A HEALTHY START FOR MOMS AND BABIES: PROMOTING BEST PRACTICES TO SUPPORT VAGINAL BIRTH

Hospital teams across Illinois work to achieve the Healthy People 2030 goal to optimize vaginal births and reduce cesarean delivery rates

The Problem

- Cesarean section (c-section) deliveries can increase a woman’s risk for serious health problems including infection, postpartum hemorrhage and death. Repeat c-section births increase the risk of long-term complications such as placenta accreta, a serious pregnancy condition that can be life threatening.
- Progress is stalled: the Nulliparous, Term, Singleton, Vertex (NTSV) c-section delivery rate of 26.5% in Illinois, while lower than the national rate, has remained relatively unchanged since 2013, falling short of the Healthy People 2030 goal of 23.6%.

Patient-Centered Approach Improves Care for Expecting Moms

To optimize vaginal deliveries, the American College of Obstetrics and Gynecology (ACOG) and the Society for Maternal-Fetal Medicine (SMFM) published guidance for clinicians to better support normal labor progress including: facilitating more individualized management of labor, such as offering different positions of comfort, and nonpharmacologic pain management techniques like massage; standardizing induction of labor protocols; and improving strategies to address fetal heart rate concerns. Shared decision-making between patient and clinician is critical to meeting these new recommendations and supporting vaginal births.
The Illinois Perinatal Quality Collaborative (ILPQC) is a statewide network of perinatal clinicians, nurses, hospitals, patients, public health leaders and policymakers that aims to improve outcomes for mothers and babies across Illinois.


Get Involved
Check out ILPQC.org or email us at info@ilpqc.org to learn more about the collaborative and identify opportunities to get involved.