

# Body temperature and shivering during caesarean sections

ACTRN12622001214729

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Status	RECRUITING
Sponsor	Fiona Stanley Hospital
Enrollment	50 participants

## Plain Language Summary

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When women have a caesarean section (C-section) under spinal or epidural anaesthesia, their body temperature can shift in unexpected ways — sometimes dropping too low (hypothermia) and sometimes running too high (hyperthermia), depending on whether the surgery is planned or is happening during labour. Both extremes can cause problems for the mother and baby, and one of the most distressing side effects is shivering, which makes it very difficult for mothers to hold and breastfeed their newborn right after delivery.

Currently, body temperature is not routinely checked during caesareans, which means warming or cooling measures cannot be tailored to each person's needs. This study will carefully measure and compare temperature patterns in two groups: women having a planned (elective) caesarean under spinal anaesthesia, and women having an emergency caesarean during labour under epidural anaesthesia. By understanding how temperature differs between these groups, researchers hope to develop better, more personalised care.

You may be eligible if you are 18 or older and are having either a planned C-section under spinal anaesthesia or an intrapartum emergency C-section under epidural anaesthesia. Women with very high health risk ratings (ASA 3 or above), extreme obesity (BMI 50 or over), the most urgent category of emergency caesarean, or those already planned for warming blankets from the start of surgery would not be included.

## Key Eligibility Criteria

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### Inclusion (3)

- Elective caesarean section under subarachnoid block (spinal/combined spinal and epidural anaesthesia)
- Intrapartum emergency caesarean section under epidural anaesthesia
- Age 18 or above

### Exclusion (7)

- Patient refusal
- Inability to consent
- ASA 3 or over
- Morbidly obese (BMI 50 or over)
- Category 1 or “Code Blue” emergency caesarean section (due to an “urgent threat to the life of the woman or the fetus” as per RANZCOG)

... and 2 more (see full listing online)

## Locations (2 total)

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Fiona Stanley Hospital - Murdoch, WA, Australia  
London, United Kingdom

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<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12622001214729>

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