



Clinical Expert Series

Vaginal Birth After Cesarean: A Common-Sense Approach

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1. Recommendations regarding a trial of labor after cesarean delivery are based largely upon:

- A. Level I evidence (randomized controlled trials)
- B. Level II (cohort or case-controlled studies with a comparison group) and Level III (uncontrolled descriptive studies, including case series) evidence
- C. Expert opinion
- D. Insufficient evidence to support the recommendations

2. The possibility of a meta-analysis to resolve questions about a trial of labor after cesarean delivery is precluded by the lack of:

- A. Funding
- B. Randomized trials
- C. Standardized definitions
- D. Published reviews
- E. Legal protections for investigators

3. Long-term data on breech delivery by vaginal or cesarean routes have shown:

- A. Reduced adult intelligence in those delivered vaginally
- B. Taller stature for those delivery vaginally
- C. Increased motor deficits for those delivered vaginally
- D. Earlier learning milestones for those delivered by cesarean delivery
- E. No difference in adult outcomes

4. Continuous fetal heart rate monitoring has contributed to:

- A. A reduced rate of cerebral palsy
- B. Improved perinatal outcomes
- C. Improved interobserver agreement on fetal distress
- D. Increased cesarean deliveries
- E. Reduced professional liability cases

5. The most common indication for peripartum hysterectomy is:

- A. Sterilization
- B. Sepsis
- C. Uncontrollable hemorrhage
- D. Placenta previa
- E. Uterine rupture

6. Each subsequent cesarean delivery results in a dramatic increase in the risk of:
- A. Sepsis
 - B. Fetal malpresentation
 - C. Neonatal respiratory disorders
 - D. Cervical stenosis
 - E. Placenta accreta
7. The risk of an adverse perinatal outcome with vaginal birth after cesarean delivery is similar to that of:
- A. Preeclampsia
 - B. Umbilical cord prolapse
 - C. Vaginal birth in developing countries
 - D. A patient with type 2 diabetes
 - E. A primigravida in labor
8. Which of the following professional organizations has issued its position on vaginal birth after cesarean delivery following the 2010 National Institutes of Health consensus conference?
- A. The American College of Obstetricians and Gynecologists
 - B. Royal College of Obstetricians and Gynaecologists
 - C. Society of Obstetricians and Gynaecologists of Canada
 - D. American Academy of Family Physicians
 - E. Agency for Healthcare Research and Quality
9. Which of the following is most closely associated with a successful vaginal birth after cesarean delivery?
- A. Prior vaginal birth
 - B. Augmentation of labor
 - C. Increased maternal age
 - D. Macrosomia
 - E. Short interpregnancy interval
- EXPIRED**

10. The most common sign of uterine rupture during a trial of labor after cesarean delivery is:

- A. Bleeding
- B. Fetal heart rate abnormality
- C. Inguinal pain
- D. Increased uterine activity
- E. Sudden descent of the fetal presenting part

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