

2023 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 per 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 2023 ACNM BEST PRACTICES!

Labor and Birth Outcomes

Variable	Low Volume ≤ 50 births/year (n=10)	Low Moderate Volume 51 -199 births/year (n=38)	High Moderate Volume 200-499 births/year (n=57)	High Volume ≥ 500 births/year (n=65)
Spontaneous Vaginal Birth Rate	<ul style="list-style-type: none"> •Morning Star Midwifery & Women's Health •Graceful Beginnings Midwifery •In Bloom Birth & Wellness 	<ul style="list-style-type: none"> •MidwifeSunday Wellness & Birth Center •BirthCare & Women's Health, •Willow Midwives (Minnesota) 	<ul style="list-style-type: none"> •Mountain Miracles Midwifery •Midwifery Services at the GW MFA •Family Beginnings Birth Center 	<ul style="list-style-type: none"> •Providence Medical Group Women's Service Everett •Natural Beginnings Birth and Wellness •MomDoc Midwives
Primary Cesarean Rate	<ul style="list-style-type: none"> •Morning Star Midwifery & Women's Health •Graceful Beginnings Midwifery •Midwife Love 	<ul style="list-style-type: none"> •MidwifeSunday Wellness & Birth Center •Community Health Center of Lubbock •BSD Birthing Center 	<ul style="list-style-type: none"> •Mountain Miracles Midwifery •Midwifery Services at the GW MFA •Family Beginnings Birth Center 	<ul style="list-style-type: none"> •Parkland Health •Providence Medical Group Women's Service Everett •University Nurse Midwives
VBAC Success Rate	No Best Practice	No Best Practice	No Best Practice	<ul style="list-style-type: none"> •Mayo Clinic Health System- Eau Claire •CMG Women's Center •Women's Specialists of New Mexico
Rate of Cesarean Birth among Nulliparous women with a Term, Singleton baby in a Vertex position (NTSV)	<ul style="list-style-type: none"> •Morning Star Midwifery & Women's Health •In Bloom Birth & Wellness •Midwife Love 	<ul style="list-style-type: none"> •Community Health Center of Lubbock •Kalispell Midwives •Holy Family Birth Center 	<ul style="list-style-type: none"> •WMMC Women's Health Center •Mountain Miracles Midwifery •Midwifery Services at the GW MFA 	<ul style="list-style-type: none"> •Kaiser Permanente (Clackamas, OR) •MomDoc Midwives •UH Westshore Midwifery

Rate of Postpartum Hemorrhage	<ul style="list-style-type: none"> •Charlottesville Midwifery •Bravely Women’s Health •In Bloom Birth & Wellness 	<ul style="list-style-type: none"> •Fika Midwifery •MidwifeSunday Wellness & Birth Center •Holistic ObGyn & Midwifery Service 	<ul style="list-style-type: none"> •Lehigh Valley Health Network •Guiding Hands Midwifery •Rockwood OB/Gyn & Midwifery Center 	<ul style="list-style-type: none"> •MomDoc Midwives •Mendocino Community Health Clinic Inc. “Care for Her” •South Shore Hospital
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 51 -199 births/year (n=38)	High Moderate Volume 200-499 births/year (n=57)	High Volume ≥ 500 births/year (n=65)
Rate of women with intact perineum (perineum is intact or only small laceration(s) not requiring repair)	<ul style="list-style-type: none"> •Bravely Women’s Health •Graceful Beginnings Midwifery •In Bloom Birth & Wellness 	<ul style="list-style-type: none"> •MidwifeSunday Wellness & Birth Center •Serenity Birth Center •OB/GYN & Midwifery Service at NVRH 	<ul style="list-style-type: none"> •Mountain Miracles Midwifery •Guiding Hands Midwifery •UTROP Nurse-Midwifery Group 	<ul style="list-style-type: none"> •Natural Beginnings Birth & Wellness •UNC Midwives •Stony Brook Midwifery Practice
Rate of episiotomies	No Best Practice	No Best Practice	No Best Practice	<ul style="list-style-type: none"> •University of Illinois Hospital & Health Services •Midwife+Co •Erie Family Health Centers
3rd or 4th degree laceration rate	No Best Practice	No Best Practice	No Best Practice	<ul style="list-style-type: none"> •Midwife+Co •Bassett Medical Center •Natural Beginnings Birth & 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.				

Infant Outcomes

Variable	Low Volume ≤ 50 births/year (n=10)	Low Moderate Volume 51 -199 births/year (n=38)	High Moderate Volume 200-499 births/year (n=57)	High Volume ≥ 500 births/year (n=65)
Preterm Birth Rate (infants from a singleton birth born at less than 37weeks gestation)	<ul style="list-style-type: none"> •Bravely Women's Health •Morning Star Midwifery & Women's Health •Graceful Beginnings Midwifery 	No Best Practice	<ul style="list-style-type: none"> •Family Beginnings Birth Center •Mount Sinai Midwives •Mt. Eaton Midwifery 	<ul style="list-style-type: none"> •Natural Beginnings Birth & Wellness •HealthPartners •Midwives at Mount Auburn Hospital
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"> •Mt. Eaton Midwifery •The Birth Center: Holistic Women's Health Care •Family Beginnings Birth Center 	<ul style="list-style-type: none"> •Texas Health Nurse-Midwife Care •Natural Beginnings Birth and Wellness •Parkland 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)	No Best Practice	<ul style="list-style-type: none"> •Mat-su Midwifery & Family Health •Seven Sisters Midwifery •Best Start Birth Center 	<ul style="list-style-type: none"> •M Health Fairview for Women- Edina •Mount Sinai Midwives •Gentle Birth Care 	<ul style="list-style-type: none"> •BirthCare HealthCare University of Utah Health •UMHS Nurse Midwifery Service •Natural Beginnings Birth and Wellness

Exclusive Breastfeeding Rate first 48 hours	No Best Practice	<ul style="list-style-type: none"> •BirthCare & Womens Health •Midwife 360 •Birth Center of Chicago 	<ul style="list-style-type: none"> •U of M Nurse-Midwives •The Midwife Center for Birth & Women's Health •Family Beginnings Birth Center 	<ul style="list-style-type: none"> •UC San Diego Nurse-Midwifery Service •Natural Beginnings Birth and Wellness •Valley Women for Women
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Postpartum Outcomes

Variable	Low Volume ≤ 50 births/year (n=10)	Low Moderate Volume 51 -199 births/year (n=38)	High Moderate Volume 200-499 births/year (n=57)	High Volume ≥ 500 births/year (n=65)
Rate of Women who Attended their 6-week Postpartum Visit.	No Best Practice	<ul style="list-style-type: none"> •Birth Center of Chicago •Twin Cities Birth Center •Midtown Nurse Midwives 	<ul style="list-style-type: none"> •Mt. Eaton Midwifery •Advanced Ob-Gyn •The Midwife Center for Birth & Women's Health 	<ul style="list-style-type: none"> •CMG Women's Center •Natural Beginnings Birth & Wellness •Mayo Clinic Health System-Eau Claire
Rate of Women Breastfeeding at their 6week Postpartum Visit.	<ul style="list-style-type: none"> •One Love Midwifery •Graceful Beginnings Midwifery •Charlottesville Midwifery 	<ul style="list-style-type: none"> •Midwifery Care Associates •BSD Birthing Center •Holistic ObGyn & Midwifery Service 	<ul style="list-style-type: none"> •Mountain Miracles Midwifery •Minnesota Birth Center •The Midwife Center for Birth & Women's Health 	<ul style="list-style-type: none"> •Natural Beginnings Birth and Wellness •Midwife+Co •CMG Women's 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=10)	Low Moderate Volume 51 -199 births/year (n=38)	High Moderate Volume 200-499 births/year (n=57)	High Volume ≥ 500 births/year (n=65)
Rate of Inductions	<ul style="list-style-type: none"> •Bravely Women’s Health •In Bloom Birth & Wellness •Charlottesville Midwifery 	<ul style="list-style-type: none"> •MidwifeSunday Wellness & Birth Center •Birth Center of Denver •Willow Midwives (Minnesota) 	<ul style="list-style-type: none"> •Mountain Miracles Midwifery •Family Beginnings Birth Center •The Birth Center Holistic Women’s Health Care 	<ul style="list-style-type: none"> •Kaiser Permanente (Clackamas OR) •Natural Beginnings Birth & Wellness •Parkland Health
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"> •Graceful Beginnings Midwifery •Charlottesville Midwifery •Bravely Women’s Health 	<ul style="list-style-type: none"> •Midwife Sunday •Willow Midwives (Minnesota) •Happy Stork Midwifery Service 	<ul style="list-style-type: none"> •Mountain Miracles Midwifery •Mt. Eaton Midwifery •Connecticut Childbirth & Women’s Center 	<ul style="list-style-type: none"> •Midwives at Mount Auburn •Baystate Midwifery & Women’s Health •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.