AMERICAN COLLEGE of NURSE-MIDWIVES

2024 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.

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 2024 ACNM Best Practices!

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Labor and Birth Outcomes				
Variable	**Low Volume ≤ 50 births/year (n=10)**	**Low Moderate Volume 51 -199 births/year (n=44)**	**High Moderate Volume 200-499 births/year (n=55)**	**High Volume ≥ 500 births/year (n=72)**
Spontaneous Vaginal Birth Rate	• Graceful Beginnings Midwifery • Holistic ObGyn & Midwifery Service • Shalom Midwifery	• MidwifeSunday Wellness & Birth Center • Sunday Smith • Twin Cities Birth Center	• Estrella Midwifery • Gentle Birth Care, Inc. • Mountain Miracles Midwifery	• Birthcare Healthcare U. of Utah • Providence Medical Group Women's Services Everett • MacDonald Women's
Primary Cesarean Rate	• Graceful Beginnings Midwifery • Holistic ObGyn & Midwifery Service • Shalom Midwifery	• MidwifeSunday Wellness & Birth Center • Sunday Smith • Twin Cities Birth Center	• Beginnings Birth Center • Gentle Birth Care Inc. • Mountain Miracles Midwifery	• Birthcare Healthcare U. of Utah • Providence Medical Group Women's Services Everett • CMG Women's Center
VBAC Success Rate	*No Best Practice*	*No Best Practice*	• Gentle Birth Care, Inc. • Mountain Miracles Midwifery • Porter Medical Center	• Rockwood OB/Gyn & Midwifery Center • University Nurse-Midwives (Colorado) • Aurora Midwifery and Wellness Center
Rate of Cesarean Birth among Nulliparous women with a Term, Singleton baby in a Vertex position (NTSV)	*No Best Practice*:	• First Choice Health Center • Kalispell Midwives • Sunday Smith	• Beginnings Birth Center • North Shore Associates in Gyne & OB • UH Women's Care- LS	• Birthcare Healthcare U. of Utah • CMG Women's Center • MacDonald Women's
Rate of Postpartum Hemorrhage	*No Best Practice*	• Premier OBGYN • Sunday Smith • Woman's Way Midwifery	• Estrella Midwifery • La Clinica Women's Health Center • Lehigh Valley Health Network- Pocono	• Tree of Life Family Birth Center • MacDonald Women's • Tripler OB/GYN Midwifery Service

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.

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Perineal Outcomes				
Variable	**Low Volume ≤ 50 births/year (n=10)**	**Low Moderate Volume 51 -199 births/year (n=44)**	**High Moderate Volume 200-499 births/year (n=55)**	**High Volume ≥ 500 births/year (n=72)**
Rate of women with intact perineum (perineum is intact or only small laceration(s) not requiring repair)	• Charlottesville Midwifery • Local Care Midwifery • Shalom Midwifery	• Fika Midwifery • Midwifery Care Associates • MidwifeSunday Wellness & Birth Center	• Kansas City Women's Clinic • Mountain Miracles Midwifery • Southridge Midwives	• Bronson Obstetrics, Gynecology, & Midwifery Specialists • Aurora Midwifery and Wellness Center • Tree of Life Family Birth Center
Rate of episiotomies	*No Best Practice*	*No Best Practice*	*No Best Practice*	• University Nurse-Midwives (Colorado) • Nurse-Midwives of Zuckerberg San Francisco General • Erie Family Health Centers
3rd or 4th degree laceration rate	*No Best Practice*	*No Best Practice*	• Estrella Midwifery • Kansas City Women's Clinic • UH Women's Care- LS	• Tree of Life Family Birth Center • Adena Midwives • Baystate Midwifery & Women's Health
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.				

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Infant Outcomes				
Variable	**Low Volume ≤ 50 births/year (n=10)**	**Low Moderate Volume 51 -199 births/year (n=44)**	**High Moderate Volume 200-499 births/year (n=55)**	**High Volume ≥ 500 births/year (n=72)**
Preterm Birth Rate (infants from a singleton birth born at less than 37weeks gestation)	*No Best Practice*	*No Best Practice*	• Fullcircle Women's Health • Midwives at VCU Health • Mt. Eaton Midwifery	• Oakland Macomb OB/GYN • Mercy Birthing Center • South Shore Midwives
Rate of Low Birth Weight (infants from a singleton birth born weighing less than 2500 grams)	*No Best Practice*	*No Best Practice*	• Mt. Eaton Midwifery • Olmsted Medical Center • UH Westshore Midwifery	• Mayo Clinic Health System- Eau Claire • Tree of Life Family Birth Center • South Shore Midwives
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*	• Charm City Midwives • Family Birth & Women's Health • Sunday Smith	• Estrella Midwifery • Mount Sinai Hospital Midwives • Mountain Miracles Midwifery	• Oakland Macomb OB/GYN • Parkland Health • Tripler OB/GYN Midwifery Services
Exclusive Breastfeeding Rate first 48 hours	• Glow Midwifery • Holistic ObGyn & Midwifery Service • Local Care Midwifery	*No Best Practice*	• Estrella Midwifery • Mountain Miracles Midwifery • Mt. Eaton Midwifery	• UC San Diego Nurse-Midwifery Service • Erie Family Health Centers • 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=44)**	**High Moderate Volume 200-499 births/year (n=55)**	**High Volume ≥ 500 births/year (n=72)**
Rate of Women who Attended their 6 week Postpartum Visit.	•Local Care Midwifery •Morning Star Midwifery & Women's Health •Rewilding Midwifery & Wellness	*No Best Practice*	•Fullcircle Women's Health •LPG OBGYN Associates •Mt. Eaton Midwifery	•CMG Women's Center •Silverton Health Midwives •University of Iowa Nurse-Midwifery Service
Rate of Women Breastfeeding at their 6week Postpartum Visit.	*No Best Practice*	*No Best Practice*	•La Clinica Women's Health Center •Minnesota Birth Center •Mountain Miracles Midwifery	•Midwifery Center at TMC El Rio Health •Tree of Life Family Birthing Center •UW Health Nurse-Midwifery Service

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.

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Resource Utilization Outcomes				
Variable	**Low Volume ≤ 50 births/year (n=10)**	**Low Moderate Volume 51 -199 births/year (n=44)**	**High Moderate Volume 200-499 births/year (n=55)**	**High Volume ≥ 500 births/year (n=72)**
Rate of Inductions	*No Best Practice*	*No Best Practice*	• Estrella Midwifery • Mountain Miracles Midwifery • Mt. Eaton Midwifery	• Mercy Birthing Center • Park Slope Midwives • Parkland Health
Rate of epidurals used for pain relief during labor (not including epidurals placed only for anesthesia for operative delivery)	• Graceful Beginnings Midwifery • Holistic ObGyn & Midwifery Service • Rewilding Midwifery & Wellness	• Bella Donna Birth & Women's Health • Bravely Women's Health • Holy Family Birth Center	• Beginnings Birth Center • Mountain Miracles Midwifery • Mt. Eaton Midwifery	• Mercy Birthing Center • Tree of Life Family Birth Center • Vanderbilt School of Nursing Faculty Midwives

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.