Early Intervention in Breech Presentation to Reduce of Cesarean Section and Breech Deliveries

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Abstract
The effect of early intervention in breech presentation is investigated by outcomes of two indices: the breech delivery rate and the breech cesarean rate. Historically-controlled retrospective study was performed from 1985 to 2012. We intervene the breech presentation with tocolysis and external cephalic version (ECV) after 32 weeks of pregnancy and compared two indices before introduction of ECV (1985-87) and after (1986-2012). Statistical study was carried by kaisu are test and P value less than 0.05 is significant. Utilized tocolytic agents were ritodrine and magnesium sulfate. ECV was performed after 24 hrs in admission. Within enrolled case of 478, one hundred and sixty two cases were office ECV was excluded due to no controls (unsuccessful cases). Adopted 316 cases of admission-controlled ECV was divided into two groups of ECV (245 cases) and no ECV (71 cases). Spontaneous version had occurred in 20 cases of ECV and in 58 cases of no ECV, so overall spontaneous version rate was 25% (78/316) and overall successful ECV rate was 66% (161/245) under low reversion rate of 2.8% (9/323). In this way, two indices of the breech delivery rate and breech cesarean section rate had reduced from 3.3 to 2.1% and from 21.3 to 12.7% respectively (p<0.01). Furthermore we have not experienced serious complications. So we considered early intervention in breech presentation with tocolysis and ECV is useful for reduction of breech delivery and breech cesarean section.

Keywords: Breech presentation; Tocolysis; External cephalic version (ECV); Reversion; Breech delivery rate; Breech cesarean rat

Introduction
As breech presentation is one of high-risk factors due to relative high perinatal morbidity, elective cesarean section is applied to breech cases especially to primiparity, and first cesarean section destined second and/or third cesarean section. As our hospital has introduced intra-hospital midwifery from 1999, reduction of cesarean section due to non-cephalic position is need. So we investigated retrospectively the rate of breech delivery and cesarean section rate before and after the introduction of early beginning external cephalic version (ECV) after 32 weeks of pregnancy.

Materials and Methods
We have registered clinical data and outcomes of all obstetrical cases on database soft "Kiri ver8" from 1993 to now. This file contains 32 weeks’ of pregnancy.

Between 1985 and 2012, 478 breech cases were enrolled in this study. One hundred and sixty-two breech cases attained cephalic version at the office (Figure 3) and 316 were attempted on admission (Table 1 and Figure 4). In the admitted cases, the overall success rate of ECV under tocolysis was 66% (161/245) (61% for null parity, 73% for multiparity: P<0.05) (Table 2). Cephalic version rate only with tocolysis was 82% (58/71) (Figure 3). So overall spontaneous success rate with spontaneous cephalic version after unsuccessful ECV was 25% (78/316) (Figure 4).

On the other hand, reversion rate of the office controlled cases and the admission controlled cases were 4.3 (7/162) and 1.2% (2/161) respectively (NS) (Figures 3 and 4). The breech delivery rate and

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The breech cesarean section rate was reduced from 21.3 to 12.7% and from 3.3 to 2.1% respectively (P<0.01) (Table 3 and Figure 5). We have not experienced serious feto-maternal complications such as placental abruption.

**Discussion**

External cephalic version (ECV) is a safe and effective intervention that can prevent breech delivery, thus reducing the need for cesarean delivery [1]. Although almost previous reports have intervened in breech presentation at near term [2-4], we have intervened after 32 weeks of pregnancy because we thought that so later so more intrauterine volume, so lesser amniotic fluid and so more uterine rigidity which interfering factors on ECV . In fact, overall successful rate of near-term ECV is relatively low (41-51%) to our success rate of 66% [2]. The significance of tocolysis in ECV is reported not only positively [5-7], but negatively [8,9]. According to high spontaneous cephalic version rate of 82% in no ECV cases and no serious complication with this technique, we confirmed that tocolysis is crucial before ECV .

Early beginning ECV (at between 34 and 36 weeks’ gestation) showed reduce the risk of non-cephalic presentation at delivery and the rate of cesarean section compared with 37 to 38 weeks [10] which is consistent with our results. Even if delayed beginning ECV, reversion rate was reported as 6% [2] (6/98) ~7% [3], which is almost the same as our overall reversion rate of 2.8% (9/323). As the appropriate moment for ECV is not established in this way, we may select the moment near term every case condition.

From meta-analysis, ECV-related complication rate was 6.4% with...
serious complication of 0.24% [11]. As unsuitable placental site namely anterior attachment, oligohydramnios and nuchal umbilical cord might interfere safety maneuver, ultrasound assessment of these conditions and FHR monitoring is crucial prior to and during ECV to prevent complications. We interrupt the maneuver when fetal bradycardia and/or maternal pain with maneuver occur. This decision will prevent serious complications due to ECV.

References


