

2015 ACNM BENCHMARKING

BEST PRACTICES

How do you become a “best practice”?

Best practices are named based on the data reported by the practice being one of the top three practices in that category. The purpose of naming “best practice” is to recognize practices that are performing well. Perhaps more importantly, it gives ACNM members the opportunity to know which practices to contact to discuss how to improve performance. By networking with “best practices”, you can learn how to modify your practice processes to achieve better outcomes on quality indicators.

To provide a fair comparison, practices are compared based on practice volume by number of births per year: **Low:** ≤ 50 , **Low Moderate:** 50 -199, **High Moderate:** 200-499, **High:** ≥ 500 births/ year.

Note: For some volume groups, it is impossible to determine best practice for certain indicators. In the low-volume group there are many practices achieving 100% breastfeeding rates and 0% cesarean birth rates.

How do I know which indicator to select for improvement?

When looking at the benchmarking report, the outcomes should fall within the appropriate range of colleagues in similar volume practices. For example, if your practice is above the 75th percentile of your comparison group in episiotomy, there is a practice variance that suggests need for improvement. This indicates overuse of the procedure when compared to midwifery practices attending a similar number of births/year. Similarly, if your practice is within the lowest 25% of your cohort in spontaneous vaginal birth or breastfeeding, the data suggests an opportunity to improve performance. The ACNM Division of Standards and Practice, Quality Section functions to support quality improvement activities of ACNM member practices.

Please note- there are mixed risk status and mixed models within EVERY “best practice” category (e.g. high volume birth centers and low volume, high risk practices). Please avoid the initial temptation to assume “my practice” is different or unique. By contacting best practices, you may find that there is a similar practice achieving better outcomes.

Congratulations to the 2015 ACNM Best Practices!

Labor and Birth Outcomes

Variable	Low Volume ≤ 50 births/year (n=32)	Low Moderate Volume 50 -199 births/year (n=60)	High Moderate Volume 200-499 births/year (n=99)	High Volume ≥ 500 births/year (n=94)
Spontaneous Vaginal Birth Rate	<ul style="list-style-type: none"> • <i>No Best Practice</i> 	<ul style="list-style-type: none"> • Family Birth Center • St Claire Family Medicine • North Houston Birth Center 	<ul style="list-style-type: none"> • Midwifery Care of Monsey • WCC • Greenville Midwifery Care & Birth Center 	<ul style="list-style-type: none"> • Valley Women for Women • Congress Midwifery El Rio Community Health Center • Providence Medical Group Women's Services Everett
Primary Cesarean Rate	<ul style="list-style-type: none"> • <i>No Best Practice</i> 	<ul style="list-style-type: none"> • Family Birth Center • Brooklyn Birthing Center • Atrium OB/Gyn 	<ul style="list-style-type: none"> • Midwifery Care of Monsey • WCC • North Shore Associates in Gyne and OB 	<ul style="list-style-type: none"> • Valley Women for Women • Midwifery Services at the GW MFA • The Women's Care Center UMMC at Rochester Regional Health
VBAC Success Rate	<ul style="list-style-type: none"> • <i>No Best Practice</i> 	<ul style="list-style-type: none"> • <i>No Best Practice</i> 	<ul style="list-style-type: none"> • <i>No Best Practice</i> 	<ul style="list-style-type: none"> • Baylor College of Medicine, Department of OB-GYN, Midwifery Section • Midwifery Services at the GW MFA • Westside Community Health Services
Rate of Cesarean Birth among Nulliparous women with a Term, Singleton baby in a Vertex position (NTSV)	<ul style="list-style-type: none"> • <i>No Best Practice</i> 	<ul style="list-style-type: none"> • Wilders Women's Health Care • M.A.M.A.S., Inc. • North Houston Birth Center 	<ul style="list-style-type: none"> • Midwifery Care of Monsey • Mountain Midwifery Center • Northern Navajo Medical Center 	<ul style="list-style-type: none"> • Prima Medical Group Midwives of Marin • Stony Brook Midwifery Practice • Providence Medical Group Women's Services Everett
Rate of Postpartum Hemorrhage	<ul style="list-style-type: none"> • <i>No Best Practice</i> 	<ul style="list-style-type: none"> • <i>No Best Practice</i> 	<ul style="list-style-type: none"> • Family Care Health Centers • Midwifery Care of Monsey • Feather River Midwife Services 	<ul style="list-style-type: none"> • Florida Woman's Center • The Women's Care Center UMMC at Rochester Regional Health • Peace Health Midwifery Services

• *No Best Practice*: Unable to establish a “Best Practice” as all practices in the birth volume sub-category reported “0” or 100% per the variable.

Perineal Outcomes

Variable	Low Volume ≤ 50 births/year (n=32)	Low Moderate Volume 50 -199 births/year (n=60)	High Moderate Volume 200-499 births/year (n=99)	High Volume ≥ 500 births/year (n=94)
Rate of women with intact perineum (perineum is intact or only small laceration(s) not requiring repair)	<ul style="list-style-type: none"> • Motherworks, LLC • Heart Space Midwifery • Mountain Miracles Midwifery, Inc. 	<ul style="list-style-type: none"> • Family Birth Center • Riverside Midwifery, LLC • M.A.M.A.S., Inc. 	<ul style="list-style-type: none"> • The Midwife's Place • Avalon- A Center for Women's Health • Capital Region Midwifery 	<ul style="list-style-type: none"> • Catawba Valley Medical Center Maternity Services • Women's Care Florida Countryside OB/GYN • Rose Midwifery
Rate of episiotomies	<ul style="list-style-type: none"> • <i>No Best Practice</i> 	<ul style="list-style-type: none"> • <i>No Best Practice</i> 	<ul style="list-style-type: none"> • <i>No Best Practice</i> 	<ul style="list-style-type: none"> • Intermountain Nurse-Midwives • The Women's Care Center UMMC at Rochester Regional Health • University of Rochester Midwifery Group
3rd or 4th degree laceration rate	<ul style="list-style-type: none"> • <i>No Best Practice</i> 	<ul style="list-style-type: none"> • <i>No Best Practice</i> 	<ul style="list-style-type: none"> • <i>No Best Practice</i> 	<ul style="list-style-type: none"> • Athens Regional Midwifery and Women's Center • Peace Health Midwifery Services • Beth Israel Deaconess Plymouth OBGYN & Midwifery

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Infant Outcomes

Variable	Low Volume ≤ 50 births/year (n=32)	Low Moderate Volume 50 -199 births/year (n=60)	High Moderate Volume 200-499 births/year (n=99)	High Volume ≥ 500 births/year (n=94)
Preterm Birth Rate (infants from a singleton birth born at less than 37weeks gestation)	<ul style="list-style-type: none"> • <i>No Best Practice</i> 	<ul style="list-style-type: none"> • <i>No Best Practice</i> 	<ul style="list-style-type: none"> • Mercy Birthing Center • Mountain Midwifery Center • Palo Alto Medical Foundation Santa Cruz 	<ul style="list-style-type: none"> • Midwifery Services at the GW MFA • Midwives at Mount Auburn Hospital • Summa Physicians Inc. - Paragon
Rate of Low Birth Weight (infants from a singleton birth born weighing less than 2500 grams)	<ul style="list-style-type: none"> • <i>No Best Practice</i> 	<ul style="list-style-type: none"> • <i>No Best Practice</i> 	<ul style="list-style-type: none"> • Southern Maryland Women's Healthcare • North Shore Associates in Gyne and OB • Mountain Midwifery Center 	<ul style="list-style-type: none"> • Midwives at Mount Auburn Hospital • Baylor College of Medicine, Department of OB-GYN, Midwifery Section • Mount Sinai Midwives
Rate of NICU Admissions of infants born from a singleton birth. (any admission to a level 2 or level 3 nursery for any length of time)	<ul style="list-style-type: none"> • <i>No Best Practice</i> 	<ul style="list-style-type: none"> • <i>No Best Practice</i> 	<ul style="list-style-type: none"> • HCC OB & Women's Health • Southern crescent Women's Healthcare • Saint Anthony Midwifery service 	<ul style="list-style-type: none"> • Parkland Health and Hospital System • Woodhull Medical Center • UMHS Nurse Midwifery Service
Exclusive Breastfeeding Rate first 48 hours	<ul style="list-style-type: none"> • <i>No Best Practice</i> 	<ul style="list-style-type: none"> • Mercy Women's Health • A Gentle Beginning • River & Mountain Midwives 	<ul style="list-style-type: none"> • Upstate Midwifery & Gynecology • Claremore Indian Hospital • Mid-City OBGYN 	<ul style="list-style-type: none"> • UC San Diego Nurse-Midwifery Service • Oregon Health & Science University Nurse-Midwives • Swedish Covenant Midwifery Group

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Breastfeeding Outcomes

Variable	Low Volume ≤ 50 births/year (n=32)	Low Moderate Volume 50 -199 births/year (n=60)	High Moderate Volume 200-499 births/year (n=99)	High Volume ≥ 500 births/year (n=94)
Rate of Women who Attended their 6week Postpartum Visit.	• <i>No Best Practice</i>	• <i>No Best Practice</i>	<ul style="list-style-type: none"> • Woman Kind Midwives • Midwifery Care of Monsey • The Childbirth Center 	<ul style="list-style-type: none"> • Birth Care • Vanderbilt School of Nursing (West End Women's Health Center & Melrose) • El Rio Birth and Women's Health Center
Rate of Women Breastfeeding at their 6week Postpartum Visit.	• <i>No Best Practice</i>	• <i>No Best Practice</i>	<ul style="list-style-type: none"> • Midwifery Care of Monsey • Mountain Midwifery Center • UNC Midwives, Dept. of OB GYN, University of North Carolina 	<ul style="list-style-type: none"> • Oregon Health & Science University Nurse-Midwives • UC San Diego Nurse-Midwifery Service • Women's Healthcare Associates, LLC, Peterkort South

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Resource Utilization Outcomes

Variable	Low Volume ≤ 50 births/year (n=32)	Low Moderate Volume 50 -199 births/year (n=60)	High Moderate Volume 200-499 births/year (n=99)	High Volume ≥ 500 births/year (n=94)
Rate of Inductions	<ul style="list-style-type: none"> • <i>No Best Practice</i> 	<ul style="list-style-type: none"> • Riverside Midwifery, LLC • Great Expectations Birth Care • Sage-Femme Midwifery 	<ul style="list-style-type: none"> • Mercy Birthing Center • Swedish Midwifery and Women's Health Issaquah • Mountain Midwifery Center 	<ul style="list-style-type: none"> • Midwifery Services at the GW MFA • Peace Health Midwifery Services • Birth Care
Rate of epidurals used for pain relief during labor (not including epidurals placed only for anesthesia for operative delivery)	<ul style="list-style-type: none"> • <i>No Best Practice</i> 	<ul style="list-style-type: none"> • <i>No Best Practice</i> 	<ul style="list-style-type: none"> • Mountain Midwifery Center • New Birth Company • the childbirth center 	<ul style="list-style-type: none"> • Birth Care • Peace Health Midwifery Services • Midwifery Services at the GW MFA
Rate of women staying less than 12 hours after the infant's birth	<ul style="list-style-type: none"> • <i>No Best Practice</i> 	<ul style="list-style-type: none"> • Family Birth Center • Midwifery Matters • Nativiti Family Birth Center 	<ul style="list-style-type: none"> • Mercy Birthing Center • Mountain Midwifery Center • New Birth Company 	<ul style="list-style-type: none"> • El Rio Birth and Women's Health Center • Peace Health Midwifery Services • Shenandoah Women's HealthCare
Rate of infants who required length of stay that was longer than mother's	<ul style="list-style-type: none"> • <i>No Best Practice</i> 	<ul style="list-style-type: none"> • Fair Haven Community Health Center • Nativiti Family Birth Center • Allen Birthing Center 	<ul style="list-style-type: none"> • Mountain Midwifery Center • New Birth Company • OMG Women's Healthcare 	<ul style="list-style-type: none"> • Health East Certified Nurse-Midwives • Penn OB/GYN and Midwifery Care • Shenandoah Women's HealthCare
Readmission rate for newborns within 6 weeks of birth	<ul style="list-style-type: none"> • <i>No Best Practice</i> 	<ul style="list-style-type: none"> • <i>No Best Practice</i> 	<ul style="list-style-type: none"> • Caring For Women • OMG Women's Healthcare • Avalon- A Center for Women's Health 	<ul style="list-style-type: none"> • Bronson Women's Service • Shenandoah Women's HealthCare • Stony Brook Midwifery Practice

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Practice Measures

Variable	Low Volume ≤ 50 births/year	Low Moderate Volume 50 -199 births/year	High Moderate Volume 200-499 births/year	High Volume ≥ 500 births/year
Total number of practices reporting at least one water birth	12	18	27	25
Total number of practices reporting births of term infants with delayed cord clamping	13	20	15	7
Total number of practices reporting that they provide care using the Centering pregnancy model	1	5	20	37