Caesarean Section at Full Dilation (CSFD) occurs in 2% of all births and is the most common cause of difficult delivery of the fetal head, which leads to significantly higher morbidity for mother and baby (1,2,3,4). Fetal Pillow is a simple device that consistently elevates the fetal head and reduces morbidity (5).
Fetal Pillow® is intended to elevate the fetal head and facilitate delivery of the fetus in women requiring a Caesarean Section at full dilation or those requiring a Caesarean Section after a failed instrumental vaginal delivery. Fetal Pillow is indicated for use at a gestational age ≥37 weeks.

Simple
Fetal Pillow is very simple to use. It is inserted during patient preparation and inflated with 180mls of saline to elevate the fetal head.

Safe
Fetal Pillow enables a gentle, consistent and controlled elevation of a deeply engaged head. It is designed to ensure safe and easy delivery of the fetal head.

Effective
Fetal Pillow reduces intra-partum and post-partum complications for mother and baby (5,6,7).

Fetal Pillow is included in:
✓ The Royal College of Obstetricians and Gynaecologists Operative birth simulation training programme (8)
✓ The Royal Australian and New Zealand College of Obstetricians and Gynaecologists guidance (9)

SAFE OBSTETRIC SYSTEMS
A Randomised Controlled Trial of 240 patients shows significantly easier delivery of the fetal head and reduction in maternal morbidity when Fetal Pillow is used.

### Reduction in Maternal Morbidity

- **Uterine Extensions**: 32.5% Fetal Pillow, 5.0% No Fetal Pillow
- **Blood loss >1000ml**: 21.7% Fetal Pillow, 4.2% No Fetal Pillow
- **Blood Transfusion**: 18.3% Fetal Pillow, 3.3% No Fetal Pillow

### Reduction in Fetal Morbidity

- **Apgar score ≤3 at 5 mins**: 0.80% Fetal Pillow, 6.70% No Fetal Pillow
- **NICU admissions >24hrs**: 23.1% Fetal Pillow, 57.1% No Fetal Pillow

### Reduction in hospital resources used

- **Operating time (mins)**: 32.7 Fetal Pillow, 62% No Fetal Pillow
- **Length of stay (days)**: 3.9 Fetal Pillow, 77% No Fetal Pillow

### Author’s Conclusion

When the Fetal Pillow is readily available in the labor ward and is used during CSFD, this has benefit for women in this emergency, for doctors who have to manage them, and for hospitals that have to cope with the emergency. (5)
Use of Fetal Pillow to manage the complications associated with CS at full dilation can deliver significant financial savings.

**COST IMPACT ANALYSIS AUSTRALIA: Full Dilation Caesarean Section with and without use of Fetal Pillow based on data from the randomised controlled trial**

- **Total Saving of $1,909 per patient**
- 36 hours of operating time saved
- 108 Hospital bed days saved

References


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