

## Background

A birth normally carries a low risk to the mother or her baby. However, there are occasions in an emergency situation when a baby needs to be delivered immediately by a caesarean section. This is to ensure the best possible health outcomes for the mother and/or her baby.

A caesarean section is defined as a surgical incision in a woman's abdomen and uterus to deliver one or more babies.

There are several categories of caesarean section. A Category 1 caesarean section refers to a caesarean section when it is deemed that there is an immediate threat to the life of a woman or her baby (sometimes known as an 'emergency caesarean section').

In South Australia all maternity units have the appropriate resources to manage a Category 1 caesarean section. These units all have a well drilled team, available 24 hours a day to manage this situation.

It is acknowledged that the time taken to organise a Category 1 caesarean section is influenced by factors such as the availability of appropriate health care staff and a vacant operating room. Smaller maternity units such as those found in some country areas, generally manage 'low risk' pregnant women and therefore can allow a longer time to organise a Category 1 caesarean section.

Pregnant women with a 'high' risk condition are managed in the larger metropolitan maternity units where a Category 1 caesarean section can be undertaken within 30 minutes.

## Where can I get more information?

You can get more information regarding Category 1 caesarean section by asking your midwife and/or the doctor managing your pregnancy.

## When will I know that I require a Category 1 caesarean section?

In many situations the need for a Category 1 caesarean section is not identified until labour has commenced.

Some pregnancy conditions increase the likelihood of a woman requiring a caesarean section. If such a condition is identified during your pregnancy, it may be deemed safer for you to have your pregnancy care transferred to an alternate maternity unit. These units have the appropriate resources to manage more complex needs.

A well drilled health team will organise a Category 1 caesarean section in the shortest possible time.

## Can I prepare for a Category 1 caesarean section?

No, because no-one can predict the need for a Category 1 caesarean section.

## Will my postnatal care following the Category 1 caesarean section be different?

Yes, your condition and that of your baby will be monitored closely after the Category 1 caesarean section.

The length of time you will receive close monitoring is dependent on you and your baby's recovery.



## Can all maternity units undertake a Category 1 caesarean section?

Yes all maternity units can undertake a Category 1 caesarean section.

The time taken to complete a Category 1 caesarean section varies between units.

Smaller maternity units such as those found in country areas have resources to complete a Category 1 caesarean section within 60 minutes of the request.

Larger maternity units can complete a Category 1 caesarean section within 45 minutes of the request.

The major metropolitan maternity units can complete a Category 1 caesarean section within 30 minutes of the request.

If you require more complex pregnancy care, you may be advised to relocate closer to a maternity unit that is able to provide a Category 1 caesarean section in a shorter time period.

### Disclaimer

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## For more information

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[www.sahealth.sa.gov.au/perinatal](http://www.sahealth.sa.gov.au/perinatal)

If you do not speak English, request an interpreter from SA Health and the Department will make every effort to provide you with an interpreter in your language.

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# Category One Caesarean Section Management 2018



## Patient Information Brochure