

## 2020 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 2020 ACNM Best Practices!*

## Labor and Birth Outcomes

Variable	Low Volume ≤ 50 births/year (n=10)	Low Moderate Volume 50 -199 births/year (n=52)	High Moderate Volume 200-499 births/year (n=83)	High Volume ≥ 500 births/year (n=76)
<b>Spontaneous Vaginal Birth Rate</b>	<ul style="list-style-type: none"> <li>• Scenic Drive Midwives</li> <li>• Transitions Womens Wellness Center</li> <li>• Charlottesville Midwifery</li> </ul>	<ul style="list-style-type: none"> <li>• The Birth Center of Bloomington Normal</li> <li>• Bella Donna Birth &amp; Women's Health</li> <li>• A Better Birth Midwifery</li> </ul>	<ul style="list-style-type: none"> <li>• Willow Midwife Center for Birth and Wellness AZ, LLC</li> <li>• Mt. Eaton Midwifery</li> <li>• Saint Anthony Midwifery Service</li> </ul>	<ul style="list-style-type: none"> <li>• Midwives of Carmel OB/GYN</li> <li>• Providence Medical Group Women's Services Everett</li> <li>• Presbyterian Main</li> </ul>
<b>Primary Cesarean Rate</b>	<i>No Best Practice</i>	<ul style="list-style-type: none"> <li>• Allen Midwifery &amp; Family Wellness</li> <li>• Fika Midwifery</li> <li>• The Birth Center of Bloomington Normal</li> </ul>	<ul style="list-style-type: none"> <li>• Mt. Eaton Midwifery</li> <li>• Willow Midwife Center for Birth and Wellness AZ</li> <li>• Saint Anthony Midwifery service</li> </ul>	<ul style="list-style-type: none"> <li>• Parkland Health and Hospital System</li> <li>• Gundersen Health System</li> <li>• Midwives of Carmel OB/GYN</li> </ul>
<b>VBAC Success Rate</b>	<ul style="list-style-type: none"> <li>• Labor of Love</li> <li>• Charlottesville Midwifery</li> <li>• Scenic Drive Midwives</li> </ul>	<i>No Best Practice</i>	<i>No Best Practice</i>	<ul style="list-style-type: none"> <li>• Presbyterian Main</li> <li>• Midwives of Carmel OB/GYN</li> <li>• Providence Medical Group Women's Services Everett</li> </ul>
<b>Rate of Cesarean Birth among Nulliparous women with a Term, Singleton baby in a Vertex position (NTSV)</b>	<i>No Best Practice</i>	<ul style="list-style-type: none"> <li>• Fika Midwifery</li> <li>• Bella Donna Birth &amp; Women's Health</li> <li>• Nativiti Family Birth Center</li> </ul>	<ul style="list-style-type: none"> <li>• Southwest Midwives, Inc.</li> <li>• Beach Cities Midwifery &amp; Women's Health Care</li> <li>• Health Foundations Birth Center</li> </ul>	<ul style="list-style-type: none"> <li>• CommuniCare Health Centers, Inc</li> <li>• University Nurse-Midwives</li> <li>• MHealth Fairview East Certified Nurse-Midwives</li> </ul>
<b>Rate of Postpartum Hemorrhage</b>	<ul style="list-style-type: none"> <li>• Scenic Drive Midwives</li> <li>• RI Home Birth &amp; Hope Family Health</li> <li>• Full Spectrum Midwifery</li> </ul>	<ul style="list-style-type: none"> <li>• CNM Care</li> <li>• Midwifery Care NYC</li> <li>• Ascension Medical Group Midwifery</li> </ul>	<ul style="list-style-type: none"> <li>• Connecticut Childbirth &amp; Women's Center</li> <li>• Guiding Hands Midwifery at Heartland Family First Medical Clinic</li> <li>• Intermountain Healthcare Layton Parkway Nurse-Midwives</li> </ul>	<ul style="list-style-type: none"> <li>• Aurora UW Medical Group Midwifery &amp; Wellness Center</li> <li>• Women's Excellence in Midwifery</li> <li>• Mayo Clinic Midwifery Service</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=10)	Low Moderate Volume 50 -199 births/year (n=52)	High Moderate Volume 200-499 births/year (n=83)	High Volume ≥ 500 births/year (n=76)
<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>•Scenic Drive Midwives</li> <li>•RI Home Birth and Hope Family Health</li> <li>•WomanKind Midwifery</li> </ul>	<ul style="list-style-type: none"> <li>•Sage-Femme Midwifery</li> <li>•Midwife Sunday</li> <li>•The Birth Center, A Nursing Corporation</li> </ul>	<ul style="list-style-type: none"> <li>•New Birth Company, Overland Park</li> <li>•Advanced Ob-Gyn</li> <li>•UTROP Nurse-Midwifery Group</li> </ul>	<ul style="list-style-type: none"> <li>•Midwives at Mount Auburn Hospital</li> <li>•TrueCare</li> <li>•Stony Brook Midwifery Practice</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>•Baystate Midwifery and Women’s Health</li> <li>•University Nurse-Midwives</li> <li>•Erie Family Health</li> </ul>
<b>3rd or 4th degree laceration rate</b>	<i>No Best Practice</i>	<i>No Best Practice</i>	<i>No Best Practice</i>	<ul style="list-style-type: none"> <li>•BirthCare HealthCare University of Utah College of Nursing</li> <li>•Penn Highland’s Life’s Journey OBGYN</li> <li>•Presbyterian Main</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.

## Infant Outcomes

Variable	Low Volume ≤ 50 births/year (n=10)	Low Moderate Volume 50 -199 births/year (n=52)	High Moderate Volume 200-499 births/year (n=83)	High Volume ≥ 500 births/year (n=76)
<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>●Minnesota Birth Center</li> <li>●Willow Midwives</li> <li>●Beginnings Birth Center</li> </ul>	<ul style="list-style-type: none"> <li>●Park Nicollet Clinic</li> <li>●Summa Health Medical Group Midwifery Service</li> <li>●Eisner Pediatric &amp; Family Medical Center</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>●Health Foundations Birth Center</li> <li>●The Childbirth Center</li> <li>●Minnesota Birth Center</li> </ul>	<ul style="list-style-type: none"> <li>●Mayo Clinic Midwifery Service</li> <li>●Parkland Health and Hospital System</li> <li>●Kaiser Permanente, Clackamas OR</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>●The Birth Center, A Nursing Corporation</li> <li>●The Birth Center of Bloomington Normal</li> <li>●Women’s Healthcare of Illinois</li> </ul>	<ul style="list-style-type: none"> <li>●Swedish Midwifery and Women's Health First Hill</li> <li>●Mt Eaton Midwifery</li> <li>●Harrisonburg OB/GYN</li> </ul>	<ul style="list-style-type: none"> <li>●Parkland Health and Hospital System</li> <li>●UMHS Nurse Midwifery Service</li> <li>●Acclaim Physician’s Group</li> </ul>
<b>Exclusive Breastfeeding Rate first 48 hours</b>	<i>No Best Practice</i>	<ul style="list-style-type: none"> <li>●Midwifery Care NYC</li> <li>●A Better Birth Midwifery</li> <li>●River and Mountain Midwives</li> </ul>	<ul style="list-style-type: none"> <li>●Midwives at VCU Health</li> <li>●Midwives of New Jersey</li> <li>●West Suburban Midwife Associates</li> </ul>	<ul style="list-style-type: none"> <li>●UC San Diego Nurse-Midwifery Service</li> <li>●Lifecycle Womancare</li> <li>●Penn OB/GYN and Midwifery</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.

<b>Breastfeeding Outcomes</b>				
<b>Variable</b>	<b>Low Volume ≤ 50 births/year (n=10)</b>	<b>Low Moderate Volume 50 -199 births/year (n=52)</b>	<b>High Moderate Volume 200-499 births/year (n=83)</b>	<b>High Volume ≥ 500 births/year (n=76)</b>
<b>Rate of Women who Attended their 6week Postpartum Visit.</b>	<ul style="list-style-type: none"> <li>•Charlottesville Midwifery</li> <li>•Full Spectrum Midwifery</li> <li>•WomanKind Midwifery</li> </ul>	<i>No Best Practice</i>	<ul style="list-style-type: none"> <li>•Advanced Ob-Gyn</li> <li>•Guiding Hands Midwifery at Heartland Family First Medical Clinic</li> <li>•West Suburban Midwife Associates</li> </ul>	<ul style="list-style-type: none"> <li>•North Central Bronx Hospital</li> <li>•Lifespan Physician Group OB/Gyn</li> <li>•BirthCare HealthCare University of Utah College of Nursing</li> </ul>
<b>Rate of Women Breastfeeding at their 6week Postpartum Visit.</b>	<i>No Best Practice</i>	<ul style="list-style-type: none"> <li>•A Better Birth Midwifery</li> <li>•Bloomin’ Babies Birth Center</li> <li>•Nativiti Family Birth Center</li> </ul>	<ul style="list-style-type: none"> <li>•West Suburban Midwife Associates</li> <li>•Willow Midwife Center for Birth and Wellness AZ</li> <li>•Swedish Midwifery and Women’s Health Issaquah</li> </ul>	<ul style="list-style-type: none"> <li>•Shenandoah Women’s HealthCare</li> <li>•UC San Diego Nurse-Midwifery Service</li> <li>•UW Health Nurse-Midwifery Service</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.

### Resource Utilization Outcomes

Variable	Low Volume ≤ 50 births/year (n=10)	Low Moderate Volume 50 -199 births/year (n=52)	High Moderate Volume 200-499 births/year (n=83)	High Volume ≥ 500 births/year (n=76)
<b>Rate of Inductions</b>	<ul style="list-style-type: none"> <li>•WomanKind Midwifery</li> <li>•Scenic Drive Midwives</li> <li>•Charlottesville Midwifery</li> </ul>	<ul style="list-style-type: none"> <li>•Midwife Sunday</li> <li>•Sage-Femme Midwifery</li> <li>•Wichita Falls Birth and Wellness Center</li> </ul>	<ul style="list-style-type: none"> <li>•Willow Midwife Center for Birth and Wellness AZ, LLC</li> <li>•Beginnings Birth Center</li> <li>•Saint Anthony Midwifery Service</li> </ul>	<ul style="list-style-type: none"> <li>•WCC</li> <li>•Midwifery Services at the GW MFA</li> <li>•Family Birthplace</li> </ul>
<b>Rate of epidurals used for pain relief during labor</b> (not including epidurals placed only for anesthesia for operative delivery)	<i>No Best Practice</i>	<ul style="list-style-type: none"> <li>•Midwife Sunday</li> <li>•Bella Donna Birth &amp; Women’s Health</li> <li>•River and Mountain Midwives</li> </ul>	<ul style="list-style-type: none"> <li>•Willow Midwife Center for Birth and Wellness AZ</li> <li>•New Birth Company, Overland Park</li> <li>•Beginnings Birth Center</li> </ul>	<ul style="list-style-type: none"> <li>•Midwifery Center at TMC, El Rio Health</li> <li>•Sutter Davis Women’s Health</li> <li>•CommuniCare Health Centers, Inc.</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.