



Fund “Nauka” Project № 21028 Resume – Competitive-based Session 2021:
“Operative delivery as a public health problem and an opportunity to reduce this frequency”

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Caesarean section is a life-saving surgical procedure with continuous expansion in the recent decades due to its increasing application in medical conditions not corresponding to the ones necessitating its administration.

The aim of the project is identification of the risk factors associated with the high prevalence of operative delivery in the city of Varna, as well as to formulate recommendations for reducing the frequency of elective cesarean section.

The objectives of the study are:

1. Determination of the frequency of operative delivery (general and according to the causes);
2. Study of the factors influencing the patient's choice of the type of delivery;
3. Study of the opinion of obstetricians and gynecologists on their delivery recommendations to pregnant women;
4. Formulation of recommendations for lowering of the frequency of operative delivery in Bulgaria.

Material and methods:

1. Retrospective documentary analysis of the medical documentation in maternity hospitals for the period 2016-2020;
2. Prospective cohort study of attitudes for childbirth among pregnant women from the city of Varna;
3. Qualitative research through in-depth interviews among obstetricians and gynecologists about their communication with the patients and the recommendations given for delivery.

The expected results of the multidisciplinary team include revealing of the main risk factors for caesarean section, which shall become a starting point for lowering its frequency by formulating health policy and economic recommendations, as well as such aimed at changes in the communication between medical specialists and patients.