



# 2019 ACNM Benchmarking Project “Best Practice” Designations

AABC Research Committee  
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## ACNM “Triple Aim” Designees

“Triple Aim” Best Practice designation recognizes practices which meet the Institute for Healthcare Improvement “Triple Aim” of improving the patient experience, reducing cost of care, and improving the health of populations.

This is demonstrated by high breastfeeding rates (>81%), low preterm birth (<11.4%) and cesarean rates (<23.9%), and reporting fiscal variables.

Of the 262 practices participating in the 2019 ACNM Benchmarking Project, 69 practices were designated Triple Aim Best Practices. Thirty-two are AABC birth centers and 19 are recognized for the second consecutive year (marked with \*).

1. Baby + Co. (Nashville, TN)
2. Bay Area Midwifery (Annapolis, MD)
3. Beginnings Birth Center (Colorado Springs, CO)
4. Best Start Birth Center (San Diego, CA)\*
5. Birth Center at PCC (Berwyn, IL)
6. Birth Center of Baton Rouge (Baton Rouge, LA)
7. Birth Center of Denver (Denver, CO)
8. BirthCare & Women's Health (Alexandria, VA)\*
9. Bloomin' Babies Birth Center (Grand Junction, CO)
10. Breath of Life Women's Health & Birth Center (Largo, FL)\*
11. Connecticut Childbirth & Women's Center (Danbury, CT)
12. Dar a Luz Birth & Health Center (Los Ranchos, NM)\*
13. Flagstaff Birth & Women's Center (Flagstaff, AZ)\*
14. Geneva Woods Midwifery & Birth Center (Anchorage, AK)\*
15. Health Foundations Birth Center + Women's Health Clinic (St. Paul, MN)\*
16. Inanna Birth & Women's Care (Denton, TX)\*
17. Lifecycle WomanCare (Bryn Mawr, PA)\*
18. Mat-Su Birth Center (Wasilla, AK)\*
19. Midtown Nurse-Midwives (Sacramento, CA)
20. Minnesota Birth Center (Minneapolis, MN)\*
21. Nativiti Family Birth Center (The Woodlands, TX)\*
22. North Houston Birth Center (Houston, TX)
23. Sacred Roots Midwifery & Birth Center (Indianapolis, IN)\*
24. Santa Rosa Birth Center (Santa Rosa, CA)
25. Special Beginnings Birth & Women's Center (Arnold, MD)\*
26. The Birth Center, A Nursing Corporation (Sacramento, CA)\*
27. The Birth Center: Holistic Women's Health Care (Wilmington, DE)\*
28. The Midwife Group Women's Health & Birth Center (Savannah, GA)\*
29. Transitions Women's Wellness Center (Manistee, MI)
30. Wichita Falls Birth & Wellness Center (Wichita Falls, TX)
31. Willow® Midwives (Minneapolis, MN)\*
32. Women's Birth & Wellness Center (Chapel Hill, NC)\*

## ACNM “Best Practice” Categories

Forty AABC member birth centers were recognized for their exemplary outcomes in the 2019 ACNM Benchmarking project. Each year, the American College of Nurse-Midwives (ACNM) asks midwifery practices with certified nurse-midwives (CNMs) or certified midwives (CMs) to participate in the ACNM Benchmarking Project.

- The purpose of this project is to gather and use data to monitor, maintain, and improve the quality of midwifery care.
- Best Practices are named based on the data reported by the practice and compared with participating ACNM member practices with similar birth volume. The top three practices in the category are identified as “best practice” so that others can network with them and learn from their success.
- Practice birth volume/year categories are:
  - low ≤ 50, low moderate 50-199, high moderate 200-499, high ≥ 500
- For some categories, no best practices were identified in a birth volume subcategory because all practices reported 0 or 100% per the variable.

### Labor & Birth Outcomes

#### Spontaneous vaginal birth rate

- Health Foundations Birth Center + Women's Health Clinic (St. Paul, MN)
- North Houston Birth Center (Houston, TX)
- The Birth Center: Holistic Women's Health Care (Newark, DE)
- Willow Midwife Center for Birth & Wellness (Mesa, AZ)

#### Primary cesarean rate

- North Houston Birth Center (Houston, TX)
- Willow Midwife Center for Birth & Wellness (Mesa, AZ)

#### VBAC success rate

- Beginnings Birth Center (Colorado Springs, CO)
- Health Foundations Birth Center + Women's Health Clinic (St. Paul, MN)

#### Nulliparous, Term, Singleton, Vertex (NTSV) cesarean rate

- Health Foundations Birth Center + Women's Health Clinic (St. Paul, MN)

#### Rate of postpartum hemorrhage

- Connecticut Childbirth & Women's Center (Danbury, CT)
- The Midwife Center for Birth & Women's Health (Pittsburgh, PA)

### Perineal Outcomes

#### Rate of women with intact perineum

- Willow Midwife Center for Birth & Wellness (Mesa, AZ)

#### 3rd or 4th degree laceration rate

- New Birth Company (Overland Park, KS)
- The Midwife Center for Birth & Women's Health (Pittsburgh, PA)

### Infant Outcomes

#### Preterm birthrate (singleton birth < 37 weeks gestation)

- Health Foundations Birth Center + Women's Health Clinic (St. Paul, MN)
- The Midwife Center for Birth & Women's Health (Pittsburgh, PA)

### Breastfeeding Outcomes

#### Rate of women who attended 6-week postpartum visit

- Lifecycle WomanCare (Bryn Mawr, PA)

#### Rate of women breastfeeding at 6-week postpartum visit

- Dar a Luz Birth & Health Center (Los Ranchos, NM)
- Lifecycle WomanCare (Bryn Mawr, PA)
- Willow® Midwives (Minneapolis, MN)

#### Exclusive breastfeeding rate first 48 hours

- Willow Midwife Center for Birth & Wellness (Mesa, AZ)

#### Rate of women attend 6-week postpartum visit

- Lebanon Valley Midwifery & Women's Wellness (Womelsdorf, PA)
- Greenville Midwifery Care & Birth Center (Greenville, SC)

#### Breastfeeding at the 6-week postpartum visit

- Dar a Luz Birth and Health Center (Los Ranchos, NM)
- Greenville Midwifery Care & Birth Center (Greenville, SC)
- Lifecycle WomanCare (Bryn Mawr, PA)

### Resource Utilization Outcomes

#### Rate of inductions

- Beginnings Birth Center (Colorado Springs, CO)
- New Birth Company (Overland Park, KS)

#### Rate of epidurals for pain relief during labor

- Beginnings Birth Center (Colorado Springs, CO)
- Brooklyn Birthing Center (Brooklyn, NY)
- Inanna Birth & Women's Care (Denton, TX)
- The Midwife Group Women's Health and Birth Center (Savannah, GA)

## ACNM Four Core Designees

1. Induction of Labor < 10%,
2. Primary cesarean birth rate < 15%,
3. Episiotomy < 2%,
4. Exclusive breastfeeding first 48 hours > 75%

The “4 Core” Best Practice designation has been designed to acknowledge practices achieving nationally established benchmarks for physiologic birth.

These four measures are harmonized with the National Quality Forum (NQF) and Joint Commission perinatal quality measures. Birth Centers are an important part of the national quality movement.

Of the 262 practices participating in the 2019 ACNM Benchmarking project, 30 (11.5%) Birth Center practices achieved all four benchmarks of which 13 are AABC members. Three member birth centers have earned this designation two years in a row (marked with \*).

Birth Center	City	State
Beginnings Birth Center	Colorado Springs	CO
Best Start Birth Center	San Diego	CA*
Inanna Birth & Women's Care	Denton	TX
Midtown Nurse Midwives	Sacramento	CA
Minnesota Birth Center	Minneapolis	MN
Nativiti Family Birth Center	The Woodlands	TX*
New Birth Company	Overland Park	KS
New Birth Company	Kansas City	KS
North Houston Birth Center	Houston	TX
The Birth Center, A Nursing Corporation	Sacramento	CA
The Birth Center: Holistic Women's Health Care	Wilmington	DE*
Transitions Women's Wellness Center	Manistee	MI
Wichita Falls Birth & Wellness Center	Wichita Falls	TX

## Contribute Your 2020 PDR Data!

Must have one ACNM member in the practice  
 Confirm complete and accurate PDR data for 2020 by January 2021  
 Complete consent to participate sent by AABC in February 2021  
 Use the ACNM Benchmarking report link sent in May to view your results  
 Let your clients and colleagues know about your recognitions!