

## 2017 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:  $\leq 50$ , Low Moderate: 50 -199, High Moderate: 200-499, High:  $\geq 500$  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 75<sup>th</sup> 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 2017 ACNM Best Practices!*

## Labor and Birth Outcomes

Variable	Low Volume ≤ 50 births/year (n=22)	Low Moderate Volume 50 -199 births/year (n=56)	High Moderate Volume 200-499 births/year (n=88)	High Volume ≥ 500 births/year (n=91)
<b>Spontaneous Vaginal Birth Rate</b>	<ul style="list-style-type: none"> <li>• Thrive Midwives LLC</li> <li>• JJB Midwifery</li> <li>• Seventh Moon Homebirth Midwifery Services</li> </ul>	<ul style="list-style-type: none"> <li>• New Birth Company</li> <li>• Springs Midwifery and Women’s Care, LLC</li> <li>• Nativiti Family Birth Center</li> </ul>	<ul style="list-style-type: none"> <li>• Midwifery Care of Monsey</li> <li>• Health Foundations Birth Center</li> <li>• New Birth Company</li> </ul>	<ul style="list-style-type: none"> <li>• Gundersen Healthcare Midwives</li> <li>• Providence Medical Group Women's Services Everett</li> <li>• Midwifery Services at the GW MFA</li> </ul>
<b>Primary Cesarean Rate</b>	<i>No Best Practice</i>	<ul style="list-style-type: none"> <li>• BK Midwifery</li> <li>• BSD Midwifery</li> <li>• New Birth Company</li> </ul>	<ul style="list-style-type: none"> <li>• New Birth Company</li> <li>• Midwifery Care of Monsey</li> <li>• Metropolitan Hospital Center</li> </ul>	<ul style="list-style-type: none"> <li>• Gundersen Healthcare Midwives</li> <li>• Park Slope Midwives</li> <li>• CommuniCare Health Centers, Inc.</li> </ul>
<b>VBAC Success Rate</b>	<i>No Best Practice</i>	<i>No Best Practice</i>	<i>No Best Practice</i>	<ul style="list-style-type: none"> <li>• Westside Women's Care</li> <li>• UW Health Nurse-Midwifery Service</li> <li>• UMMS CNM</li> </ul>
<b>Rate of Cesarean Birth among Nulliparous women with a Term, Singleton baby in a Vertex position (NTSV)</b>	<ul style="list-style-type: none"> <li>• JJB Midwifery</li> <li>• Thrive Midwives LLC</li> <li>• Local Care Midwifery, PLLC</li> </ul>	<ul style="list-style-type: none"> <li>• Fort Worth Midwives LLC</li> <li>• Auburn Birthing Center</li> <li>• Seattle OB/GYN</li> </ul>	<ul style="list-style-type: none"> <li>• Midwifery Care of Monsey</li> <li>• New Birth Company</li> <li>• Lifestages Samaritan Centers for Women</li> </ul>	<ul style="list-style-type: none"> <li>• Intermountain Nurse-Midwives</li> <li>• Providence Medical Group Women's Services Everett</li> <li>• Aurora UW Medical Group Midwifery &amp; Wellness Center</li> </ul>
<b>Rate of Postpartum Hemorrhage</b>	<ul style="list-style-type: none"> <li>• Local Care Midwifery, PLLC</li> <li>• JJB Midwifery</li> <li>• Manhattan Birth Midwifery</li> </ul>	<ul style="list-style-type: none"> <li>• Henry County Health Center Midwifery Services</li> <li>• OB/GYN Associates</li> <li>• BSD Midwifery</li> </ul>	<ul style="list-style-type: none"> <li>• Natural Beginnings Birth and Wellness</li> <li>• Avalon-A Center for Women's Health</li> <li>• the childbirth center</li> </ul>	<ul style="list-style-type: none"> <li>• San Diego Kaiser Permanente</li> <li>• Salem Health Medical Group Midwives</li> <li>• Shenandoah Women's HealthCare</li> </ul>

*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=22)	Low Moderate Volume 50 -199 births/year (n=56)	High Moderate Volume 200-499 births/year (n=88)	High Volume ≥ 500 births/year (n=91)
<b>Rate of women with intact perineum</b> (perineum is intact or only small laceration(s) not requiring repair)	<ul style="list-style-type: none"> <li>•Mountain Miracles Midwifery, Inc.</li> <li>•Local Care Midwifery, PLLC</li> <li>•Manhattan Birth Midwifery</li> </ul>	<ul style="list-style-type: none"> <li>•Riverside Midwifery LLC</li> <li>•Atlanta Birth Care</li> <li>•Lebanon Valley Midwifery and Women's Wellness</li> </ul>	<ul style="list-style-type: none"> <li>•Avalon-A Center for Women's Health</li> <li>•Charleston Birth Place</li> <li>•OMG Women's Healthcare</li> </ul>	<ul style="list-style-type: none"> <li>•Catawba Valley Medical Center Maternity Services</li> <li>•HealthPartners</li> <li>•Westside Community Health Services</li> </ul>
<b>Rate of episiotomies</b>	<i>No Best Practice</i>	<i>No Best Practice</i>	<i>No Best Practice</i>	<ul style="list-style-type: none"> <li>•North County Health Services</li> <li>•UR Medicine Midwifery Group</li> <li>•Intermountain Nurse-Midwives</li> </ul>
<b>3rd or 4th degree laceration rate</b>	<i>No Best Practice</i>	<i>No Best Practice</i>	<ul style="list-style-type: none"> <li>•FamilyCare Health Centers</li> <li>•Best Start Birth Center</li> <li>•Peace Health Nurse-Midwifery Birth Center</li> </ul>	<ul style="list-style-type: none"> <li>•Woodhull Medical Center</li> <li>•Women's Excellence in Midwifery</li> <li>•Catawba Valley Medical Center Maternity Services</li> </ul>

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## Infant Outcomes

Variable	Low Volume ≤ 50 births/year (n=22)	Low Moderate Volume 50 -199 births/year (n=56)	High Moderate Volume 200-499 births/year (n=88)	High Volume ≥ 500 births/year (n=91)
<b>Preterm Birth Rate</b> (infants from a singleton birth born at less than 37weeks gestation)	<i>No Best Practice</i>	<i>No Best Practice</i>	<ul style="list-style-type: none"> <li>•New Birth Company</li> <li>•Baystate Midwifery and Women's Health</li> <li>•IU Health Arnett CNMs</li> </ul>	<ul style="list-style-type: none"> <li>•Baylor College of Medicine, Department of OB-GYN, Midwifery Section</li> <li>•Women's Healthcare Associates, LLC - Peterkort South</li> <li>•Reliant Medical Group</li> </ul>
<b>Rate of Low Birth Weight</b> (infants from a singleton birth born weighing less than 2500 grams)	<i>No Best Practice</i>	<i>No Best Practice</i>	<ul style="list-style-type: none"> <li>•New Birth Company</li> <li>•Avalon-A Center for Women's Health</li> <li>•the childbirth center</li> </ul>	<ul style="list-style-type: none"> <li>•Greenville Midwifery Care &amp; Birth Center</li> <li>•Kaiser Sunnyside</li> <li>•Summa Health Medical Grp</li> </ul>
<b>Rate of NICU Admissions of infants born from a singleton birth.</b> (any admission to a level 2 or level 3 nursery for any length of time)	<i>No Best Practice</i>	<ul style="list-style-type: none"> <li>•A Gentle Beginning :</li> <li>•Springs Midwifery and Women's Care, LLC</li> <li>•Bloomin' Babies Birth Center</li> </ul>	<ul style="list-style-type: none"> <li>•El Rio Birth and Women's Health Center</li> <li>•Womens Specialist of Houston at Texas Children's Pavilion for Women</li> <li>•Lake Health OB/GYN Midwifery</li> </ul>	<ul style="list-style-type: none"> <li>•Suncoast Community Health Centers Women's Care of Lakeland</li> <li>•UMHS Nurse Midwifery Service</li> <li>•Shenandoah Women's HealthCare</li> </ul>
<b>Exclusive Breastfeeding Rate first 48 hours</b>	<i>No Best Practice</i>	<ul style="list-style-type: none"> <li>•Bloomin' Babies Birth Center</li> <li>•Inanna Birth &amp; Women's Care</li> <li>•Lebanon Valley Midwifery and Women's Wellness</li> </ul>	<ul style="list-style-type: none"> <li>•Beach Cities Midwifery &amp; Women's Health Care</li> <li>•Seven Hills Women's Health Center</li> <li>•Swedish Midwifery and Women's Health Issaquah</li> </ul>	<ul style="list-style-type: none"> <li>•Vanderbilt School of Nursing (West End Women's Health Center &amp; Melrose)</li> <li>•Valley Women for Women</li> <li>•UC San Diego Nurse-Midwifery Service</li> </ul>

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## Breastfeeding Outcomes

Variable	Low Volume ≤ 50 births/year (n=22)	Low Moderate Volume 50 -199 births/year (n=56)	High Moderate Volume 200-499 births/year (n=88)	High Volume ≥ 500 births/year (n=91)
<b>Rate of Women who Attended their 6week Postpartum Visit.</b>	<i>No Best Practice</i>	<i>No Best Practice</i>	<ul style="list-style-type: none"> <li>•Midwifery Care of Monsey</li> <li>•the childbirth center</li> <li>•Coastal OBGYN Specialists and Midwifery</li> </ul>	<ul style="list-style-type: none"> <li>•Lifecycle Womancare</li> <li>•OB-GYN and Midwifery Associates of Ithaca</li> <li>•Greenville Midwifery Care &amp; Birth Center</li> </ul>
<b>Rate of Women Breastfeeding at their 6week Postpartum Visit.</b>	<i>No Best Practice</i>	<i>No Best Practice</i>	<ul style="list-style-type: none"> <li>•Womens Specialist of Houston at Texas Children's Pavilion for Women</li> <li>•New Birth Company</li> <li>•Midwifery Care of Monsey</li> </ul>	<ul style="list-style-type: none"> <li>•UC San Diego Nurse-Midwifery Service</li> <li>•Lifecycle Womancare</li> <li>•Greenville Midwifery Care &amp; Birth Center</li> </ul>

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## Resource Utilization Outcomes

Variable	Low Volume ≤ 50 births/year (n=22)	Low Moderate Volume 50 -199 births/year (n=56)	High Moderate Volume 200-499 births/year (n=88)	High Volume ≥ 500 births/year (n=91)
<b>Rate of Inductions</b>	<i>No Best Practice</i>	<i>No Best Practice</i>	<ul style="list-style-type: none"> <li>•New Birth Company</li> <li>•North Shore Birth Center</li> <li>•Natural Beginnings Birth and Wellness</li> </ul>	<ul style="list-style-type: none"> <li>•Midwifery Services at the GW MFA</li> <li>•Neighborcare Health</li> <li>•Stony Brook Midwifery Practice</li> </ul>
<b>Rate of epidurals used for pain relief during labor</b> (not including epidurals placed only for anesthesia for operative delivery)	<ul style="list-style-type: none"> <li>•Seventh Moon ~ Homebirth Midwifery Services</li> <li>•Mountain Miracles Midwifery, Inc.</li> <li>•13th Moon Midwifery</li> </ul>	<i>No Best Practice</i>	<ul style="list-style-type: none"> <li>•Health Foundations Birth Center</li> <li>•Peace Health Nurse-Midwifery Birth Center</li> <li>•The Birth Center: Holistic Women's Health Care</li> </ul>	<ul style="list-style-type: none"> <li>•Lifecycle Womancare</li> <li>•Midwifery Services at the GW MFA</li> <li>•UW Health Nurse-Midwifery Service</li> </ul>
<b>Rate of women staying less than 12 hours after the infant's birth</b>	<i>No Best Practice</i>	<i>No Best Practice</i>	<ul style="list-style-type: none"> <li>•Health Foundations Birth Center</li> <li>•The Birth Center: Holistic Women's Care</li> <li>•Beach Cities Midwifery &amp; Women's Health Care</li> </ul>	<ul style="list-style-type: none"> <li>•Lifecycle Womancare</li> <li>•Greenville Midwifery Care &amp; Birth Center</li> <li>•Franciscan Womens Health Associates</li> </ul>
<b>Rate of infants who required length of stay that was longer than mother's</b>	<i>No Best Practice</i>	<i>No Best Practice</i>	<ul style="list-style-type: none"> <li>•Womens Specialist of Houston at Texas Children's Pavilion for Women</li> <li>•The childbirth center</li> <li>•Silverton Health Midwives</li> </ul>	<ul style="list-style-type: none"> <li>•Maimonides Midwifery Faculty practice</li> <li>•Penn OB/GYN and Midwifery</li> <li>•Lifecycle Womancare</li> </ul>
<b>Readmission rate for newborns within 6 weeks of birth</b>	<i>No Best Practice</i>	<i>No Best Practice</i>	<ul style="list-style-type: none"> <li>•OMG Women's Healthcare</li> <li>•Oregon Health &amp; Science University Nurse-Midwives</li> <li>•New Birth Company</li> </ul>	<ul style="list-style-type: none"> <li>•Bronson Women's Service</li> <li>•Shenandoah Women's HealthCare</li> <li>•Neighborcare Health</li> </ul>

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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
<b>Total number of practices reporting at least one water birth</b>	15	45	31	25
<b>Total number of practices reporting births of term infants with delayed cord clamping</b>	16	27	26	13
<b>Total number of practices reporting that they provide care using the Centering pregnancy model</b>	1	5	16	33