

Abstract

# Rate and Causes of Cesarean Section in North of Jordan

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**Abstract**

**Background:** WHO recommends that the rate of cesarean section (CS) should not exceed 10-15% in any country. In recent years, the rate of cesarean deliveries increased dramatically worldwide with many countries had exceeded the WHO recommended rate. One study in Jordanian University Teaching hospitals showed that the rate of CS increased from 18.2% in 2002 to 30.3% in 2012.

**Objective:** Determine the rate and causes of cesarean deliveries in north of Jordan.

**Methods:** A prospective hospital-based longitudinal study was conducted. Women were enrolled in the study after delivery. All women who gave birth (dead or alive) at 20 weeks of gestation or more in four selected hospitals were eligible for inclusion. Necessary data for mothers were gathered through face-to-face interview using a semi-structured questionnaire and by abstraction of data from medical records. Information on causes of CS were confirmed by physicians.

**Results:** The overall rate of CS was 37.5% (16.3% for emergency CS and 21.2% for planned CS) among Jordanian women. The rate of CS varied significantly according to health sector. The most frequent reason for planned CS was scarred uterus (50.0%). The second most common reason was multiple fetuses (20.8%). The most frequent reasons for emergency CS were prolonged fetal distress (33.5%) followed by obstructed labor (22.2%), abnormal presentation (13.1%), and eclampsia or sudden severe high blood pressure or seizure (6.3%).

**Conclusions:** Jordan has a markedly high rate of CS. The rate of planned CS is higher than that of emergency CS. Scarred uterus and multiple fetuses are the most common reasons for planned CS. A multidisciplinary quality assurance program should be established in all Jordanian facilities in which delivery occurs.

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