



## How can we reduce cesarean delivery rates?

We know a broad range of evidence-based approaches are necessary to reduce cesarean delivery rates. These approaches differ by level – hospital systems, hospitals, practices, and patients. At the provider level, keep the following in mind:

- Suspected fetal macrosomia is not an indication for cesarean delivery.<sup>2</sup>
- Counsel women with vertex presenting twin to attempt vaginal delivery. Evidence shows when the first twin is cephalic presentation, outcomes are not improved by cesarean delivery.<sup>2</sup>
- For women with a history of the herpes simplex virus, administer acyclovir at or beyond 36 weeks gestation for viral suppression, even in the absence of outbreak, to prevent cesarean delivery due to outbreak.<sup>2</sup>
- Cervical-ripening methods should be used when labor is induced in women with an unfavorable cervix.<sup>2</sup>
- For a breech presenting fetus, offer and perform an external cephalic version whenever possible and appropriate.<sup>2</sup>
- Before diagnosing a failed induction – when maternal/fetal status allows – consider a longer duration in the latent phase (up to 24 hours or more) and administer oxytocin for at least 12 to 18 hours after rupture of membranes.<sup>2</sup>
- Before diagnosing arrest of labor, allow two hours of pushing in multiparous women and at least three hours in nulliparous women. A longer duration may be appropriate on an individual basis.<sup>2</sup>
- Continuous one-on-one support during labor and delivery, such as a doula, is one of the most effective tools in reducing cesarean delivery rates.<sup>2</sup>

**DRAFT**

### Did you know?

Recent data from the Consortium of Safe Labor indicates contemporary labor progresses at a rate substantially slower than what was historically taught.

If you have questions, contact Provider Services at 844-912-1226.

#### Footnotes:

- 1 National Partnership for Women & Families. (2016). "Why is the U.S. cesarean section rate so high?" Retrieved from <http://www.nationalpartnership.org/our-work/resources/health-care/maternity/why-is-the-c-section-rate-so-high.pdf>.
- 2 American College of Obstetricians and Gynecologists. (2014). "Safe prevention of primary cesarean delivery." Retrieved from <https://www.acog.org/clinical/clinical-guidance/obstetric-care-consensus/articles/2014/03/safe-prevention-of-the-primary-cesarean-delivery>.

<https://providers.anthem.com/oh>

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