

MENEKSE NAZLI ULUSOY

Selcuk University, Akşehir Kadir Yallagöz School of Health, Turkey

NESLIHAN LOK

Akdeniz University Nursing Faculty, Psychiatric Nursing Department, Turkey

ILHAN GUNBAYI

Akdeniz University, Turkey

SUCCESS OF VAGINAL BIRTH AFTER CESAREAN**Abstract:**

Purpose:This study is conducted to determine the factors that facilitate and hinder vaginal birth after cesarean by specifying emotions, opinions and experiences about delivery of women that gave vaginal birth after cesarean and using birth stories which those women told in the Facebook group "Vaginal Birth After Cesarean" to support each other.

Material and Method:The study is a quantitative one. Since it aims to study and present vaginal birth after cesarean in detail in a point of view that depends on the experiences of the participants, it is planned in a phenomenological pattern. The data is gathered from the documents that are based on the birth stories of the participants and analysed using document analysis method. In the research, birth stories of 16 women who had been members of the "Vaginal Birth After Cesarean" group in Facebook which is one of the social media environments, given a successful vaginal birth, shared their birth stories in the group, and accepted to participate in the research were used as documents.

Findings:In the study, the stories that the participants experienced in the duration between the stage in which the participants decided to give vaginal birth and the time in which they actually gave vaginal birth are presented by their own expressions. The data gathered from the stories that participants shared is analysed using content analysis method, coded and themes are created. The data acquired from the emotions, ideas and experiences of the women who have given vaginal birth after cesarean about vaginal birth is analysed under four main titles (themes) which are "the time at which decision to give vaginal birth after cesarean is given", "preparation stage before the birth (hindering and facilitating factors)", birth stage (hindering and facilitating factors and medical intervention)", and "definition of the experience of the vaginal birth after cesarean".

Result:The study shows that the most important step of succeeding in giving vaginal birth after cesarean is the decision stage. Thus, the time of previous birth is important in this process. It has been seen that searching for doctors for giving vaginal birth, getting examined, and the support of the ones who have given vaginal birth after caesarean are important for the continuum of the decision stage. It has been seen that during the delivery, supportive approach of the obstetrician, moving, waiting for the baby to born, pushing and affirmations are the most important ones among the facilitating factors.

Keywords:

Women; Vaginal Birth After Cesarean; Experience; Phenomenological study