

Management of breech presentation

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Objective

Breech presentation can be seen in 3-4% of all term pregnancies. Fetuses that present in breech, both frank and complete, are at increased risk of trauma and hypoxia during delivery. The results from the term breech trial had led to an increase in the number of cesarean sections, but still the best mode of delivery remains controversial. The atraumatic technique of delivery of the baby presenting by the breech at times of caesarean section is similar to that of assisted vaginal breech delivery. The objective of this study is to review the physiology of breech birth, calculate all the risks and benefits of a trial of labor versus planned cesarean section and to create official national recommendations.

Methods

This is a retrospective study which analyzed all clinical records from patients hospitalized and delivered at the University clinic for Obstetrics and Gynecology in Skopje, Macedonia.

Results

From the total number of patients collected for the study in 232 the fetal presentation was detected as a breech presentation. Patients were divided in two groups, according to the mode of delivery. 144 (62%) patients were delivered by a cesarean section and 88 (38%) were delivered with assisted vaginal delivery.

Conclusion

Although the management of breech presentation at birth still remains a dilemma, even in the modern obstetrics, we must point out that national protocols are needed for a better result. For a trial a labor we need special selection criteria, intrapartum management parameters and practiced delivery techniques. Vaginal breech delivery will be unavoidable in certain circumstances and it is therefore important to be adept with the techniques of vaginal breech delivery.