External Pop-out Cesarean Section: A Novel Technique for Supporting the Lower Uterine Segment During Fetal Head Extraction


Abstract:

Objectives: To assess the safety and feasibility of a novel technique, External Pop-out (EPO), for supporting the lower uterine segment during fetal head extraction in cesarean section (CS). Study design: Prospective cohort study. Patients and Methods: The current research is a registered (NCT02755168) study compassing the new technique, EPO, for head extraction during CS. The technique was performed on single, living, cephalic, elective cesarean deliveries at Women's Health Hospital, Assiut University, Egypt. The primary study outcomes were; the feasibility and the rate of incision extensions with the External Pop-out technique. The secondary outcomes included the easiness score and the learning curve of this technique on five senior obstetricians' trainee. Results: The EPO technique was successful in 845/877 cases (96.3%) but impossible in the remaining 32 case because of extensive pelvic adhesions. The rate of occurrence of minor extensions associated with EPO was 8/845 (0.95%) with no major extensions in succeeded cases. There was a statistically significant difference between the mean of easiness score in the early 5 cases and the next 5 cases in 4 out of 5 trainees. The remaining trainee reported a higher easiness score earlier from his 4th case. The mean of total scores in the late cases was also significantly higher than the early cases (p=0.0001). Conclusions: External Pop-out technique is feasible with low rates of uterine incisions extensions. Moreover; this technique is easily learned and performed by obstetricians. Key Words: Cesarean Section; Fetal Head Extraction; Maternal Morbidity; Uterine Extension.

Published In:

Journal of Evidence-Based Women's Health, , NULL , NULL