

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 Goal: Promote Vaginal Birth

- ▶ Cesarean section (C-section) deliveries can increase a birthing person'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.
- ▶ The Healthy People 2030 goal is to reduce the C-section rate for low-risk birthing persons with no prior births (Nulliparous, Term, Singleton, Vertex) to be at or below 23.6%.
- ▶ Reduction of NTSV C-sections through quality improvement strategies has been shown to be safe for birthing people and babies (Safety Assessment of a Large-Scale Improvement Collaborative to Reduce Nulliparous Cesarean Delivery Rates. *Obstet Gynecol.* 2019).
- ▶ ACOG and SMFM have shared a Care Consensus on the Safe Prevention of the Primary Cesarean Delivery which outlines guidelines for delivery decisions.

Cesarean section risk for maternal morbidity

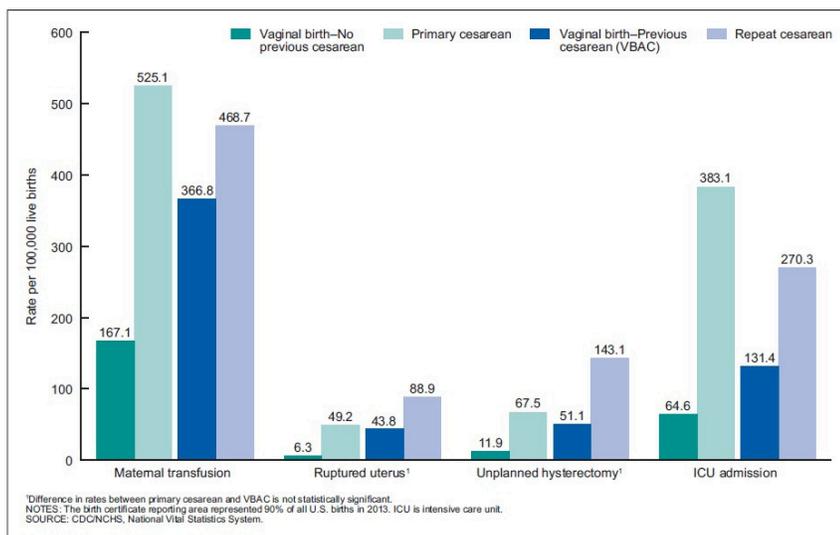


Figure 1. Maternal morbidity, by method of delivery and previous cesarean history: 41-state and District of Columbia reporting area, 2013



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 labor management strategies and response to labor challenges. Shared decision-making between patient and clinician is critical to meeting these new recommendations and supporting vaginal births.

Promoting Vaginal Birth: Reframing What We Focus On



Making Change Happen

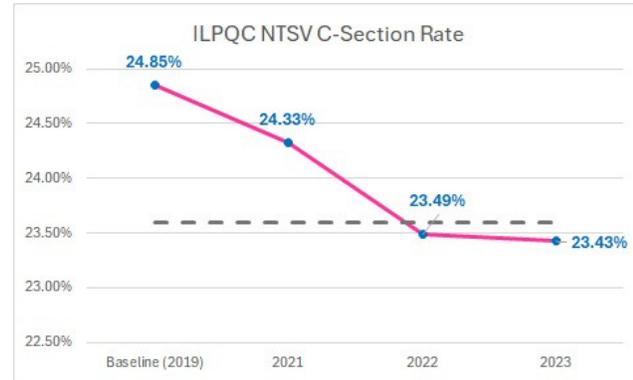
- The Promoting Vaginal Birth (PVB) Initiative launched in January 2021 as a statewide quality improvement initiative across Illinois birthing hospitals supported by the Illinois Department of Public Health Perinatal Advisory Committee and Statewide Quality Council with funding from the Centers for Disease Control and Prevention. ILPQC is working with 88 participating hospital teams to optimize vaginal birth, improve compliance with ACOG/SMFM guidelines and achieve the 2030 Healthy People NTSV C-section rate goal (<23.6%).
- By December 2023 **71% of NTSV C-sections in Illinois are meeting ACOG/SMFM Criteria**, 72% of hospitals have all 6 key structure measures in place. **The overall NTSV C-section rate in Illinois has reduced from 24.9% in 2019 to 23.4%**, and 57% of hospitals have achieved the Health People 2030 Goal of a 23.6% NTSV C-Section rate compared to 35% at baseline. Importantly, **racial disparities in NTSV C-section rates have reduced across the initiative with reduction in NTSV C-Section rates for Black patients from 31% to 24%.**

PVB Initiative Aim:

More than 70 percent of participating hospitals will be at or below 23.6% NTSV cesarean delivery rate.

- ▶ Increase percentage of indications for c-section deliveries among NTSV births that meet ACOG/SMFM guidelines.
- ▶ Increase percentage of providers, midwives and nurses trained on:
 - ▶ ACOG/SMFM guidelines for cesarean; labor management strategies and response to labor challenges; and protocols for facilitating decision huddles.

PVB Success



Promoting Vaginal Birth Key Strategies



Cesarean Decision Checklist



Supporting Nursing Care: Labor Management Support



Educating Patients and Setting Patient Expectations



Sharing Unblinded Provider-level NTSV C-Section Rates



Cesarean Decision Huddles



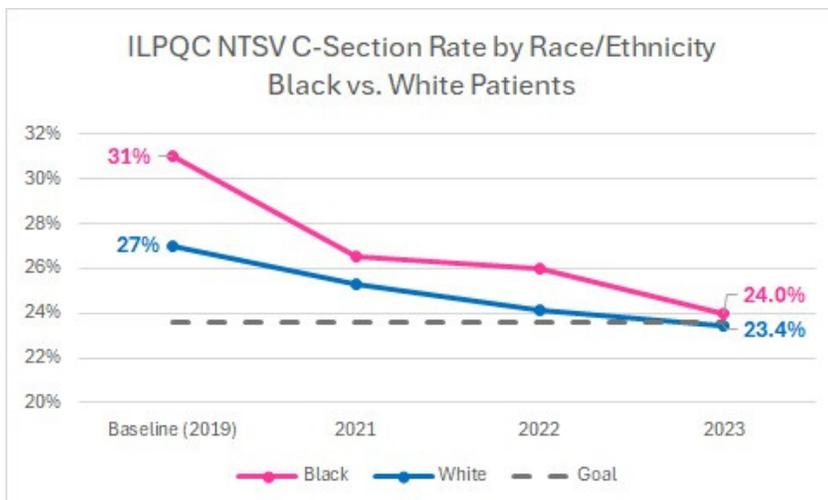
Shared Decision-Making: Bringing Patients In



Review of NTSV C-Section Cases Not Meeting ACOG/SMFM Guidelines



Reducing NTSV C-Section Disparities



The Illinois Perinatal Quality Collaborative (ILPQC) is a statewide network of perinatal clinicians, nurses, hospitals, patients, community stakeholders, and public health leaders that aims to equitably improve outcomes and reduce disparities for mothers and babies across Illinois.

Thank you to our sponsors: Centers for Disease Control and Prevention, Illinois Department of Public Health, Illinois Department of Human Services, Alliance for Innovation on Maternal Health.

Get Involved

Check out [ILPQC.org](https://ilpqc.org) or email us at info@ilpqc.org to learn more about the collaborative and identify opportunities to get involved.

