WHO and the US Healthy People 2000 initiative,
suggested 10-15% as the optimal caesarean section rate.\textsuperscript{11,12} It is however difficult to determine optimal rates for institutions, especially referral centers. Setting up optimal rates needs to consider the possibility of unmet need for caesarean sections as well. It has been suggested that caesarean section rates should no longer be thought has been too high or too low but rather whether they are appropriate or not, after taking into consideration all relevant information.\textsuperscript{13}

To capture all relevant information the Robson criteria with various modifications have been put forward and been used in many centers worldwide.

The Robson classification system allows reflection, research at local, regional and national levels to better guide future care and the modified versions enable comparisons of rate and indications as well.\textsuperscript{14}

The Robson criteria is a ten group classification system (RTGCS) using 10 mutually exclusive and totally inclusive categories for caesarean section i.e. all women can only be classified into only one group, as shown below.

Sir T. Hospital, Bhavnagar is the main tertiary referral center conducting approximately 5,000 deliveries annually. It has 2 operating obstetric theatres. Over the years various attempts have been made to reduce caesarean section rates with no success. In the last five years the rate has persisted between 30-35%.

It has been noted that obstetricians and midwives may know less about events and outcomes in their own unit compared with their knowledge of published research and that professionals have a responsibility to practice evidence-based medicine, but they should not forget their responsibility to collect the evidence to ensure that they are providing good quality care to their patients.\textsuperscript{2}

Against this background the aim of this study was to measure the incidence of cesarean section in present institute and to identify modifiable groups for intervention to reduce cesarean rate. This would then enable the development of appropriate auditing and targeted interventions to reduce caesarean section rates appropriately.

**METHODS**

All cesarean section and normal delivery carried out in gopanath maternity home, Sir T. Hospital, Bhavnagar during January 2017 to October 2017 were reviewed retrospectively and all data collected retrospectively.

From this data rate of cesarean section can be calculated by simple mathematics.

Total number of cesarean can be classified in ten group of Robsons´s classification given below (Table 1).\textsuperscript{15}

| Groups | Total cesarean | Percentage |
|--------|---------------|------------|
| 1      | 258           | 21.8       |
| 2      | 141           | 11.9       |
| 3      | 93            | 7.8        |
| 4      | 39            | 3.29       |
| 5      | 393           | 33.24      |
| 6      | 111           | 9.39       |
| 7      | 42            | 3.55       |
| 8      | 21            | 1.7        |
| 9      | 24            | 2.03       |
| 10     | 60            | 5.07       |
| Total  | 1182          | 100        |

The aim of the study is to improve and decrease the modifiable cause of cesarean section.

**Inclusion criteria**

It includes all the LSCS carried out for the duration of January 2017 to October 2017 in Sir T. Hospital, Bhavnagar, India.

**Exclusion criteria**

All normal delivery.

**RESULTS**

Total number of delivery in my study institute in 10 months was 3804 out of them 1182 was cesarean section so incidence of cesarean section in Sir T hospital Bhavnagar was 31% during January 2017 to October 2017.

| Groups | Total cesarean | Percentage |
|--------|---------------|------------|
| 1      | 258           | 21.8       |
| 2      | 141           | 11.9       |
| 3      | 93            | 7.8        |
| 4      | 39            | 3.29       |
| 5      | 393           | 33.24      |
| 6      | 111           | 9.39       |
| 7      | 42            | 3.55       |
| 8      | 21            | 1.7        |
| 9      | 24            | 2.03       |
| 10     | 60            | 5.07       |
| Total  | 1182          | 100        |
The most common cause of cesarean section was previous cesarean section (group 5) which is responsible for 33% of all cesarean section. Group 1 (Nulliparous, single cephalic, >37 weeks in spontaneous labor) is 2nd most common cause of cesarean section responsible for 22% of all cesarean section.

Group 8 and 9 are least common cause of cesarean section in my study. Group 8 contributes for only 1.7% of all LSCS.

**Table 3: Incidence of cesarean in each group.**

| Groups | Incidence |
|--------|-----------|
| 1      | 6.82      |
| 2      | 3.72      |
| 3      | 2.41      |
| 4      | 0.99      |
| 5      | 10.23     |
| 6      | 2.91      |
| 7      | 1.10      |
| 8      | 0.55      |
| 9      | 0.62      |
| 10     | 1.57      |
| Total  | 30.92     |

Total incidence of cesarean section in my institute was 30.92%. Group 5 is responsible for 10.23% incidence, which was maximum among all. Group 4, 8 and 9 are least common cause. Group 8 was responsible for only 0.55% which is least common amongst all.

**Table 4: Total number of cesarean and normal delivery in each group.**

| Groups | Total cesarean | Total normal delivery |
|--------|----------------|-----------------------|
| 1      | 258            | 512                   |
| 2      | 141            | 325                   |
| 3      | 93             | 521                   |
| 4      | 39             | 380                   |
| 5      | 393            | 396                   |
| 6      | 111            | 32                    |
| 7      | 42             | 90                    |
| 8      | 21             | 108                   |
| 9      | 24             | 0                     |
| 10     | 60             | 258                   |
| Total  | 1182           | 2622                  |

According to this all the patient with abnormal lie (group 9) undergone cesarean section. That means all the patient with abnormal lie having cesarean rate of 100%

Cesarean delivery in patient having previous LSCS (Group 5) has 50% LSCS rate remaining 50% patient with previous LSCS delivered vaginally.

Around 33% of patient in group 1 undergone cesarean delivery. 31% of cases from group 2 undergone cesarean delivery. 15% of cases from group 3 undergone cesarean delivery. 9.3% of cases from group 4 undergone cesarean delivery.

**DISCUSSION**

The caesarean section rates across the globe have been increasing though rates have varied from center to center. In caesarean section rate in sir t hospital, Bhavnagar. of 31% is comparable to rates in the countries with high development index (HDI) such as Brazil, Mexico, China etc., but much higher than country averages of low development index (LDI) countries such as Kenya, Nigeria, Uganda. Sir t hospital, being a biggest referral center could be partly responsible for this disparity.

From the Robson classification, groups 1, 2 and 5 contributed nearly half (66.94%) of the overall caesarean section rate. This clearly demonstrates the significance of the Robson criteria, where different institutions and countries would have to develop different strategies to address the caesarean section rates.

Increase incidence of cesarean section in primi gravida may points towards increase awareness regarding per vaginal examination, pelvic assessment and trial of labour should be given to patient having borderline pelvis and avoid unnecessary induction in primi gravida.

Trial of labour after caesarean section (TOLAC) is the only remedy to decreasing group 5s contribution to caesarean section rates but the criteria for TOLAC has never being straight forward and tends to be at the discretion of individual obstetrician and risk taking attitude and often times counseling of the patient is undirected towards this attitude. And in the event of untoward outcome, labour wards staffs (residents and midwives) are so chastised so severely that it kills their initiative and boldness to manage such cases appropriately and so they tend to intervene too soon. Addressing this would mean consultants who offer TOLAC to clients must also review these clients regularly with junior colleagues.

However, it must be made clear that decreasing the primary caesarean section rates is the key to reducing overall caesarean section rates and so attempts should be made to perform most caesarean sections for obstetric reasons.the main risk of TOLAC are emergency cesarean section and uterine rupture.16 For all other groups optimizing maternal health and inducing labour appropriately would work especially for group 10.

Making available blood and blood products as well as emergency drugs would be imperative, not forgetting multidisciplinary approach to patient care.

There has been much concern about the appropriate management of the first stage of labour, when the active phase actually begins and therefore when to intervene by using modified WHO partograph.17 The important thing is
to individualize every labour and so long as monitoring is good and mother and fetus are well, don’t set a time limit while patient is in a tertiary center. However, remember to involve patients in the decision-making process. One wonders looking back, how many patients had caesarean sections on account of prolonged latent phase. And therefore, is history not telling us in a subtle way to be careful at setting time limits for labour.

There is the general reluctance to offer external cephalic version despite clear protocols and instruction on the procedure, and yet the surgeon’s knife awaits the breech in labour. Generally, the fear and reluctance to carry out ECV is also translated to the fear and reluctance to carry out an assisted vaginal breech delivery. Both skills must be taught and reinforced by whatever means appropriate external cephalic version should be tried in patient of primi breech after 36 weeks of pregnancy if not contraindicated.18

CONCLUSION

From this Robson classification of caesarean sections in Sir T Hospital Bhavnagar and Government Medical College, Bhavnagar, groups 1, 2 and 5 were found to be the major contributors to the overall caesarean section rates and the modifiable factors for consideration in reducing caesarean section rates would be a strategy to improve number of inductions of labour as well number of successful inductions. To improve the training of per vaginal examination and giving trial to the patient having borderline pelvis. This will decrease primary caesarean section rates, decrease number of previous caesarean sections and obviously decrease the numbers for trial of labour after cesarean section. TOLAC should be offered as per protocols and not left only to individual obstetrician.

Funding: No funding sources
Conflict of interest: None declared
Ethical approval: The study was approved by the Institutional Ethics Committee

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Cite this article as: Bhatt M, Kadikar G, Parmar DC, Kanani M. Retrospective study of cesarean section by using the Robson’s ten group classification system. Int J Reprod Contracept Obstet Gynecol 2018;7:1054-7.