

2021 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 2021 ACNM Best Practices!

Labor and Birth Outcomes

Variable	Low Volume ≤ 50 births/year (n=13)	Low Moderate Volume 50 -199 births/year (n=48)	High Moderate Volume 200-499 births/year (n=79)	High Volume ≥ 500 births/year (n=69)
Spontaneous Vaginal Birth Rate	<ul style="list-style-type: none"> •Debra Lowrance •Footprints in Time Midwifery Services and Birth Center •Charlottesville Midwifery 	<ul style="list-style-type: none"> •Bella Donna Birth & Women’s Health •Wichita Falls Birth and Wellness Center •The Birth Center, A Nursing Corporation 	<ul style="list-style-type: none"> •Willow Midwife Center for Birth and Wellness AZ, LLC •Mt. Eaton Midwifery •Gentle Birth Care, Inc. 	<ul style="list-style-type: none"> •Midwives of Carmel OB/GYN •Providence Medical Group Women’s Services Everett •Midwifery Services at the GW MFA
Primary Cesarean Rate	<ul style="list-style-type: none"> •Debra Lowrance •Footprints in Time Midwifery Services and Birth Center •Midwife Love 	<ul style="list-style-type: none"> •Wichita Falls Birth and Wellness Center •Mountain Miracles Midwifery •Mat-su Midwifery and Family Health 	<ul style="list-style-type: none"> •Mt. Eaton Midwifery •Willow Midwife Center for Birth and Wellness AZ •Gentle Birth Care, Inc. 	<ul style="list-style-type: none"> •Lehigh Valley Health Network, Cedar Crest •Midwifery Services at the GW MFA •Midwives of Carmel OB/GYN
VBAC Success Rate	<i>No Best Practice</i>	<i>No Best Practice</i>	<i>No Best Practice</i>	<ul style="list-style-type: none"> •Northwestern Memorial Physicians Group •Greenville OB/GYN •Oregon Health & Science University Nurse-Midwives
Rate of Cesarean Birth among Nulliparous women with a Term, Singleton baby in a Vertex position (NTSV)	<i>No Best Practice</i>	<ul style="list-style-type: none"> •Mt. Naomi Midwifery •Woman’s Way Midwifery •Mountain Miracles Midwifery 	<ul style="list-style-type: none"> •Willow Midwife Center for Birth and Wellness AZ, LLC •Elmhurst Clinic Midwifery and Women’s Health •West Suburban Midwife Associates 	<ul style="list-style-type: none"> •University of Rochester Midwifery Group •Kaiser Permanente, Clackamas, OR •BirthCare HealthCare, University of Utah College of Nursing

Rate of Postpartum Hemorrhage	<ul style="list-style-type: none"> •Jamie Rose Carroll •Footprints in Time Midwifery Services and Birth Center •Debra Lowrance 	<ul style="list-style-type: none"> •Mt. Naomi Midwifery •Wichita Falls Birth and Wellness Center •Novant Health Midwifery 	<ul style="list-style-type: none"> •Seasons Midwifery & Birth Center •Fairview Clinics-Riverside •WMMC Women’s Health Center 	<ul style="list-style-type: none"> •Midwives of Carmel OB/GYN •Valley Women for Women •Ohio State University
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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=13)	Low Moderate Volume 50 -199 births/year (n=48)	High Moderate Volume 200-499 births/year (n=79)	High Volume ≥ 500 births/year (n=69)
Rate of women with intact perineum (perineum is intact or only small laceration(s) not requiring repair)	<ul style="list-style-type: none"> •WomanKind Midwifery •Rewilding Midwifery & Wellness •Footprints in Time Midwifery Services and Birth Center 	<ul style="list-style-type: none"> •Sage-Femme Midwifery •Midwife Sunday •RI Home Birth and Hope Family Health 	<ul style="list-style-type: none"> •Holy Family Birth Center •UTROP Nurse-Midwifery Group •Mt. Eaton Midwifery 	<ul style="list-style-type: none"> •BirthCare HealthCare, University of Utah College of Nursing •Bronson Women’s Service •Stony Brook Midwifery Practice
Rate of episiotomies	<i>No Best Practice</i>	<i>No Best Practice</i>	<i>No Best Practice</i>	<ul style="list-style-type: none"> •Valley Women for Women •University of Rochester Midwifery Group •Erie Family Health Centers
3rd or 4th degree laceration rate	<i>No Best Practice</i>	<i>No Best Practice</i>	<ul style="list-style-type: none"> •Midwest Women’s Healthcare Specialists •Gentle Birth Care, Inc. •Tree of Life Family Birth Center 	<ul style="list-style-type: none"> •Sixteenth Street Community Health Center •Trinity Health of New England Medical Group •Woodhull Medical & Mental Health Center

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Infant Outcomes

Variable	Low Volume ≤ 50 births/year (n=13)	Low Moderate Volume 50 -199 births/year (n=48)	High Moderate Volume 200-499 births/year (n=79)	High Volume ≥ 500 births/year (n=69)
Preterm Birth Rate (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"> •The Birth Center: Holistic Women’s Health Care •Elmhurst Clinic Midwifery and Women’s Health •Health Foundations Birth Center 	<ul style="list-style-type: none"> •Boston University Boston Medical Center •Oakland Macomb OB/GYN •Stony Brook Midwifery Practice
Rate of Low Birth Weight (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"> •The Birth Center: Holistic Women’s Health Care •Willow Midwife Center for Birth and Wellness •New Birth Company 	<ul style="list-style-type: none"> •Midwifery Services at the GW MFA •Massachusetts General Hospital •Kaiser Permanente, Clackamas OR
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)	<i>No Best Practice</i>	<i>No Best Practice</i>	<ul style="list-style-type: none"> •One World Community Health Center •Mt Eaton Midwifery •Estrella Modern Day Midwife 	<ul style="list-style-type: none"> •LPG OBGYN Associates •Midwives at Magee •Mount Sinai Midwives

<p>Exclusive Breastfeeding Rate first 48 hours</p>	<p><i>No Best Practice</i></p>	<ul style="list-style-type: none"> •Mat-su Midwifery and Family Health •Dar a Luz Birth and Health Center •Midwife 360 	<ul style="list-style-type: none"> •Minnesota Birth Center •Vanderbilt Birth Center •The Childbirth Center 	<ul style="list-style-type: none"> •UC San Diego Nurse-Midwifery Service •BirthCare HealthCare, University of Utah College of Nursing •Penn OB/GYN and Midwifery
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<p style="text-align: center;">Postpartum Outcomes</p>				
<p style="text-align: center;">Variable</p>	<p style="text-align: center;">Low Volume ≤ 50 births/year (n=13)</p>	<p style="text-align: center;">Low Moderate Volume 50 -199 births/year (n=48)</p>	<p style="text-align: center;">High Moderate Volume 200-499 births/year (n=79)</p>	<p style="text-align: center;">High Volume ≥ 500 births/year (n=69)</p>
<p style="text-align: center;">Rate of Women who Attended their 6week Postpartum Visit.</p>	<ul style="list-style-type: none"> •Debra Lowrance •Footprints in Time Midwifery Services and Birth Center •Charlottesville Midwifery 	<ul style="list-style-type: none"> •Willow Midwives •Dar a Luz Birth and Health Center •Lebanon Valley Midwifery and Women’s Wellness 	<ul style="list-style-type: none"> •The Childbirth Center •Minnesota Birth Center •Vanderbilt Birth Center 	<ul style="list-style-type: none"> •LPG OBGYN Associates •Shenandoah Women’s Healthcare •Vanderbilt School of Nursing
<p style="text-align: center;">Rate of Women Breastfeeding at their 6week Postpartum Visit.</p>	<p style="text-align: center;"><i>No Best Practice</i></p>	<p style="text-align: center;"><i>No Best Practice</i></p>	<ul style="list-style-type: none"> •West Suburban Midwife Associates •Natural Beginnings Birth and Wellness •Swedish Midwifery and Women’s Health Issaquah 	<ul style="list-style-type: none"> •UC San Diego Nurse-Midwifery Service •Oregon Health & Science University Nurse-Midwives •BirthCare HealthCare, University of Utah College of Nursing

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Resource Utilization Outcomes				
Variable	Low Volume ≤ 50 births/year (n=13)	Low Moderate Volume 50 -199 births/year (n=48)	High Moderate Volume 200-499 births/year (n=79)	High Volume ≥ 500 births/year (n=69)
Rate of Inductions	<ul style="list-style-type: none"> •WomanKind Midwifery PLLC •Debra Lowrance •Footprints in Time Midwifery Services and Birth Center 	<i>No Best Practice</i>	<ul style="list-style-type: none"> •Willow Midwife Center for Birth and Wellness AZ, LLC •Beginnings Birth Center •Ascension Borgess Women’s Health 	<ul style="list-style-type: none"> •Avalon- A Center for Women’s Health •WCC •Valley Women for Women
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"> •WomanKind Midwifery PLLC •Debra Lowrance •Charlottesville Midwifery 	<ul style="list-style-type: none"> •Midwife Sunday •Sage-Femme Midwifery •River and Mountain Midwives 	<ul style="list-style-type: none"> •The Birth Center Holistic Women’s Health Care •Mt. Eaton Midwifery •Breath of Life Women’s Health & Birth Center 	<ul style="list-style-type: none"> •Bronson Women’s Service •HealthPartners •WCC

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.

