



SYSTEMATIC REVIEW OF STUDIES OF HEALTH TOWARDS BIRTHDAY PARTIES FIGURE IN TURKEY

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Abstract

In this study, it was aimed to analyze the studies conducted to determine the knowledge, attitudes and behaviors towards delivery types by systematic review method and to determine the reasons for the increase in cesarean rates. In the study, research conducted in the last ten years was taken into consideration. For this purpose, between the dates of 01.02.2021-05.02.2021, Google Scholar, EBSCO and ULAKBİM directories/databases were searched with the words determined over the Internet access network of Artvin Coruh University. In the preparation of a systematic review study using secondary data, the PRISMA method was used. Among the causes of cesarean delivery, factors such as fear of normal birth, medical reasons and environmental effects were found to have an important effect. It has been observed that the level of knowledge and perception about normal delivery and cesarean delivery types have an important role in decision-making.

Keywords: Normal delivery, cesarean delivery, systematic review

INTRODUCTION

Due to reasons such as increasing competition in the health sector, increasing health expenditures, and increasing the quality perception and expectation of patients, situations such as effective, efficient and economical use of the resources allocated for health services gain importance. Since the allocated resources are limited, these resources should be used carefully in health services (Filiz and Karagoz, 2020; Filiz, 2021). An important issue in resource use is the increasing issue of cesarean delivery. Pregnancy and normal birth, which are seen as a natural part of life, are generally suitable for the structure of the woman and bring some risks such as bleeding, toxemia and infection. Early diagnosis and treatment of these risks, which are vital for both mother and baby, are of great importance. Among these risks, first of all, the mode of delivery of the pregnant woman is important. To achieve this, it is important to constantly monitor the mother and baby during pregnancy and to make early interventions (Gozukara and Eroglu, 2008).

Deciding on the mode of delivery for a pregnant woman is of great importance and constitutes the beginning of a new process. Many factors need to be considered to complete this process healthily. Among these factors, the mother's preparation for the process, her approach to birth types, birth experience, the existence of private health insurance, hospital type preference and age can be



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counted. On the other hand, psychological, psychological, familial and environmental factors have a significant effect on the process (Doganer et al., 2013).

While cesarean delivery can be life-saving for the baby and mother when necessary, maternal mortality and morbidity rates are four times higher than normal delivery. On the other hand, despite the risks of maternal death, delayed healing of wounds, difficulties in breastfeeding, delay in the mother-infant relationship, high treatment costs, and increasing risks of subsequent births, cesarean section rates are increasing in Turkey and the world (Saymer et al., 2009). Unless there are compelling reasons, routine cesarean delivery causes an increase in healthcare costs and an increase in the burden on the country's economy (Sarowar et al., 2010).

Babies born by cesarean section may experience neonatal death, long hospitalizations, respiratory tract problems, surgical injuries and problems in breastfeeding. There is no difference between maternal death and hysterectomy when repeated cesarean section and normal birth after cesarean section are compared. Therefore, it would be beneficial to support normal delivery after planned cesarean section to reduce maternal-infant mortality and morbidity (Chen and Hancock, 2012).

In Turkey, maternity services are provided in health institutions such as public and private hospitals, maternity hospitals, and training and research hospitals, where the level, infrastructure and working conditions are very different from each other. The fact that the cesarean delivery rates of public, private and university hospitals are much higher than the recommended average indicates that healthcare professionals also deliver by cesarean section other than for medical reasons (Gur et al., 2014). In the literature, it has been seen that many studies have been carried out to determine cesarean section rates. In this study, it is thought that it is important to combine the parts and see the whole by making a systematic review of the studies on the health parties to determine the cesarean delivery rates.

MATERIALS AND METHODS

Data Collection Tool and Method

In the study, secondary data obtained from the studies evaluated were used. The systematic review method was used as a data collection tool. Findings on the subject investigated in systematic reviews are selected and synthesized according to certain criteria (Victor, 2008). The inclusion of an identified research problem after meeting certain selection criteria and clearly requires a holistic analysis of the evidence. For an unbiased evaluation, some systematic ways are followed (Higgins and Green, 2011). Systematic reviews consist of stages such as determining the purpose, determining the scope, using some inclusion criteria, determining data screening methods and collecting data (Lunny et al., 2016). Systematic reviews consist of research strategy, inclusion criteria, screening, data collection and description, revealing the quality of the studies used in the research, and synthesis of the findings, respectively (Moher et al., 2009). PRISMA method was followed in the preparation of the systematic review study. The purpose of the PRISMA method is to provide a written guide to improving the presentation of meta-analysis and systematic review research. In addition, the PRISMA method is used for the critical evaluation of published systematic reviews and meta-analysis studies (Karacam, 2013).

To carry out the research, first of all, the terms used synonymously with the concept of cesarean section were determined. Keywords suitable for the subject were preferred, as they provide great convenience in accessing and scanning the articles. It is known that searching databases with keywords saves a significant amount of time.

Within the scope of the purpose, between 01.02.2021 and 05.02.2021, cesarean section, cesarean section, cesarean delivery, cesarean rate, birth preference, obstetrics, normal birth, cesarean section rate, cesarean section decision, delivery method, gynecology and vaginal birth via Artvin Coruh University internet access network Various combinations were made in Turkish with keywords such as Google Scholar, EBSCO and ULAKBİM indexes/databases. The study was conducted as a retrospective review of publications on the subject. Studies published between January 2011 and December 2020 were searched. Search criteria and keywords are given in Table 1.

Table 1. Search criteria, databases and keywords

Databases/Indexes	-Google Scholar	-EBSCO	-ULAKBİM
Keywords	-Cesarean Section -Gynecology -Type Of Birth -Vaginal Birth	-Cesarean Delivery -Normal Birth -Cesarean Section Decision	-Birth Preference -Cesarean Rate -Gynecology
Inclusion and Exclusion Criteria	-The research was carried out between January 2011 and December 2020 -The research is original, quantitative and carried out with a quantitative analysis method -The research has been published in the form of an article -The study publication language is Turkish -Research conducted within the borders of Turkey -Reaching the research in full text -The sample of the research consists of health workers, pregnant women, women aged 18-49, or students studying in health departments. -The study aims to determine the factors that affect the reasons for choosing a cesarean section.		

Limitations of The Research

Within the framework of the inclusion criteria in the study, a search was made within the specified dates and with keywords. In this context, studies, compilations, dissertations and oral or poster presentations presented in congresses published outside of Turkish are not included in the scope of the study. In the literature, it has been observed that there has been a significant increase in the last ten years to determine the level of cesarean section rates and the effect of the policies followed. Therefore, studies conducted between January 2011 and December 2020 as a time limit were included in the study.

RESULTS

The identification, scanning, conformity and inclusion stages of the scanning process according to the PRISMA method are shown in Figure 1. A total of 359 articles were reached in the search made in databases and indexes with previously determined keywords. After 74 duplicated articles were removed, 285 articles were included in the screening stage. After the summary parts and keywords of the studies were evaluated in the search, 142 articles were not included in the study because they did not provide the criteria of the research. 143 articles that were accepted as appropriate were

included in the research over the full text. After the full texts were evaluated, 126 publications were excluded from the study by stating the reasons for not being included in the study. As a result, 17 articles were included in this study.

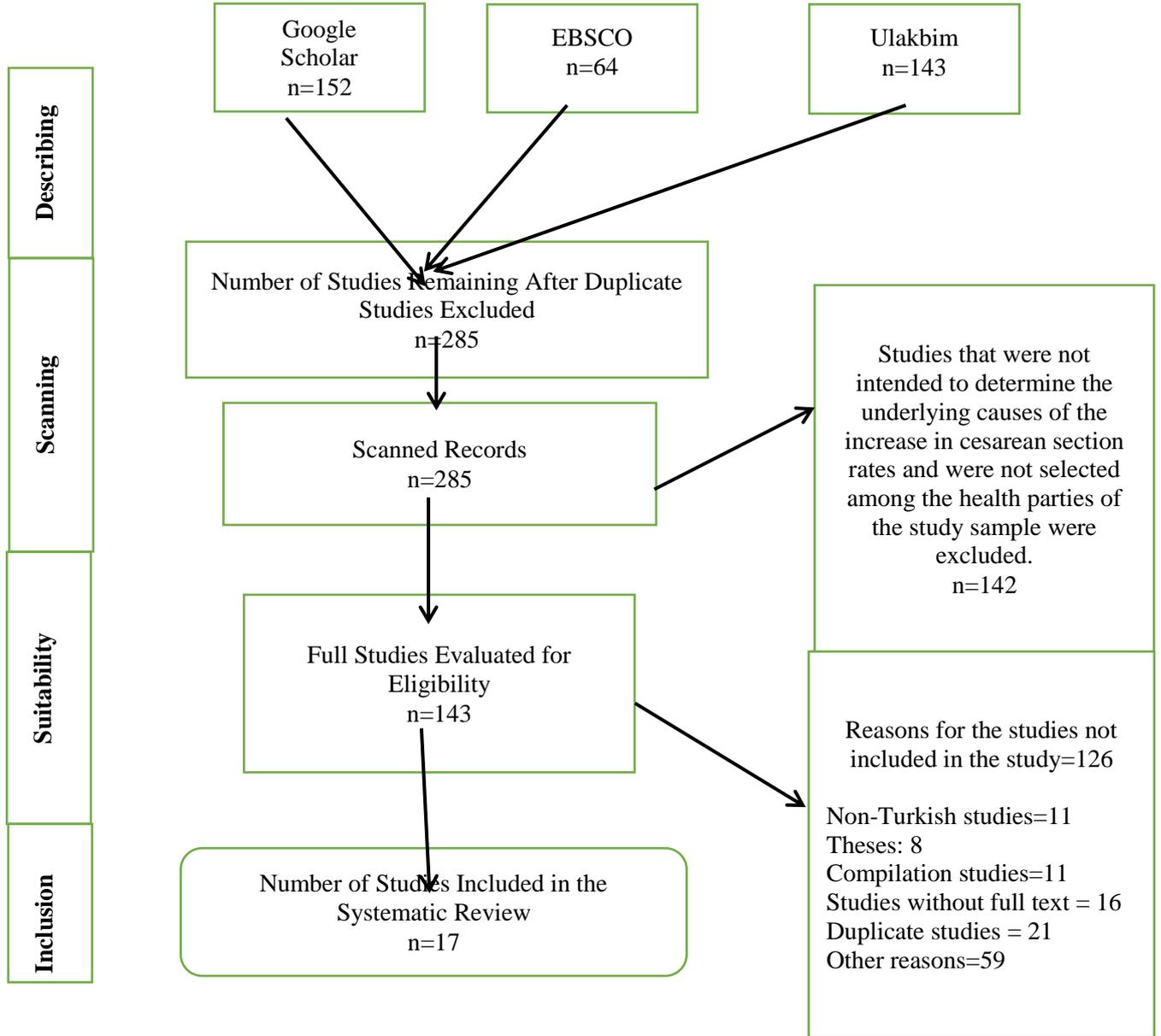


Figure 1. Study selection flow chart according to the PRISMA directive (Liberati et al., 2009; Filiz, 2020)

The data obtained as a result of the examination of 17 studies included in the systematic review after the determined criteria are given in Table 2.

Table 2. Studies included in the study

Writer	Research Title	Method	Conclusion
Sonmez and Sivaslioglu (2019)	Preference of pregnant women and the factors affecting them	It is a descriptive study and data were collected from 419 pregnant women who applied to the polyclinic with a questionnaire created by the researchers.	It has been seen that the most important reason for women to prefer cesarean delivery is the fear of normal birth.
Tektas et al. (2018)	Birth type preferences of health sciences faculty students and influencing factors	It is a descriptive and cross-sectional study and data were collected from 469 students studying in health departments with a questionnaire created by the researchers.	Most of the students stated that normal delivery should be preferred. It was observed that there were students who emphasized the need for an optional cesarean delivery.
Cakmak et al. (2014).	Opinions of women on optional Cesarean section	It is a descriptive study and data were collected from 500 women who applied to the hospital with a questionnaire created by the researchers	Most of the participants stated that they viewed the optional cesarean negatively, but that cesarean can be done in mandatory situations.
Ergol and Kurtuncu (2014)	Factors affecting women's cesarean delivery preferences in a university hospital	It is a descriptive and cross-sectional study, and data were collected from 72 women hospitalized in the maternity ward with the questionnaire created by the researchers.	It was observed that the fear experienced in normal birth had a great effect on the participants' preference for cesarean delivery.
Oner and Kocas (2016)	The frequency of cesarean section in a group of women aged 18-49 in Mersin and affecting factors	It is a descriptive study and data were collected from 523 women between the ages of 18-49 with the questionnaire created by the researchers.	It has been observed that the tendency to have a cesarean section is relatively higher in those who have a high education and income level, work and spend most of their life in the city.
Metin et al. (2020)	Examination of nurses and midwives' preferences for delivery method; Bitlis example	It is a descriptive study and data were collected from 208 female nurses and midwives working in the hospital with the questionnaire created by the researchers.	It has been observed that midwives and nurses mostly favor normal birth, but in practice, they usually deliver by cesarean section.
Yanikkerem and Cimen (2017)	Nurses' perspectives on delivery methods and vaginal delivery after cesarean section	It is a descriptive study and data were collected from 228 nurses working in the hospital with a questionnaire created by the researchers.	It has been seen that determining the opinions of nurses about the risks of normal birth, cesarean delivery and delivery methods is an important factor in the prevalence of normal birth
Gur et al. (2008)	Evaluation of high cesarean section rate in terms of obstetricians and midwives in Turkey	It is a descriptive study and data were collected from a total of 101 physicians and midwives serving in the field of obstetrics with the questionnaire created by the researchers.	It has been observed that the cesarean section rate is different in public, private and university hospitals, and the type of hospital is an important factor.
Bıyık and Aslan (2020)	The effect of education in pregnancy on fear of childbirth and cesarean section rates	It is a descriptive study and data were collected from 270 pregnant women with the fear of childbirth scale developed by the researchers.	It was observed that women who received pregnancy education had less fear of childbirth than women who did not receive pregnancy education, but the rate of cesarean section was higher.

Karaca and Koyuncu (2015)	Determination of the thoughts of the students studying at the vocational school of health services about their birth type preferences.	It is a descriptive study and data were collected from 153 students studying in health departments with a questionnaire developed by the researchers	Most of the students stated that the normal delivery method should be preferred.
Gozukara et al. (2016)	Vaginal birth after cesarean section: a survey in healthcare workers	It is a descriptive study and data were collected from 100 health workers with a questionnaire developed by the researchers.	It has been observed that healthcare professionals are most knowledgeable about vaginal after cesarean section, but they do not have enough information about its complications.
Dogru (2017)	Factors affecting women's opinions about the mode of delivery	It is a descriptive study and data were collected from 410 pregnant women with a questionnaire developed by the researchers.	It has been seen that the safety of pregnant women in preferring normal birth and the fear experienced during normal birth play a major role in their preference for cesarean section
Aksu and Ozsoy (2015)	Birth Preferences of Midwifery and nursing students and influencing factors	It is a cross-sectional study and data were collected from 404 midwifery and nursing students with a questionnaire created by the researchers	It has been observed that most of the students studying in the midwifery and nursing departments are in favor of normal birth.
Doganer et al. (2013)	Determining the thoughts of students studying in health departments about their birth style preferences	It is a descriptive study and data were collected from 555 students studying in health departments with a questionnaire created by the researchers.	It has been observed that most of the students studying in health departments are in favor of normal birth
Akyol et al. (2011)	Comparison of delivery type and characteristics of health personnel with non-health personnel	Data were collected from a total of 180 women who gave birth at least once, 90 health workers and 90 non-health workers, by questionnaire	It has been observed that women who are health workers prefer cesarean section more than women who are not health workers.
Elkin (2016)	Preferences for the mode of delivery and related factors of women aged 18-49 who applied to a family health center	It is a descriptive study and data were collected from 307 women with a history of pregnancy who applied to the family health center with a questionnaire created by the researchers.	It has been observed that the fact that women do not know the issue has a significant effect on the increase in cesarean delivery rates.
Guler and Yanikkerem (2018)	Women's thoughts about birth methods and vaginal birth after cesarean section	It is a descriptive study and data were collected from 269 women who gave birth by cesarean section in a university hospital with a questionnaire created by the researchers.	It has been observed that women have a positive view of normal birth and this is a good opportunity for subsequent births to be normal births.

As shown in Table 2, a total of 17 studies were examined. It has been observed that pregnant women, women between the ages of 18-49, health workers and university students studying in health departments are preferred as samples in the studies. In one study, it was seen that the perspectives of women who were health workers and women who were not health workers were

evaluated. Therefore, when making the evaluation, it will be evaluated by dividing into categories as shown in Table 3.

Table 3. Classification of studies

Pregnant Women	Students	Health Workers	Women Aged 18-49
Sonmez and Sivashlioglu (2019)	Tektas et al. (2018)	Metin et al. (2020)	Cakmak et al. (2014)
Ergul and Kurtuncu (2014)	Karaca and Koyuncu (2015)	Yanikkerem and Cimen (2017)	Oner and Kocas (2016)
Bıyık and Aslan (2020)	Aksu and Ozsoy (2015)	Gur et al. (2008)	Elkin (2016)
Dogru (2017)	Doganer et al. (2013)	Gozukara et al. (2016)	Guler and Yanikkerem (2018)
		Akyol et al. (2011)	Akyol et al. (2011)

A. Studies For Healthcare Professionals

The level of knowledge, attitudes and behaviors of healthcare professionals about the mode of delivery are of great importance in reducing cesarean section rates. Health professionals are of great importance in determining the extent of the service in the delivery of health services, informing patients and making decisions. It has been determined that there are five studies to determine the perspectives or preferences of healthcare professionals regarding the mode of delivery.

Planned pregnancy, which is thought to be effective on cesarean rates, is an important factor. Akyol et al. In their study, the planned pregnancy rate among the participating healthcare professionals was 86%, Metin et al. found this rate to be 73.9%. Considering the follow-up rates, Akyol et al. 100%, Metin et al. study, it was found that 59.1% of the participants had 10 or more follow-ups.

Decision-making under the influence of the physician is an important situation in choosing the mode of delivery. Akyol et al. 38.8%, and Metin et al. 25% found that the participants decided on the mode of delivery upon the recommendation of a physician. An important factor when deciding on the mode of birth is to decide with the proposal of the spouse and the environment. Akyol et al., 13.3%, and Metin et al., 8.7% stated that the participants determined the mode of delivery with the suggestion of their spouse or their environment.

It is important to have a normal birth perspective and to have accurate information in reducing cesarean rates. In the study conducted by Yanikkerem and Cimen, 61.0% of the participating nurses stated that delivery methods carry the same risk, 29.4% stated that cesarean section is more risky and 57.9% optional cesarean section is safer than vaginal delivery. Metin et al. reported that if the participants had pregnancy experience, 70.7% recommended normal delivery, 29.3% cesarean section and 75.5% normal delivery. When the birth type preferences are questioned; it was determined that 70.7% of them wanted to have a vaginal delivery and 29.3% of them wanted to have a cesarean section if they experienced pregnancy, and it was determined that the most preferred delivery method to women was vaginal delivery 75.5%.

When the causes of cesarean delivery were examined, Akyol et al., 23.3% of the participants, Yanikkerem and Cimen 35.7% and Metin et al. 40.26% cesarean section of the participants in their study. They stated that they gave birth. Among women who had cesarean section due to medical



reasons, Akyol et al. reported that 37.7% of the participants, Yanikkerem and Cimen 64.3% and Metin et al. 21.7% respectively.

There are many different reasons for giving birth by cesarean section. Akyol et al. stated that the reason for preferring cesarean section is that it is planned and takes a short time, and rates such as 90% of the participants and 55% due to the fear of labor pain were obtained. In the study of Metin et al., when the reasons for cesarean section were examined, it was seen that 12% of the participants preferred it because of fear of birth, and 28.6% because of reasons such as not risking the baby.

The woman's next birth preference is important to determine the perspectives and perceptions of the people. In the study of Akyol et al., 42%, in the study of Yanikkerem and Cimen 54%, and in the study of Metin et al., 53.8% of those who performed cesarean section stated that they wanted to have the next cesarean section.

In the Yanikkerem and Cimen study, 84.3 of the participants who performed cesarean section were satisfied, 80.7% of the participants stated that the optional cesarean section was recommended more than the normal delivery by the obstetricians, and more than half of the participants stated that the cesarean section was more beneficial for the mother-baby health than the normal delivery. and 64.5% of the participants stated that normal delivery after cesarean section would be effective in reducing cesarean rates.

Gur et al, concluded that the lack of experience and education of midwives had a great impact on the increase in cesarean rates in private hospitals and that especially the incomplete follow-up and insufficient preparation of pregnant women for delivery were effective. They stated that especially legal regulations and a safe working environment are important to reduce the cesarean section rates of the participants. Gozukara et al, reported that healthcare professionals do not have enough information about birth patterns and especially to reduce the cesarean section rates.

B.Studies For Pregnant Women

To decrease the rates of cesarean section, especially to decrease the rates of optional cesarean section, the knowledge levels and approaches of pregnant women are important. It has been determined that there are four studies aimed at determining the perspectives or preferences of pregnant women regarding the mode of delivery.

When the pregnant women's preference for the mode of delivery is considered, Ergol and Kurtuncu found that 26.4% of the participants planned a normal birth, but 86.3% of the pregnant women wanted to have a normal delivery and in the Dogru study, it was seen that 13.7% of pregnant women wanted to give birth by cesarean section.

When the reasons for cesarean delivery of pregnant women were examined, it was seen that 47.4% of the participants, 35.7% of the Dogru participants, and 4.7% of the Sonmez and Sivaslıoglu participants, according to the study of Ergol and Kurtuncu, due to fear of normal birth.

When the rates of cesarean section for medical reasons or at the request of a physician were examined, it was seen that this rate was 26.3% in the study of Ergol and Kurtuncu, and 14% of Sonmez and Sivaslıoglu participants.

When we look at the normal birth preferences of pregnant women, 57.32% of the participants preferred it for safer birth, Sonmez and Sivaslıoglu stated that 75.1% of the participants preferred it for the health of the mother and baby, and 28% of the participants preferred it for better recovery after delivery.



In the Dogru study, while pregnant women were deciding on the mode of delivery, 24.4% stated that they were under the influence of their husbands, 18.3% were under the influence of their environment and 80.2% were under the influence of a doctor.

In the Bıyık and Aslan study, 37.2% of those who were not educated during pregnancy gave birth by cesarean section, while the rate of cesarean section was 10% in those who received training during pregnancy. It was observed that the fear of childbirth scale score was higher for those who received education than those who did not.

C.Studies For Women Aged 18-49

Awareness levels and approaches are seen as an important factor in reducing the birth rate with cesarean section of women between the ages of 18-49. Five studies were identified to determine the mode of delivery preference of women aged 18-49.

Planned pregnancies and follow-up processes are important for maternal and infant health. Akyol et al. in their study, found the planned pregnancy rate to be 73% and the follow-up rate to be 84%. In the study of Oner and Kocas, 61.6% of the participants stated that they received information before pregnancy and 31.0% stated that they did not receive any. In the Elkin study, 70.6% of the participants stated that they received information about the mode of delivery during their pregnancy. In the study of Guler and Yanikkerem, 77.3% of the participants stated that they became pregnant voluntarily, 22.7% of them unintentionally got pregnant, and 43.9% of the participants received information about the mode of delivery, while 56.1% of the participants did not receive any information.

The point of view and perception of women on normal birth is important in reducing cesarean rates. In the Elkin study, 54.4% of the participants who had a normal delivery stated that they preferred normal delivery because it was a natural method. In the study of Guler and Yanikkerem, 41.6% of the participants stated that they recommended normal delivery to women and 56.8% of them stated that they recommended normal delivery to their relatives.

Women's perspectives and approaches to cesarean delivery are important factors in reducing cesarean rates. Akyol et al. 14.4% of women who gave birth by cesarean section voluntarily, 24.4% for medical reasons Cakmak et al. reported these rates as 11.1% and 88.9%, Oner and Kocas, respectively. They found it to be 27.0% and more than 70%. In the study of Elkin, 73.1% of women who gave birth by cesarean section stated that they had a cesarean section for medical reasons and 35.8% for reasons arising from the baby before birth. In the study of Guler and Yanikkerem, 67.7% of women who gave birth by cesarean section stated that they preferred it because of an emergency, and 32.3% of them stated that they preferred it because of repeated cesarean section.

It is important to determine who is under the influence of women when choosing the mode of delivery or what factors affect the decision, in reducing the rates of cesarean section. Akyol et al. In his study, he stated that while determining the mode of delivery of women, 31.4% were under the influence of a physician and 10% were under the influence of their spouse or the environment. In the study of Guler and Yanikkerem, the participants stated that their spouses influenced the decision in determining the mode of delivery and stated that their spouses were in favor of normal birth at a rate of 39.8% and a cesarean section at a rate of 12.2%. Akyol et al. stated that 86% of women who preferred cesarean delivery were due to the planned and short duration. Guler and Yanikkerem stated that 49.4% of the participants would prefer normal delivery, and 50.6% of cesarean section Akyol et al. stated that the rate of cesarean section was 33% and 33% of the participants would prefer cesarean section due to fear of labor pain.



Cakmak et al., in their study, answered the question regarding the perception of cesarean delivery to the participants as 22.8% of the participants should be able to do it depending on the mother's request, and 69.6% of them should be done for medical reasons. In the study of Oner and Kocas, 79.3% of the participants who gave birth by cesarean section and 50.6% of Guler and Yanikkerem stated that they would give birth by cesarean section again in a possible delivery. 68.8% of the participants who had cesarean section stated that they were satisfied with the way of delivery and 82.9% of them stated that they did not experience any health problems after cesarean section.

D. Studies For University Students Studying in Health Departments

It is thought that determining the preferences of university students, who are seen as future health workers and mother candidates, regarding the mode of delivery is important for both themselves and the people they will serve. Four studies were found to determine the type of birth, possible preference and knowledge level of students who continue their education in the faculty of health sciences or health services vocational school.

Students need to have accurate and sufficient information about the normal delivery method in reducing the rate of cesarean section. Tektas et al., in their study, stated that the rate of participants who stated that the students would prefer the normal delivery method in the future as their choice of birth is 87.8%, this rate is 76.5% by Aksu and Ozsoy, and Doganer et al. It was found to be 84.5. In the Karaca and Koyuncu study, 82.4% of the participants emphasized that normal delivery should be preferred. In the study of Doganer et al., it was seen that the normal delivery method can change with education.

It is of great importance to reveal the level of knowledge of the students about cesarean section and their choice of delivery method in the future, in reducing the rates of cesarean sections. Tektas et al., in their study, stated that the rate of students who stated that they would like to have a cesarean section in the future was 9.4%, this rate was 7.2% in the study of Aksu and Ozsoy, Doganer et al. reported this rate as 15.5% was found. In the Karaca and Koyuncu study, 17.6% of the participants emphasized that cesarean delivery should be preferred. In the study of Doganer et al., it was seen that the perception of the cesarean delivery method can be reduced with education.

Determining the reasons for cesarean section preference and determining the deficiencies in this regard is important in terms of finding the right solution. In their study, Tektas et al., among the reasons for choosing a cesarean section, were 11.3% easier, 5.3% healthier for mother-baby health, 5.1% because of health problems and 4.7% due to date of birth. It has been seen that it is preferred to know beforehand. In the Karaca and Koyuncu study, among the reasons for choosing a cesarean section, 13.7% stated that they would prefer cesarean section because they thought that normal birth was long and painful, 11.8% thought that they could not give birth normally, and 7.8% thought that normal birth affects sexuality. In the Doganer et al., study, it was seen that 53.2% preferred cesarean section because they thought that normal delivery was long and painful.

It is thought that it will provide many benefits in terms of determining the reasons for preferring normal birth and improving the deficiencies in this area and reducing the cesarean section rates. In the Tektas et al., study, 86.6% of the participants, who stated that they would prefer normal birth, stated that it was a natural way for the health of the mother, 83.4%, and 78% found that the recovery process was quick and easy after birth. In the Karaca and Koyuncu study, 39.2% of the reasons for preferring normal birth were healthier, and 24.8% stated that they preferred it because of the faster recovery. In the Doganer et al., study, she stated that 60.3% of the reasons for preferring normal birth would prefer it because it was natural.



CONCLUSION, DISCUSSION AND RECOMMENDATIONS

For the resources allocated to health services to be used effectively and efficiently, it is necessary to determine the areas where unnecessary or incomplete resource allocation is made and to take corrective measures. Providing the right service has a great impact on achieving this goal. These services also include forms of birth. It is known that normal birth is more beneficial in terms of health and cesarean delivery is more costly than normal birth. In this respect, it is of great importance to reduce unnecessary or fearful cesarean births or at least raise awareness.

It was seen that 17 articles examined within the scope of this study were categorically directed toward healthcare professionals, pregnant women, women aged 18-49, and students studying in health departments. As a result, it has been seen that the fear of normal birth, medical reasons, the level of knowledge about the subject and the environmental effect are important factors. From this point of view, medical reasons and doctors' advice regarding the environmental impact are considered among the reasons that can be considered reasonable or not prevented. However, the fear of normal birth and the level of knowledge on the subject are seen as areas that can be intervened. In this respect, it is necessary to work in these two areas to reduce the cesarean section rates.

When performed for obstetric indications, cesarean section effectively reduces maternal and perinatal mortality and morbidity. However, there is no evidence to support the benefits of cesarean delivery in the absence of a clear medical indication (Lumbiganon et al., 2010; Vilar et al., 2007; Souza et al., 2010; Ruys et al., 2015). Although cesarean section is considered a safe procedure, it is associated with complications. Both pregnancy and cesarean delivery increase the risk of venous thromboembolism and stroke (James, 2009; Davie and O'Brien, 2008; Lin et al., 2008; Blondon et al., 2016). In this regard, it is evident that the notions of cesarean section being healthier or less risky are not reflective of reality.

On the other hand, many private hospitals prefer cesarean delivery to make a profit (Nahar et al., 2022). Furthermore, the reasons for higher rates of cesarean delivery in private facilities may include a decrease in trust in public hospitals, a shortage of specialist doctors and nurses, and inadequate health services (Ahmed et al., 2021; Jadoon et al., 2019). In this regard, public hospitals should be strengthened, and units related to obstetrics and gynecology should be reinforced. On the other hand, to prevent unnecessary cesarean sections, monitoring of private hospitals should be increased.

It is important to prevent the choice of optional cesarean section not for medical reasons and to convince the expectant mother. On the other hand, it is important to provide education to both health workers and expectant mothers about birth patterns. It is thought that it would be beneficial to implement awareness pieces of training and legal practices to ensure that healthcare professionals can act with this awareness. Systematic review and meta-analysis are important in terms of presenting evidence-based information. In this respect, it is thought that it would be beneficial to multiply such studies.

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