Rate of successful vaginal delivery after caesarean section at the Royal Hobart Hospital

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Introduction:

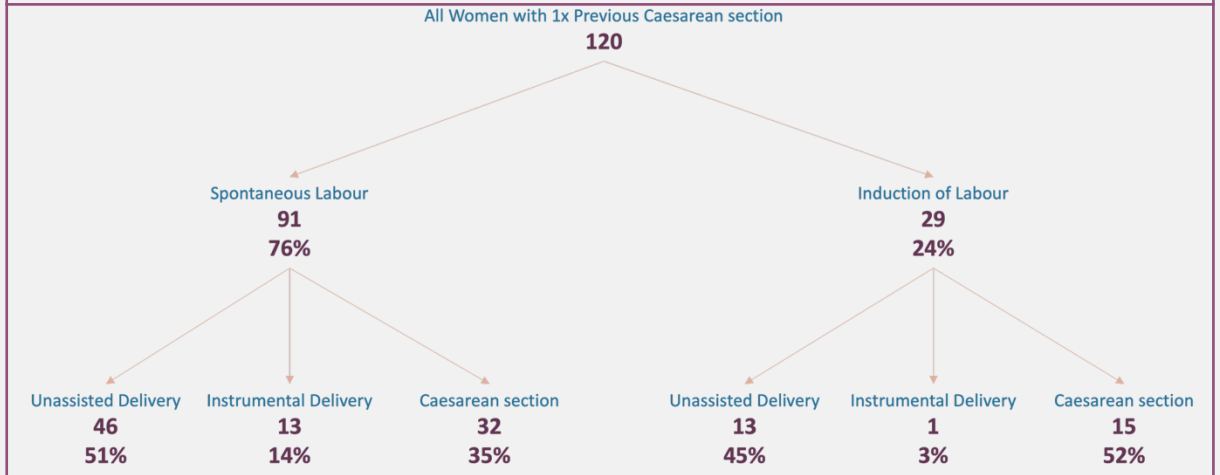
We noted an increase in patients attempting trial of labour after caesarean section (TOLAC), prompting us to review the rates of successful vaginal delivery after caesarean section (VBAC) at the Royal Hobart Hospital (RHH).

Aims:

To determine the rate of VBAC in patients undergoing TOLAC at the RHH and explore factors influencing success.

Methods:

Deliveries at the RHH between October 2023 and October 2024 were screened for TOLAC. Patients were excluded if they had ≥1 prior CS (Caesarean section) or underwent elective repeat CS (ERCS) before attempting labour. The primary outcome was delivery via VBAC or non-elective CS. Results were stratified by labour onset. Delivery type, indication for CS and patient factors influencing successful VBAC were reviewed.



Results:

120 patients were included, 91 of whom had a spontaneous onset of labour (SOOL) and 29 had an induction of labour (IOL). 73 patients (61%) had a successful VBAC while 47 patients (39%) had a CS. 76% of patients had spontaneous onset of labour (SOOL) and 24% had an induction of labour (IOL). 59 patients (65%) in the SOOL group and 14 patients (48%) in the IOL group had a successful VBAC.

Discussion:

The overall success rate of VBAC at the RHH was 61%, comparable to the Australian rate of 60-80%. Factors associated with success in our cohort included SOOL, interpregnancy interval >18 months and prior vaginal delivery or VBAC, consistent with recognised favourable factors. Our results reinforce that TOLAC should be supported in patients with factors predicting successful VBAC.