

2018 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 2018 ACNM Best Practices!

Labor and Birth Outcomes

Variable	Low Volume ≤ 50 births/year (n=23)	Low Moderate Volume 50 -199 births/year (n=64)	High Moderate Volume 200-499 births/year (n=87)	High Volume ≥ 500 births/year (n=84)
Spontaneous Vaginal Birth Rate	<ul style="list-style-type: none"> • Sophia Lowenstein • WomanKind Midwifery, PLLC • JJB Midwifery 	<ul style="list-style-type: none"> • Nativiti Family Birth Center • Riverside Midwifery • Mountain Miracles Midwifery, Inc 	<ul style="list-style-type: none"> • Willow Midwife Center for Birth and Wellness AZ, LLC • Health Foundations Birth Center • Natural Beginnings Birth and Wellness 	<ul style="list-style-type: none"> • Presbyterian Main • Providence Medical Group Women's Services Everett • Kaiser Westside Medical Center
Primary Cesarean Rate	<i>No Best Practice</i>	<ul style="list-style-type: none"> • Nativiti Family Birth Center • BSD Midwifery • Western Wisconsin Health 	<ul style="list-style-type: none"> • Beach Cities Midwifery & Women's Health Care • Willow Midwife Center for Birth and Wellness AZ • Saint Anthony Midwifery service 	<ul style="list-style-type: none"> • Denver Health Midwives • Sixteenth Street Community Health Center • Henry Ford Hospital Detroit
VBAC Success Rate	<i>No Best Practice</i>	<i>No Best Practice</i>	<i>No Best Practice</i>	<ul style="list-style-type: none"> • Westside Women's Care • Catawba Valley Medical Center Maternity Services • Kaiser Westside Medical Center
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"> • Umpqua Community Health Center • Mountain Miracles Midwifery, Inc. • Nativiti Family Birth Center 	<ul style="list-style-type: none"> • Willow Midwife Center for Birth and Wellness AZ • Beach Cities Midwifery & Women's Health Care • North Shore Associates in Gyne and OB 	<ul style="list-style-type: none"> • CommuniCare Health Centers, Inc • Samaritan Obstetrics & Gynecology - Corvallis • UW Health Nurse-Midwifery Service
Rate of Postpartum Hemorrhage	<ul style="list-style-type: none"> • JJB Midwifery • Small Things Grow Midwifery • Frederick Birth Center 	<i>No Best Practice</i>	<ul style="list-style-type: none"> • Family Care Health Centers • Natural Beginnings Birth and Wellness • Aurora UW Medical Group Midwifery & Wellness Center 	<ul style="list-style-type: none"> • Mayo Clinic Midwifery Service • North County Health Services • North Crest Medical Center

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=23)	Low Moderate Volume 50 -199 births/year (n=64)	High Moderate Volume 200-499 births/year (n=87)	High Volume ≥ 500 births/year (n=84)
Rate of women with intact perineum (perineum is intact or only small laceration(s) not requiring repair)	<ul style="list-style-type: none"> •Local Care Midwifery, PLLC •Winneshiek Medical Center Midwifery •Scenic Drive Midwives 	<ul style="list-style-type: none"> •Sage-Femme Midwifery •Mountain Miracles Midwifery, Inc. •Midwife Sunday P-LLC 	<ul style="list-style-type: none"> •San Juan Health Partners Midwifery and Women's Health •Aurora UW Medical Group Midwifery & Wellness Center •Bella Vita Healthcare 	<ul style="list-style-type: none"> •Denver Health Midwives •Stony Brook Midwifery Practice •Bronson Women's Service
Rate of episiotomies	<i>No Best Practice</i>	<i>No Best Practice</i>	<i>No Best Practice</i>	<ul style="list-style-type: none"> •University Midwifery Associates •Erie Family Health •Baylor College of Medicine, Department of OB-GYN, Midwifery Section
3rd or 4th degree laceration rate	<i>No Best Practice</i>	<i>No Best Practice</i>	<ul style="list-style-type: none"> •Willow Midwife Center for Birth and Wellness AZ, LLC •Best Start Birth Center •Beach Cities Midwifery & Women's Health Care 	<ul style="list-style-type: none"> •Woodhull Medical & Mental Health Center •Shenandoah Women's HealthCare •Penn Highland's Life's Journey OBGYN

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=23)	Low Moderate Volume 50 -199 births/year (n=64)	High Moderate Volume 200-499 births/year (n=87)	High Volume ≥ 500 births/year (n=84)
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"> ●Beach Cities Midwifery & Women's Health Care ●Women’s Specialist of Houston at Texas Children's Pavilion for Women ●Natural Beginnings Birth and Wellness 	<ul style="list-style-type: none"> ●Presbyterian Main ●UMHS Nurse Midwifery Service ●Atrius Health
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"> ●Health Foundations Birth Center ●Willow Midwife Center for Birth and Wellness AZ, LLC ●Lifestages Centers for Women 	<ul style="list-style-type: none"> ●Greenville Midwifery Care & Birth Center ●Atrius Health ●Summa Health Medical Group Midwifery Service
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"> ●Women’s Specialist of Houston at Texas Children's Pavilion for Women ●Willow Midwife Center for Birth and Wellness AZ, LLC ●Swedish Midwifery and Women's Health Issaquah 	<ul style="list-style-type: none"> ●University of Rochester Midwifery Group ●UMHS Nurse Midwifery Service ●Women's Excellence in Midwifery
Exclusive Breastfeeding Rate first 48 hours	<i>No Best Practice</i>	<i>No Best Practice</i>	<ul style="list-style-type: none"> ●Midwives at VCU Health ●Willow Midwife Center for Birth and Wellness AZ, LLC ●the childbirth center 	<ul style="list-style-type: none"> ●LMG Midwifery ●UC San Diego Nurse-Midwifery Service ●Intermountain Nurse-Midwives

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Breastfeeding Outcomes

Variable	Low Volume ≤ 50 births/year (n=23)	Low Moderate Volume 50 -199 births/year (n=64)	High Moderate Volume 200-499 births/year (n=87)	High Volume ≥ 500 births/year (n=84)
Rate of Women who Attended their 6week Postpartum Visit.	<i>No Best Practice</i>	<ul style="list-style-type: none"> •Lebanon Valley Midwifery and Women's Wellness •Riverside Midwifery LLC •Bloomin' Babies Birth Center 	<ul style="list-style-type: none"> •Midwives at VCU Health •the childbirth center •Avalon-A Center for Women's Health 	<ul style="list-style-type: none"> •Midwifery Services at the GW MFA •UNC Midwives •Greenville Midwifery Care & Birth 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"> •Dar a Luz Birth & Health Center •Avalon-A Center for Women's Health •Women's Specialist of Houston at Texas Children's Pavilion for Women 	<ul style="list-style-type: none"> •UC San Diego Nurse-Midwifery Service •Lifecycle Woman care •Greenville Midwifery Care & Birth Center

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=23)	Low Moderate Volume 50 -199 births/year (n=64)	High Moderate Volume 200-499 births/year (n=87)	High Volume ≥ 500 births/year (n=84)
Rate of Inductions	<i>No Best Practice</i>	<i>No Best Practice</i>	<ul style="list-style-type: none"> • Willow Midwife Center for Birth and Wellness AZ, LLC • Beach Cities Midwifery & Women's Health Care • Natural Beginnings Birth and Wellness 	<ul style="list-style-type: none"> • Mercy Birthing Center • WCC • Midwifery Services at the GW MFA
Rate of epidurals used for pain relief during labor (not including epidurals placed only for anesthesia for operative delivery)	<i>No Best Practice</i>	<i>No Best Practice</i>	<ul style="list-style-type: none"> • Health Foundations Birth Center • Willow Midwife Center for Birth and Wellness AZ, LLC • Beach Cities Midwifery & Women's Health Care 	<ul style="list-style-type: none"> • Denver Health Midwives • HealthPartners • CommuniCare Health Centers, Inc.

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