

2022 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: 51 -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 2022 ACNM BEST PRACTICES!

Labor and Birth Outcomes

| Variable | Low Volume ≤ 50 births/year (n=6) | Low Moderate Volume 51 -199 births/year (n=41) | High Moderate Volume 200-499 births/year (n=67) | High Volume ≥ 500 births/year (n=70) |
|---|---|--|---|---|
| Spontaneous Vaginal Birth Rate | <ul style="list-style-type: none"> •Charlottesville Midwifery •Fairfax Home Birth •Stand and Deliver Family Birth Center | <ul style="list-style-type: none"> •Serenity Birth Center •BirthCare & Women’s Health, •MidwifeSunday Wellness and Birth Center | <ul style="list-style-type: none"> •Mountain Miracles Midwifery •Willow Midwife Center for Birth and Wellness AZ, LLC •Beginnings Birth Center | <ul style="list-style-type: none"> •Natural Beginnings Birth and Wellness •Midwives of Carmel OB/GYN •University Hospitals MacDonal Women’s Hospital |
| Primary Cesarean Rate | <ul style="list-style-type: none"> •Fairfax Home Birth •Lone Tree OB GYN •Stand and Deliver Family Birth Center | <ul style="list-style-type: none"> •Womankind Midwifery •Twin Cities Birth Center •BirthCare & Women’s Health | <ul style="list-style-type: none"> •Mountain Miracles Midwifery •Beginnings Birth Center •Willow Midwife Center for Birth and Wellness AZ | <ul style="list-style-type: none"> •TRU OB/GYN •Natural Beginnings Birth and Wellness •Midwives of Carmel OB/GYN |
| VBAC Success Rate | <ul style="list-style-type: none"> •Health Inspired •Lone Tree OB GYN •Midwife Love | No Best Practice | No Best Practice | <ul style="list-style-type: none"> •Natural Beginnings Birth and Wellness •Erie Family Health Centers •TRU OB/GYN |
| Rate of Cesarean Birth among Nulliparous women with a Term, Singleton baby in a Vertex position (NTSV) | <ul style="list-style-type: none"> •Charlottesville Midwifery •Lone Tree OB GYN •Stand and Deliver Family Birth Center | <ul style="list-style-type: none"> •Womankind Midwifery •Serenity Birth Center •Sunflower Birth & Family Wellness | <ul style="list-style-type: none"> •Mountain Miracles Midwifery •Beginnings Birth Center •Willow Midwife Center for Birth and Wellness AZ | <ul style="list-style-type: none"> •University of Rochester Midwifery Group •TRU OB/GYN •Natural Beginnings Birth and Wellness |

| | | | | |
|--|---|---|--|---|
| Rate of Postpartum Hemorrhage | <ul style="list-style-type: none"> •Health Inspired •Lone Tree OB GYN •Stand and Deliver Family Birth Center | <ul style="list-style-type: none"> •Fika Midwifery •Mary V O'Shea Birth Center at Saint Peter's University Hospital •Sunflower Birth & Family Wellness | <ul style="list-style-type: none"> •Rockwood OB/Gyn and Midwifery Center •Connecticut Childbirth & Women's Center •Orange Coast Women's Medical Group | <ul style="list-style-type: none"> •TRU OB/GYN •Mayo Clinic Rochester •Ohio State University |
| 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=6) | Low Moderate Volume 51 -199 births/year (n=41) | High Moderate Volume 200-499 births/year (n=67) | High Volume ≥ 500 births/year (n=70) |
| Rate of women with intact perineum (perineum is intact or only small laceration(s) not requiring repair) | <ul style="list-style-type: none"> •Charlottesville Midwifery •Health Inspired •Stand and Deliver Family Birth Center | <ul style="list-style-type: none"> •WomanKind Midwifery •MidwifeSunday Wellness and Birth Center •Debra Lowrance | <ul style="list-style-type: none"> •Holy Family Birth Center •Mountain Miracles Midwifery •Willow Midwife Center for Birth and Wellness AZ | <ul style="list-style-type: none"> •UNC Midwives •University Hospitals MacDonald Women's Hospital •Stony Brook Midwifery Practice |
| Rate of episiotomies | No Best Practice | No Best Practice | No Best Practice | <ul style="list-style-type: none"> •Erie Family Health Centers •University of Illinois Hospital & Health Services •Sixteenth Street Community Health Center |
| 3rd or 4th degree laceration rate | No Best Practice | No Best Practice | <ul style="list-style-type: none"> •Willow Midwife Center for Birth and Wellness AZ •PPG Carew Midwives •Midwives of New Jersey | <ul style="list-style-type: none"> •Henry Ford West Bloomfield •Northwest Women's Care •Midwives of Carmel OB/GYN |

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.

Infant Outcomes

| Variable | Low Volume ≤ 50 births/year (n=6) | Low Moderate Volume 51 -199 births/year (n=41) | High Moderate Volume 200-499 births/year (n=67) | High Volume ≥ 500 births/year (n=70) |
|---|---|---|---|--|
| Preterm Birth Rate (infants from a singleton birth born at less than 37weeks gestation) | No Best Practice | No Best Practice | <ul style="list-style-type: none"> •Holy Family Birth Center •The Birth Center: Holistic Women’s Health Care •Mount Sinai Midwives | <ul style="list-style-type: none"> •Oregon Health & Science University Nurse-Midwives •Park Nicollet-Methodist •Kaiser Permanente – Clackamas, OR |
| Rate of Low Birth Weight (infants from a singleton birth born weighing less than 2500 grams) | No Best Practice | No Best Practice | <ul style="list-style-type: none"> •Orange Coast Women’s Medical Group •Olmsted Medical Center •Midwives at VCU Health | <ul style="list-style-type: none"> •Texas Health Nurse-Midwife Care •Natural Beginnings Birth and Wellness •Atrius Health |
| 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"> •Fairfax Home Birth •Health Inspired •Stand and Deliver Family Birth Center | No Best Practice | <ul style="list-style-type: none"> •WMMC Women’s Health Center •Willow Midwife Center for Birth and Wellness AZ •Gentle Birth Care | <ul style="list-style-type: none"> •Midwives at Magee •Natural Beginnings Birth and Wellness •WCC |

| | | | | |
|--|------------------|------------------|---|--|
| Exclusive Breastfeeding Rate first 48 hours | No Best Practice | No Best Practice | <ul style="list-style-type: none"> •The Childbirth Center •Mountain Miracles Midwifery •Midwives of New Jersey | <ul style="list-style-type: none"> •UC San Diego Nurse-Midwifery Service •UNC Midwives •Natural Beginnings Birth and Wellness |
| 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. | | | | |

| Postpartum Outcomes | | | | |
|--|---|---|---|---|
| Variable | Low Volume ≤ 50 births/year (n=6) | Low Moderate Volume 51 -199 births/year (n=41) | High Moderate Volume 200-499 births/year (n=67) | High Volume ≥ 500 births/year (n=70) |
| Rate of Women who Attended their 6 week Postpartum Visit. | <ul style="list-style-type: none"> •Charlottesville Midwifery •Lone Tree OB GYN •Stand and Deliver Family Birth Center | <ul style="list-style-type: none"> •BirthCare & Women’s Health •Dar a Luz Birth and Health Center •Colorado Birth & Wellness | <ul style="list-style-type: none"> •The Childbirth Center •Advanced Ob-Gyn •Gentle Birth Care | <ul style="list-style-type: none"> •Natural Beginnings Birth and Wellness •Shenandoah Women’s Healthcare •Vanderbilt School of Nursing |
| Rate of Women Breastfeeding at their 6week Postpartum Visit. | <ul style="list-style-type: none"> •Charlottesville Midwifery •Midwife Love •Stand and Deliver Family Birth Center | No Best Practice | <ul style="list-style-type: none"> •Holy Family Birth Center •Gentle Birth Care •The Childbirth Center | <ul style="list-style-type: none"> •UC San Diego Nurse-Midwifery Service •Natural Beginnings Birth and Wellness •BirthCare HealthCare, University of Utah College of Nursing |
| 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. | | | | |

Resource Utilization Outcomes

| Variable | Low Volume ≤ 50 births/year (n=6) | Low Moderate Volume 51 -199 births/year (n=41) | High Moderate Volume 200-499 births/year (n=67) | High Volume ≥ 500 births/year (n=70) |
|--|---|--|--|---|
| Rate of Inductions | <ul style="list-style-type: none"> •Charlottesville Midwifery •Fairfax Home Birth •Health Inspired | No Best Practice | <ul style="list-style-type: none"> •Mountain Miracles Midwifery •Willow Midwife Center for Birth and Wellness AZ •The Birth Center Holistic Women’s Health Care | <ul style="list-style-type: none"> •Natural Beginnings Birth and Wellness •TRU OB/GYN •Park Slope Midwives |
| 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"> •Charlottesville Midwifery •Fairfax Home Birth •Stand and Deliver Family Birth Center | <ul style="list-style-type: none"> •Debra Lowrance •Midwife Sunday •Serenity Birth Center | <ul style="list-style-type: none"> •Willow Midwife Center for Birth and Wellness AZ •Mountain Miracles Midwifery •The Birth Center Holistic Women’s Health Care | <ul style="list-style-type: none"> •Natural Beginnings Birth and Wellness •TRU OB/GYN • HealthPartners |
| 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. | | | | |