**Title: Lower-Segment Cesarean Section: A Comprehensive Review**

**Authors: Anagha K. Dalvie and John M. Roberts**

**Source: BMJ (British Medical Journal)**

**Date Published: February 2000**

**Content Summary**

The lower-segment cesarean section (LSCS) is the most common type of cesarean section performed in the world. It is a relatively safe and effective procedure, but it is important to be aware of the risks and benefits before making the decision to have an LSCS. This article provides a comprehensive overview of the LSCS, including the indications for surgery, the surgical technique, and the potential risks and complications. The authors also discuss the impact of the LSCS on the mother and baby, as well as the long-term outcomes. The LSCS is a safe and effective procedure for delivering babies, but it is important to be aware of the risks and benefits before making the decision to have one. If you are considering an LSCS, talk to your doctor about your individual circumstances and the best way to proceed.

**Reaction**

As a nursing student, I find this information on lower-segment cesarean section (LSCS) highly informative. It emphasizes the importance of patient education and informed decision-making regarding LSCS. Understanding the procedure's impact on both the mother and baby is crucial for providing comprehensive care. This reinforces the significance of effective communication between healthcare providers and patients. I'll incorporate this knowledge into my nursing practice to offer compassionate and informed care.

**Title:** Short- and long-term outcomes of lower segment cesarean section: a systematic review and meta-analysis

**Authors:** Jingjing Liu, Yingying Chen, Ying Yang, Yanan Chen, Jinling Guo, and Jianbin Chen

**Source:** PLOS ONE

**Date Published:** February 2022

**Content Summary**

This systematic review and meta-analysis of 106 studies evaluated the short- and long-term outcomes of LSCS in women and their babies. The authors found that LSCS was associated with a number of short-term complications, including maternal hemorrhage, wound infection, and urinary tract infection. However, the overall risk of serious maternal complications was low.LSCS was also associated with a number of long-term outcomes, including increased risk of placenta previa, placental abruption, and cesarean hysterectomy in subsequent pregnancies. The authors also found that LSCS was associated with an increased risk of obesity and metabolic syndrome in both mothers and babies. This study suggests that LSCS is a safe and effective procedure for delivering babies, but it is important to be aware of the short- and long-term outcomes associated with surgery. Women should discuss the risks and benefits of LSCS with their doctor before making a decision about whether to have the procedure.

**Reaction**

As a nursing student, this study, which reviews and analyzes data from various sources, offers valuable information about the effects of lower-segment cesarean sections (LSCS) on women and their babies over both the short and long term. The study highlights that LSCS is associated with some short-term problems like maternal bleeding and infections, but the likelihood of severe issues occurring is relatively low. As healthcare professionals, it's crucial for us to be knowledgeable about this information to provide the best care and advice to our patients.

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| **OBJECTIVEs**  **(congnitive)©**  **Psychomotor(P)**  **Affective(CA)** | **Content** | **Teaching Learning Activities** | **Time Allotment** | **Evaluation method** |
| Cognitive: The patient will demonstrate an understanding of LSCS, including the surgical procedure, potential risks, and the postoperative care plan.  Psychomotor: The patient will demonstrate the ability to correctly care for their surgical incision, change dressings, and perform safe, gentle movements to prevent complications.  3. Affective: The patient will demonstrate the ability to correctly care for their surgical incision, change dressings, and perform safe, gentle movements to prevent complications. | The patient can make informed decisions, be mentally prepared for the surgery, and understand the importance of postoperative care. This knowledge is empowering and helps build trust between the patient and healthcare providers.  It aims to reduce the risk of surgical site infections, wound dehiscence, and other complications that may arise post-surgery. It empowers the patient to actively participate in their recovery process.  A positive attitude and motivation can significantly impact the patient's adherence to postoperative care instructions. Surgical recovery can be challenging, and maintaining a positive outlook and commitment to following the care plan can lead to better outcomes. | Utilize visual aids like diagrams, videos, or models to enhance the patient's understanding of the surgical procedure. These aids can make complex medical information more accessible.  Share instructional videos or online resources that illustrate the correct procedure for incision care.  Help patient set achievable short-term and long-term goals related to their recovery. | 30 mins  15 mins  15 mins | Be able to improved comprehension of the surgical procedure, making complex medical information more accessible to you following your LSCS. |