Improving Trial of Labor and Vaginal Birth After Cesarean Patient Education 
To Minimalize Decisional Conflict in Qualified Women

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Methodology

**Aim:** Implement a simple, appealing, yet effective, and informative Educational Tool/Decision Aid to minimize patient decisional conflict and improve levels of patient-perceived knowledge for women who qualify for TOLAC

**Design:**
- Pilot Project
- Evidence-based Practice Change

**Study Population:**
- Pregnant women of 20+ weeks gestation
- Qualify for TOLAC/VBAC after one previous cesarean
- 20 women were recruited
- n = 16

**Setting:**
- Obstetrics and Gynecology Midwifery practice
- Suburban area in northern New Jersey

**Intervention:**
- Educational Tool/Decision Aid about TOLAC vs. ERCS
- Followed by Ottawa Hospital Traditional Decisional Conflict Scale
- English & Spanish

**Measures:**
- Decisional Conflict (none to extremely high)
- Patient-Perceived Knowledge (Informed Sub-score)
- Secondary Measure – Mode of Delivery Decision

**Results**

- 16 participants received the Educational Tool and completed the follow-up Decisional Conflict Scale
- Data analyzed using descriptive and comparative statistics from the results of the TDCS
  - **Total Score: Level of Decisional Conflict (16 items)**
    - 0 = no decisional conflict
    - 100 = extremely high decisional conflict
  - **Informed Sub-score: Level of Patient-perceived Knowledge (3 items)**
    - 0 = feels extremely informed
    - 100 = feels extremely uninformed
  - **Mode of Delivery Decision:** TOLAC, ERCS, or Unsure

**Discussion**

- < 1% of participants experiencing significant decisional conflict
- ~ 94% of participants felt very informed

**Implications for Practice:** Use of this Educational Tool/Decision Aid can significantly help women minimize decisional conflict surrounding TOLAC vs. ERCS & make them feel more informed to do so. MDs, CNMs, PAs can educate.

**Implications for Future Research:** Explore ultimate outcomes for women who receive such education. Determine best gestational age for this type of education.

**Ultimate Goal:** Improve TOLAC vs. ERCS education for women and encourage patient involvement in their healthcare decisions to lead to better outcomes for mothers and babies

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**ACNM & Share with Women Educational Tool**
Visually appealing & concise (2 pages with bullet points)
Evidence-based risks & benefits explained
Additional resources provided

**Ottawa Hospital Traditional Decisional Conflict Scale (TDCS)**

| Measures level of decisional conflict and multiple sub-scores Used & demonstrated efficacy in over 30 other studies Statement Format – 16 items, 5 response categories |

**References**