



## Reproductive Care Program of NS

### Discussing Birth Options Following Cesarean Births

RCP is seeking your feedback to help us revise our current resources and to enhance the provincial tools available to support care providers when having discussions with patients about birth options for a person who has had a previous cesarean birth.

#### Current RCP Resources Available:

- Maternal-Newborn Clinical Guideline: [“Discussing Birth Options Following Cesarean Section in Nova Scotia: Vaginal Birth after Cesarean \(VBAC\) or Elective Repeat Cesarean Section”](#) (2015)
- Health Care Provider Resource: [“Planning for Birth after a Cesarean Section: VBAC \(Vaginal Birth after Cesarean\) or Repeat Cesarean”](#) (2015)

One step in the revision process is to ensure the guideline reflects current best practice evidence and guidelines and is updated with current Nova Scotia risk:benefit data. But it is most important to us to make sure that the information in the resource will meet the needs of providers who are counselling and supporting families to make an informed choice about their birth. Please take a few minutes to answer the following questions to help us get this right 😊 .

Thank you in advance for your time.

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Professional Designation:      OB      Family MD      RM      RN

Type of Delivery Facility:      Tertiary Hospital      Regional Hospital

Do you use the RCP Health Care Provider Resource (link above) when you are discussing birth options for a person who has had a previous cesarean birth?      Yes      No

If you answered yes:

- What do you like?
- What don't you like?
- Any other feedback you would like to provide:

If no:

- Why not?
- Is there another resource that you find helpful?
- Is there any feedback that you would like to share about the current resource that could help us improve it so that it might be more useful?

What information do you find most important when discussing birth options with a person who has had a previous cesarean birth?

Please rank options from 1 to 9 (with "1 being the most important" and "9 the least important"):

- Discuss the risks and benefits of a trial of labour and elective repeat cesarean.
- Discuss the possible impacts of a trial of labour and elective repeat cesarean on future pregnancies.
- Present Nova Scotia specific data about VBAC success rates.
- Present local facility specific data about VBAC success rates.
- Discussion about the individuals likelihood of a successful VBAC, based on individual clinical factors (age, BMI, history of previous vaginal birth, dystocia as indication for previous CS).
- Use of VBAC prediction models/calculators to aid discussion about the individuals likelihood of a successful VBAC.
- Discussion about the factors that may influence a need or desire to change the planned birth option.
- Discussion about the available options for induction of labour, and associated risks, in the case an indication for induction arises for those individuals who have chosen a trial of labour.
- Discussion about what to expect the intrapartum and postpartum care may look like for a trial of labour, successful vaginal birth, and repeat cesarean (ex. type of fetal monitoring, supportive care in labour & factors that may facilitate a successful VBAC, expected length of stay in hospital, expected postpartum recovery, expectations for care of other children during the postpartum period).

- Is there anything missing from this list?
- Comment:

Is there anything else you would like to tell us, or suggestions you have for improving the Planning for Birth after Cesarean health provider resource/counseling tool?

Would you be willing to participate further in the revision of this provincial resource (ex. review of draft documents, input into resource content, etc.)?      Yes      No

If yes, please provide your name & the best email to connect with you.

Name:

Email: