Caesarean Section

Systematic Reviews

**Complementary and alternative therapies for post-caesarean pain.**  
Zimpel SA, Torloni MR, Porfírio GJM, Flumignan RLG, da Silva EMK. Complementary and alternative therapies for post-caesarean pain. Cochrane Database of Systematic Reviews 2020, Issue 9. Art. No.: CD011216. DOI: 10.1002/14651858.CD011216.pub2.  
**Conclusion:** Some CAM therapies may help reduce post-CS pain for up to 24 hours. The evidence on adverse events is too uncertain to make any judgements on safety and we have no evidence about the longer-term effects on pain. Since pain control is the most relevant outcome for post-CS women and their clinicians, it is important that future studies of CAM for post-CS pain measure pain as a primary outcome, preferably as the proportion of participants with at least moderate (30%) or substantial (50%) pain relief. Measuring pain as a dichotomous variable would improve the certainty of evidence and it is easy to understand for non-specialists. Future trials also need to be large enough to detect effects on clinical outcomes; measure other important outcomes as listed lin this review, and use validated scales.

**Reducing nausea and vomiting in women having a caesarean birth with regional anaesthesia.**  
Griffiths JD, Gyte GML, Popham PA, Williams K, Paranjothy S, Broughton HK, Brown HC, Thomas J. Interventions for preventing nausea and vomiting in women undergoing regional anaesthesia for caesarean section. Cochrane Database of Systematic Reviews 2021, Issue 5. Art. No.: CD007579. DOI: 10.1002/14651858.CD007579.pub3.  
**Conclusion**: This review indicates that 5-HT3 antagonists, dopamine antagonists, corticosteroids, sedatives and acupressure probably or possibly have efficacy in reducing nausea and vomiting in women undergoing regional anaesthesia for caesarean section. However the certainty of evidence varied widely and was generally low. Future research is needed to assess side effects of treatment, women's views and to compare the efficacy of combinations of different medications.