

Vaginal Birth After Previous Caesarean Section (VBAC) – The evidence

Vaginal birth after a previous CS (VBAC) has been continued debate, but the Royal College of Obstetricians and Gynaecologists (RCOG) reports that VBAC is in clinically safe choice for most women. RCOG has published a guideline in order to provide evidence-based information to inform the antenatal and intrapartum care of pregnant women who have had previous caesarean delivery, with the options for delivery being either planned vaginal birth after previous caesarean delivery (VBAC) or elective repeat caesarean section (ERCS). This guideline was developed in accordance with standard methodology for producing RCOG Green-top Guidelines and has been updated in 2015. The information provided in this guideline is for the health care professionals in order to use evidence-based information and advice women for the available choices, and manage their care through subsequent pregnancies and births.

View the full guideline:

https://www.rcog.org.uk/globalassets/documents/guidelines/gtg_45.pdf

In addition to this document, there has been a study that evaluates the midwife-led model of antenatal care with VBAC women versus care led by the obstetricians. Although we know caesarean sections are safe, evidence shows that vaginal birth and labour can protect against long term-risks such as impaired immune response, obesity and type 2 diabetes in the baby. Midwives should support and promote VBAC providing midwife-led care to women as their experiences play an important role on decision making.

View more information about the study:

<http://onlinelibrary.wiley.com/doi/10.1111/birt.12229/abstract;jsessionid=9ED2B576C805FF5A1F0C744AFAC44A2C.f01t03>

<https://www.rcm.org.uk/news-views-and-analysis/news/vbac-more-likely-with-midwife-led-antenatal-care>