

Annual Congress on

MIDWIFERY NURSING AND GYNAECOLOGY

December 04-05, 2019 | Dubai, UAE



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VBAC: Why is recommended a vaginal birth after cesarean section in relationship with a new cesarean section?

Since 10 years we began attending home and waters births because of the increasing mothers' desires to have a salutary birth experience. Began also an active educational participation through social networks, seminars and conferences. In our country, sadly like in many other countries the cesarean rate numbers are very high, much more than the UNO recommended rate. There is too a myth about women with a previous cesarean section cannot opt to a natural vaginal birth. This wrong concept we have been trying to change giving the adequate information about risks and advantages with a (Vaginal Birth After Cesarean) option.

We did attend 55 VBACs at home and using the water births benefits. 45 mothers had a successful vaginal birth, which represent 81% VBAC rate. In our connected and globalized world, information spreads in seconds. Medicine Evidence Based Information is not already exclusivity of the researchers and physicians. The general population and in particular the women all around the world know the vaginal birth benefits for the mother and for their newborn. Women today strongly defend their rights.

The better comprehension about human microbiome, the vaginal lactobaciles benefits, the uninterrupted skin to skin mother-child contact the first hours and days after the birth are today part of the public and daily information in social networks and the media. Obesity, diabetes, allergic diseases, and asthma are strongly statistically connected in people that no passed through vaginal canal. The most important difficulties we afforded during this process have been with social ambience around the moms: a very strong family and social disapproval; fears and skepticism that mothers have: the feelings that her body is unable to do its job, or the wrong sensation she is not capable to afford this issue. To overcome these adversities require time, effort, improve their self-esteem and inspire confidence. In failed cases were not strong difficulties during labor. We observed a low progression. Perinatal outcomes in both groups were good.

Biography

Graciela Anhel de A Ob/Gyn since more than 30 years. With her husband Dr Rodrigo Aybar has been attending home births/water births and to promote the natural, respected and humanized birth through her professional practice and in educational activities in seminars, workshops and courses for pregnant women in Panama Republic.

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