



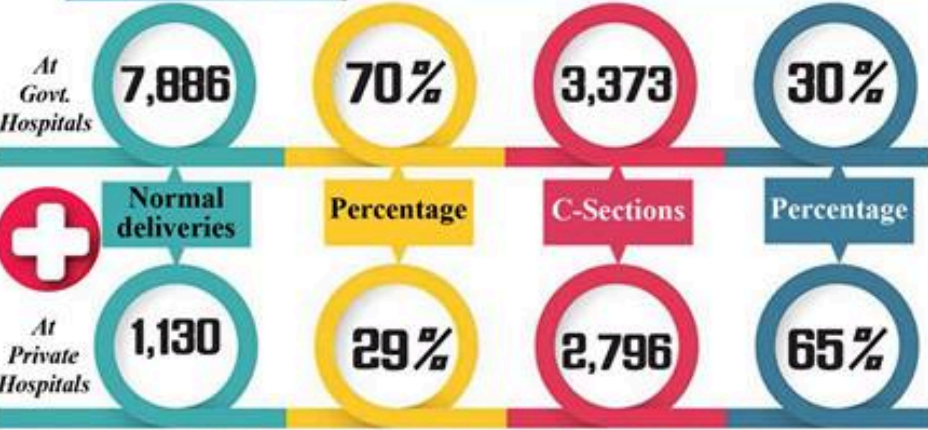
STEPS FOR LOWERING C-SECTION RATES

Surgeries done during deliveries are making mothers face a lot of health problems. It is believed that if the first delivery is C-section, then normal delivery is not possible for the next delivery. To address such issues, State Family Welfare Centre has put a special plan in place. By choosing Karimnagar and Sangareddy as model zones, the staff in the district hospitals there are trained specially for promoting normal deliveries. In the first phase one year theory training is imparted in Karimnagar district. Followed by six months midwifery (training in birthing) course in Sangareddy. Two doctors along with 30 training nurses from Karimnagar were sent to Sangareddy for the same. The training started on 17th of this month. *A special article by Newstoday – Sangareddy*



Newstoday – Sangareddy Urban:

Sangareddy Hospital, Central Hospital, Pantancheru, Narayankhed, Jogipeta, Zaheerabad local hospitals all come under the district Vidhana Parishad. Twenty-nine Primary Health Centres (PHCs) are under the district Health Centre. Among these, 17 PHCs offer round the clock services and 12 centres offer 12 hours services. Added to these, the deliveries are also being done in Sangareddy Social and Health centre. Sangareddy functions like a headquarters, with people from Medak, Vikarabad, Ranga Reddy coming to the Central Hospital and other hospitals. People from the regional and social health hospitals send patients and pregnant women for deliveries to this hospital. Normal delivery rate has been prominently increasing in Sangareddy district hospital. To offer the best services, the government has decided to provide training for the staff of Sangareddy hospital by the doctors of Fernandez Hospital Foundation – A reputed hospital in the state for normal deliveries.



6 months training

30 nurses from Karimnagar came to Sangareddy along with 2 experts from Fernandez Hospital Foundation. The above people have gained expertise from their experience of working for years in the related hospitals. 24 regular nurses, 6 contract nurses working in Sangareddy district hospital are being trained in this course. Here the normal deliveries are done in traditional methods and Moosa method. The pregnant women are being sent to Hyderabad even for the minor health issues during and after the delivery which results in great agony to the mothers and even their family members. To prevent these, the staff are being trained with various techniques to be applied during delivery to gain expertise in delivering normally. The staff are being trained even to handle the high risk pregnancy cases and try for normal delivery, handle the postpartum hemorrhage to ensure the safety of mother and the new born. The staff are trained by showing and illustrating with live examples daily.

High C-Section rate in Private Hospitals:

There are 92 private hospitals in the district. The statistics state that the C-section rate is very high in private hospitals. Pregnant women are being threatened and the private hospitals are doing unnecessary C-sections for the greed of money. It is important to note that the normal deliveries account for only 29% while the C-section deliveries account for the 71% of the total deliveries in these hospitals. It is disastrous to know that even though the government has been giving importance to normal delivery, these private hospitals are neglecting the same. If this continues to be the same, the chances of pregnant women being prone to various health problems in future will be more.



Fernandez Hospital Foundation staff creating awareness among the medical staff of the local hospital



Mother and Child Health Centre, Sangareddy



Trainers to the District – A boon:

K. Sangareddy, Central Hospital In-charge

K. Sangareddy, Central Hospital Incharge said that already the rate of normal deliveries has been increased. To improve the rate even further the doctors and 30 staff from Fernandez Hospital Foundation came to the district which is a boon to them. This decision resulted in a good opportunity for the district. The government is taking steps and special interest to avoid C-sections in pregnant mothers. It is also emphasizing on encouraging pregnant mothers to come for their delivery to government hospitals to ensure the normal delivery which is safe for both mother and the new born.