

A Proven Method for Lowering the Caesarean Rate

Written by Gloria Lemay

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Fetal surveillance by electronic fetal monitoring (continuous electronic fetal monitoring has been proven to increase the cesarean rate with no improvement to the health of the baby).

3.

Too early use of epidurals (women who get an epidural before 8 cm dilation are at increased risk of surgery).

4.

Inappropriate induction (inducing birth before 41 weeks gestational age with no medical indication).

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