

## Cesarean Section or Normal Vaginal Delivery? The Importance of the Training Programs for Mothers and Community

Dear Editor,

The tendency of opting for a Cesarean Section (CS) has increased among pregnant women due to the lack of awareness about the complications of CS and the negative attitudes toward Normal Vaginal Delivery (NVD).<sup>[1]</sup> Global statistics indicate that although CS is not necessarily associated with positive outcomes for mothers and children, its popularity continues to increase.<sup>[2]</sup>

Given the high prevalence of CS in Iran, one of the seven axes in the Health Sector Evolution Plan (HSEP) has been dedicated to improving its status. However, studies indicate that the costs of both NVD and CS have increased and that the reduction in CS rates has not been achieved.<sup>[3]</sup>

Since physicians, midwives, and healthcare providers are the most important sources of information for pregnant women, providing appropriate guidance can increase the acceptability rate of their educational recommendations in the target group.<sup>[4]</sup> Furthermore, given the low awareness among pregnant women of the benefits of NVD, the necessary training before and during pregnancy about CS complications and the benefits of NVD for the mother and child's health is important. In this case, the results of various studies show the positive effects of educational programs conducted during pregnancy, such as the reduction of maternal anxiety, reduced CS rates, better experience of childbirth, increased satisfaction, decreased duration of hospital admission, and improved lactation and childcare and neonatal outcomes.<sup>[5]</sup>

In this regard, it is important to consider the effect of personality and psychological characteristics on fear and anxiety. Training should be introduced to help reduce maternal anxiety, highlight less painful methods for childbirth, provide accurate information on childbirth stages, and ultimately improve mothers' feelings toward NVD. Emotional and social support from the family and health systems can also help considerably in prompting mothers to choose the NVD method. Therefore, community-based training can be considered in order to create a better impact. These factors together will lead to improving the health of mothers, children, and the community at large. Furthermore, they will help prevent the imposition of high costs on individuals and the health system.

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### Conflicts of interest

Nothing to declare.

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