

**ORIGINAL ARTICLE****ASSESSMENT OF KNOWLEDGE AND ATTITUDES OF WOMEN TOWARDS ANAESTHESIA TECHNIQUES FOR CAESAREAN SECTION**Bhuvneshwar Minj<sup>1</sup> Anju Verma<sup>2</sup><sup>1</sup>Assistant Professor, Department of Anaesthesia, RKDF medical college & Research Center Bhopal.MP <sup>2</sup>Reader, Department of Anaesthesia, Peoples Dental Academy Bhopal.MP**ABSTRACT:**

**Background:** One of the painful procedures encountered by women is Natural labor. Several methods of labor analgesia have evolved over the years, but pain relief in labor is still controversial. Hence; we planned this study to assess the knowledge, attitude and practice of women towards anaesthesia techniques for caesarean section. **Materials & methods:** The present study was conducted in the anaesthetic wing of the hospital and included assessment of knowledge, attitude and practice of women towards anaesthesia techniques for caesarean section. A total of 200 patients were included in the present study from 2013 to 2014. All patients scheduled for elective caesarean section were included. Self made questionnaire was filled which included demographic data, their knowledge regarding anesthesia, their choices about anesthesia techniques, and reasons of preferring or refusal of specific anesthesia. **Results:** 17 percent of the patients belonged to the age group of less than 25 years whereas 35 percent of the patients belonged to the age group of 25 to 30 years. 31 percent of the patient's belonged to the age group of 31 to 40 years while 16 percent of the patients belonged to age group of 41 years and above. **Conclusion:** Significant amount of awareness exists among women regarding the anaesthesia techniques for caesarean section.

**Key words:** Anaesthesia, Caesarean, Women

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**INTRODUCTION**

One of the painful procedures encountered by women is Natural labor. Several methods of labor analgesia have evolved over the years, but pain relief in labor is still controversial.<sup>1</sup> In developed countries the issue is focused on the choice of methods and complications, while in developing countries, the issues revolve around awareness, acceptability and availability of labor analgesia. Regional anaesthesia at present is not accepted by the obstetric population.<sup>2-4</sup> This issue is important in order to help the anaesthetists and obstetricians of our country to communicate with the patients more effectively about the options of anaesthesia and also to increase public awareness about availability of these anaesthesia techniques.<sup>5-7</sup> Hence; we planned this study to assess the knowledge, attitude and practice of women towards anaesthesia techniques for caesarean section.

**MATERIALS & METHODS**

The present study was conducted in the anaesthetic wing of the hospital and included assessment of knowledge, attitude and practice of women towards anaesthesia techniques for caesarean section. Ethical clearance was

taken from the hospital's ethical committee in written and consent was obtained after explaining in detail the entire research protocol. A total of 200 patients were included in the present study from 2013 to 2014. All patients scheduled for elective caesarean section were included. Patients were interviewed in their local language upon arrival in the preoperative area of operation theatre. Self made questionnaire was filled which included demographic data, their knowledge regarding anesthesia, their choices about anesthesia techniques, and reasons of preferring or refusal of specific anesthesia. This survey included pertinent questions to assess knowledge and attitudes of our women towards choices of anaesthesia techniques e.g. Is she aware about different anaesthesia options available? What is her source of information? Past history of any operation, type of anaesthesia received and experience associated with it? Anaesthesia of choice at this time and why? All the recorded on the Microsoft excel and assessed by SPSSs software. Chi-square test and student t test was used for the assessment of level of significance.

**RESULTS**

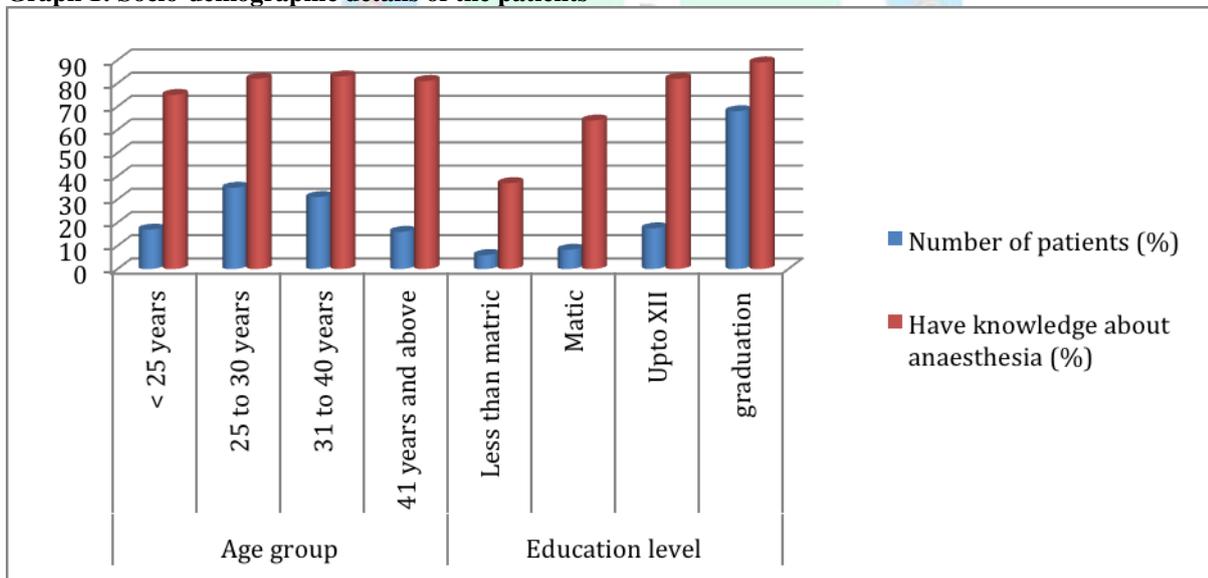
**Table 1** shows the Socio-demographic details of the patients. 17 percent of the patients belonged to the age group of less than 25 years whereas 35 percent of the patients belonged to the age group of 25 to 30 years. 31 percent of the patient’s belonged to the age group of 31

to 40 years while 16 percent of the patients belonged to age group of 41 years and above. 68 percent of the patients in the present study were graduates. **Graph 1:** Socio-demographic details of the patients

**Table 1: Socio-demographic details of the patients**

Parameter		Number of patients (%)	Have knowledge about anaesthesia (%)
Age group	< 25 years	17	75
	25 to 30 years	35	82
	31 to 40 years	31	83
	41 years and above	16	81
Education level	Less than matric	6	37
	Matic	8.3	64
	Upto XII	17.5	82
	graduation	68	89

**Graph 1: Socio-demographic details of the patients**



**DISCUSSION**

All over the world, anesthesiologist plays important role in intensive care units, trauma centres, pain clinics. A good anesthetist patient relationship is important 6 to reduce the anxiety of patient. This can be achieved by giving reliable information regarding intended surgery and anaesthesia. Regional anaesthesia for caesarean section is considered a safe technique and has gained worldwide popularity.<sup>8- 10</sup> The choice of anaesthesia techniques can be expected to differ between countries

and culture and probably this could be the reason of low demand of regional anaesthesia in developing countries.<sup>11</sup> Hence; we planned this study to assess the knowledge, attitude and practice of women towards anaesthesia techniques for caesarean section.

In the present study, we observed significant correlation between knowledge on options of anaesthesia technique and age. Good knowledge was present among the younger age group in comparison with 30 years and above. Ahmad et al assessed the knowledge and attitudes of Pakistani women towards different options of

anaesthesia techniques for caesarean section and also to identify their sources of information about them. A total of 410 women scheduled for elective caesarean section were enrolled after informed written consent in this hospital based cross sectional survey. It was seen that 82.4% of the study population was aware of the existence of anaesthesia techniques however, 48% of women preferred general anaesthesia, 33% regional anaesthesia while 18% were not sure of what to choose. Reasons of preferring general anaesthesia mainly were previous general anaesthesia experience and fear of being awake and hearing noises during surgery. Regional anaesthesia was refused mainly due to their concerns about backache, headache and inadequate anaesthesia. This survey showed that Pakistani women are well aware about the existence of anaesthesia techniques however they do reveal lack of knowledge about their risks and benefit leading to high refusal rate of regional anaesthesia. Anaesthetists were seen as a major source of information.<sup>12</sup> Lamina et al evaluated the trend of practice of regional anaesthesia for caesarean section in a tertiary hospital in South-western part of Nigeria. The obstetric operating room records at the Olabisi Onabanjo University Teaching Hospital, Sagamu, Nigeria were reviewed for a twenty-year period: January 1986 to December 2005. The anaesthetic techniques for caesarean section and the level of training of the attending anaesthetist were noted. A total of 1,785 patients were delivered by caesarean section during the twenty-year period. Most patients [1578(88.4%)] had caesarean section under general anaesthesia while 207(11.6%) had regional anaesthesia. Majority of the epidural blocks were conducted by nurse-anaesthetists while the subarachnoid blocks were administered by anaesthetists. There is an overall low practice or usage of regional anaesthetic for caesarean section. A trend towards increasing administration of regional technique for caesarean section is demonstrated. A dedicated period for hand on the job workshop in regional blocks may enhance early and prompt acquisition of relevant skills in regional anaesthesia for caesarean delivery.<sup>13</sup> Cheng et al surveyed women's recall of their pre-anaesthesia risk discussion and determine where women, presenting for lower segment caesarean section under regional anaesthesia, obtain risk information. Following a small pilot survey, women's responses were recorded for "spontaneous" or "prompted" recalled risks, the information source and its reliability. One-hundred and fifty women were surveyed following caesarean section. Seventy women (46.7%) had an elective procedure and 80 (53.3%) had an emergency procedure. Overall, 142 women (94.6%) recalled at least four risks (44.6% spontaneously; 66% prompted). Of those women giving at least four spontaneous responses, 41 (58.6%) had elective and 26 (32.5%) had emergency lower segment caesarean section (P = 0.001). The majority of women stated that anaesthetists were the main, and most reliable, source of their information regarding risks of regional anaesthesia for caesarean section. This report identified the risks associated with regional anaesthesia for

caesarean section that women most frequently recall, namely headache, paralysis, nerve damage and inadequate block.<sup>14</sup> Chen et al investigated the risk of herpes zoster among women during the first year after Caesarean deliveries under either general or regional anaesthesia. Two nationwide population-based data sets were utilized, including the Taiwan birth certificate registry and the Taiwan National Health Insurance Research Dataset. From 2001 to 2003, a total of 162 495 women underwent Caesarean delivery. During the 1 yr follow-up period, 0.46% of the women receiving general anaesthesia experienced an episode of herpes zoster, compared with 0.34% of women receiving regional anaesthesia. In Caesarean deliveries, the use of general anaesthesia compared with regional anaesthesia was independently associated with a 1.29-fold (95% confidence interval=1.04-1.61) increase in the 1 yr risk of herpes zoster, after adjusting for maternal and infant characteristics. In this series, there was a small increased risk of herpes zoster in the year after Caesarean delivery with general anaesthesia. Future studies are needed to further investigate this findings.<sup>15</sup>

## CONCLUSION

From the above results, the authors concluded that significant amount of awareness exists among women regarding the anaesthesia techniques for caesarean section

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