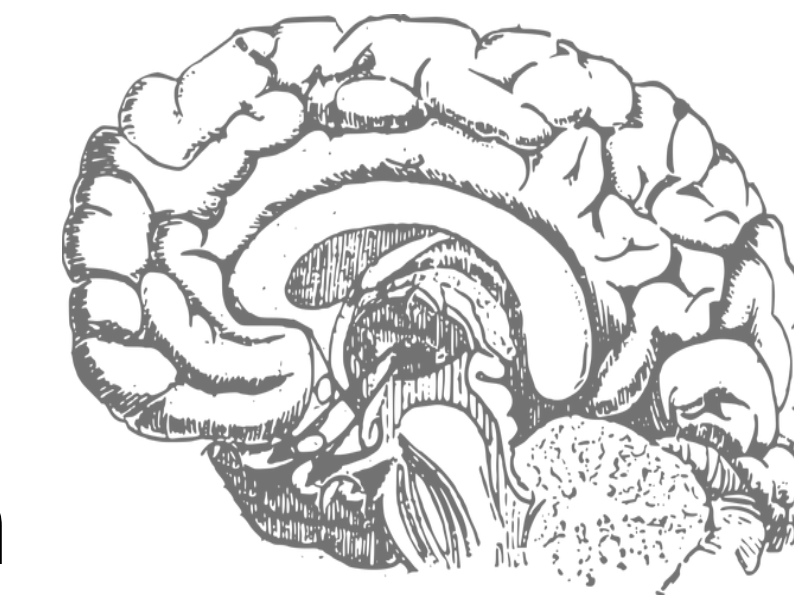




Relationship Between Cesarean Birth and Risk for Psychosocial Disorders

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Background

- ❖ There are an estimated 18 million cesarean births performed around the world each year (Pandey et al., 2023).
- ❖ The National Institute of Neurological Disorders and Stroke (NIH) defines a learning disability as that which impacts the ability to “understand or use spoken or written language, do mathematical calculations, coordinate movement, and direct attention” (2023).
- ❖ NIH has also defined autism spectrum disorder (ASD) as a “neurological developmental disorder that affects how people interact with others, communicate, learn, and behave” (2024).
- ❖ Mayo Clinic defines attention deficit hyperactivity disorder (ADHD) as “a combination of persistent problems, such as difficulty sustaining attention, hyperactivity, and impulsive behavior” (2019).
- ❖ More than half of young adults who are on the autism spectrum are unemployed and are not pursuing higher education two years after graduating high school (Singh, 2015).

PICOT

Are pediatric patients who were born via a cesarean section more likely to be diagnosed with psychosocial health disorders such as learning disabilities, attention deficit hyperactivity disorder (ADHD), and autism spectrum disorder (ASD) rather than pediatric patients who were born via vaginal birth?



<https://www.whattoexpect.com/pregnancy/c-section/>

Synthesis of Evidence

- ❖ According to Yoshida et al children born via cesarean delivery had a 38% greater risk of developing autism (2023).
- ❖ Children born from a cesarean section have a 10-30% increased risk for ASD, ADHD, and learning disabilities (Zhong et al., 2021).
- ❖ Children born via cesarean delivery had 58% more mental disabilities and 51% more intellectual disabilities (Zhong et al., 2021).
- ❖ ASD was an increased risk in males in emergency cesarean sections, and females had increased risk in planned cesarean sections (Yang et al., 2021).
- ❖ All six articles analyzed in this review presented significant evidence to support the increased risk with cesarean births.
- ❖ The first four articles analyzed presented data on specific psychosocial disorders as well as other factors not included in the authors PICOT question.

Suggestions

- ❖ Considering the evidence presented, nurses should be aware of the potential risk for ASD, ADHD, and learning disabilities when their patient is born through a cesarean section.
- ❖ As nurses it is imperative to perform a comprehensive assessment of the patient which includes present symptoms and the patient’s past medical history.
- ❖ Educate patients on the signs and symptoms of psychosocial disorders such as ASD, ADHD, and learning disabilities.
- ❖ Advocate for patients and families to have earlier screenings and interventions.

Purpose

- ❖ This research aims to find a correlation between cesarean births and psychosocial disorders such as ASD, ADHD, and learning disabilities.
- ❖ The overall goal is to bring awareness to nurses and healthcare professionals about potential risk factors.
- ❖ Screening should be provided to children at an earlier age who were born via c-section to provide interventions.

Limitations

- ❖ Participants were not chosen by randomization.
- ❖ Results of the studies relied on examination and patient's subjective reporting.
- ❖ Consideration of other medical conditions during pregnancy were not accounted for in the these articles.

This work is not original. This is a systematic review of published research conducted by professionals. Guidance was provided by Nina Blakeman, professor of NU307: Evidence-Based Practice Research.

See References here

