



# Licking Memorial Health Systems

# Taking Quality To Heart

...a community report on patient care quality



March, 2001 ~ Vol. 2, No. 3

Take a few minutes to read this month's quality report. You'll soon discover why Licking Memorial Hospital has been named one of the nation's 100 Top Hospitals for three consecutive years.

## Maternity Care... How do we compare?

In 2000, there were 1115 deliveries at Licking Memorial Hospital, representing 1125 newborns. To make sure we are providing the best maternity care possible, we continually compare our quality measures to state and national standards. In addition, we have a staffing ratio of one nurse per every two maternity patients.

1. **Healthy People 2010** is a nationwide health improvement initiative spearheaded by health officials for state and federal government. As part of this initiative, target rates for cesarean section deliveries have been established for both women having their first C-section delivery and for those who have had a previous C-section.

	LMH 2000 <sup>1</sup>	State 1999 <sup>2</sup>	National 2000 <sup>3</sup>	Healthy People 2010 Goal <sup>4</sup>
Total % of women who had a C-section	21.7%	19.6%	22%	N/A
First-time C-section rate (%)	14.4%	13.8%	15.1%	<15%
Repeat C-section rate (%)	72.9%	63%	75.5%	<63%

2. There are a number of reasons why C-sections are medically necessary. To monitor trends in maternity care, the medical reasons behind C-section deliveries are monitored at both LMH and on a state level.

Top Reasons Cited for C-section deliveries	LMH 2000 <sup>1</sup>	State 1999 <sup>2</sup>
Presentation of baby (e.g. breech)	15.4%	36.7%
Fetal distress	17.3%	16.5%
Dystocia (difficulty due to baby's size)	15.8%	13.3%

3. A goal in providing good maternity care is to encourage vaginal births after C-sections (VBACs) whenever medically safe.

	LMH 2000 <sup>1</sup>	State 1999 <sup>2</sup>	Healthy People 2010 Goal <sup>4</sup>
VBAC rates	27.1%	37.0%	>37%

4. An Apgar Score reflects the state of an infant's physical condition after birth. It takes into consideration a newborn's heart rate, respiration, muscle tone, response to stimuli and color. A score of 0, 1 or 2 is given in each category, with a maximum possible points of 10. If an Apgar Score is below 5 at one minute or 7 at five minutes, neonatal resuscitation should be administered.

Resuscitation Requirements per Apgar Scores	LMH 2000 <sup>1</sup>	Resuscitation Documented <sup>1</sup>
< 5 at 1 minute after birth	6.2%	100%
< 7 at 5 minutes after birth	0.5%	100%

**Quality Note:** 100% of the maternal/child staff are certified by the American Heart Association in neonatal resuscitation. Only nursery nurses are required by the Ohio Department of Health to be certified. Those certified at LMH include: all maternity nurses, respiratory therapists, the midwife, anesthesiologists, pediatricians and obstetricians.

5. Group B Beta Streptococcus (GBBS) has been the leading bacterial infections associated with illness and death among newborns in the United States since its emergence in the 1970s. If mothers are screened, and then administered a special antibiotic, most neonatal GBBS infections can be prevented.

	LMH 2000 <sup>1</sup>	National Benchmarks <sup>5</sup>
% of mothers with GBBS receiving antibiotic	97%	100%
# of newborns testing positive with GBBS	0%	0%

1 LMH Patient Data for 2000.  
 2 Ohio Hospital Association's statewide clinical database.  
 3 Maryland Hospital Association national quality study for third quarter of 2000 (most recent report).  
 4 Healthy People 2010 Objectives, U.S. Department of Health and Human Services, Office of Public Health and Science, November, 2000.  
 5 Centers for Disease Control, the American College of Obstetricians and Gynecologists and the American Academy of Pediatrics, 1999.

## SUCCESS STORY

### LMH Gives Birth to New Maternity Service...

In response to a growing number of community requests, Licking Memorial Hospital recently added a midwife to its maternity team. A midwife is a certified nurse practitioner who provides routine gynecological and obstetrical care, including the performance of non-complicated deliveries.

Monique Hunt was one patient who desired a midwife for her maternity care.

"My mom was the one who told me about midwives," Monique explained. "When I heard that they had one at my doctor's office, I decided to go to her for my care."

Monique is a patient of Licking Memorial Women's Health where Midwife Loretta Long works in consultation with Drs. Nicholas Reed, Rebecca Stilson, Michael Sullivan, Peter Harroff and Rebecca McQuade.

"Loretta was the only one I saw in the office, and we got to know each other more with each visit. She told me she would be there during my whole labor and delivery - I liked that," Monique explained.

While Loretta was there for Monique's labor and delivery, there was a slight change in plans. As Monique's labor progressed, her unborn infant's heart rate kept dropping with each contraction. It was decided that a cesarean section would be necessary to safely deliver the baby.

Dr. Sullivan was called in to perform the C-section and Loretta assisted him in the delivery. "I wanted to deliver at the hospital in case anything would go wrong," Monique relayed. "I'm really glad I did."



Monique Hunt is shown with her baby girl, Haley Reece Dominguez, and her midwife, Loretta Long.

"I wanted to deliver at the hospital in case anything would go wrong."

- Monique Hunt

If you are planning a pregnancy or are newly pregnant, attend our next First Impressions Maternity Tour Sunday, April 1 from 2-4 p.m. Call 348-4YOU to register.

### First Impression Classes Get Families Off to a Good Start

Whether you're becoming a new parent, sibling or grandparent, there is an education class at Licking Memorial Hospital to help you with your new role. "Our goal is to offer something for everyone in the family," says Lynda Yonker, Director of Maternity Services at LMH.

The following classes are available at LMH on a regular basis:

**Lamaze Classes** - This series of classes teaches breathing and relaxation techniques to be used during the labor process. The classes are available on various days and times, including weekends, to accommodate busy schedules.

**Cesarean Birth Class** - This class includes pre-operative and post-operative information associated with a cesarean birth for those who will be having a C-section delivery.

**Parenting Classes** - A two-part course on infant growth,

development, stimulation, basic newborn care, parenthood and infant/child safety.

**Sibling Preparation Class** - Older siblings learn how to be a big brother or sister in this class for ages 2-8.

**Infant and Child CPR** - This class includes training in newborn/child resuscitation & obstructed airway management.

**Maternity Tours** - Stork tours are available for those who are delivering at LMH to give them an overview of the maternity unit. First Impressions Maternity Tours combine an education program with a tour for those who are planning a pregnancy or who are newly pregnant.

**Moms-in-Motion I** - This series of six pre-delivery exercise classes helps moms to stay active through pregnancy with mild to moderate aerobic exercise.

**Moms-in-Motion II** - This series of six post-delivery exercise classes is for moms and their pre-walking babies to help with good posture, healthy body mechanics and to teach infant massage techniques.

**Birthing Alternatives Class** - This class gives information on the labor process, comfort measures and relaxation techniques.

**Pre-Kid Class** - This class provides information on pregnancy planning from initial expectations to prenatal visits.

**Grandparenting Today** - Participants tour the maternity unit and receive information on changes in infant care.

**Breastfeeding Class** - This class includes educational material on breastfeeding basics.

**Dads In Training** - This class gives dads hands-on experience about everything from changing diapers to feeding and burping a baby.

Call 348-4YOU to register for these classes. For specific dates, times and fees, visit the Health Information section on our web site at [www.lmhealth.org](http://www.lmhealth.org) or pick up an education calendar when visiting LMHS.

Visit [www.lmhealth.org](http://www.lmhealth.org) to review other LMHS quality report cards. Also, if you have a suggestion on how we can improve our care, please call our Performance Improvement Line, 348-4641.