

Abstract

The cesarean section rate has risen by 60% in the last thirty years and is now the most common surgery performed on women. Cesarean sections can be a life-saving measure for both mother and baby but, according to the World Health Organization (WHO), it is used too frequently. The significant increase in cesarean sections is not correlated with decreases in infant and maternal mortality and morbidity. A culture of casual acceptance of the cesarean section has developed and many women are unaware of the associated risks and potential complications following a cesarean section, including risks to future pregnancies. According to the Office of Disease Prevention and Health Promotion, one of the National Healthy People 2020 goals is to decrease the cesarean section rate to less than 23.9% in low-risk populations. Creating awareness of the problem and providing education to the nursing staff regarding labor support techniques can make significant decreases in the cesarean section rates. Movement is essential in labor to increase the likelihood of a well-positioned baby for birth. Creating a culture that supports vaginal delivery by utilizing evidenced-based literature and developing a protocol and training program is the goal of this DNP quality improvement project.

Keywords: Reduction of primary cesarean section, NTSV, continuous labor support, labor progress, supporting vaginal birth, preventing fetal malposition in labor.