

**4.** Cesarean section deliveries (C-sections) should be performed only when necessary. Lower percentages demonstrate success in avoiding unnecessary surgeries and the risks associated with surgery.

	LMH 2013	LMH 2014	LMH 2015	National <sup>(4)</sup>
Maternity patients who had a C-section	24%	23%	24%	31%
First-time C-sections	13%	11%	12%	16%

**5.** Elective deliveries are scheduled in advance rather than occurring naturally, either through induction or C-section. Studies have shown that elective inductions performed before 39 weeks' gestation have higher rates of newborn complications, higher C-section rates, and longer hospital lengths-of-stay for mothers. LMH has chosen to follow the American Congress of Obstetrics and Gynecology's (ACOG) stricter recommendations, and will perform elective inductions only after 41 weeks' gestation.

	LMH 2013	LMH 2014	LMH 2015	National <sup>(4)</sup>
Elective deliveries performed before 39 weeks	0%	0%	0%	4%

**6.** Exclusive breastfeeding is recommended as the optimal nutrition for infants for the first six months of life, with continued breastfeeding after the introduction of solid foods for the first year or longer, if desired. The American Academy of Pediatrics (AAP), ACOG, World Health Organization and other healthcare organizations support this recommendation recognizing the significant lifelong health benefits of breastfeeding for both mother and child. The AAP recommends breastfeeding should be initiated within one hour of the infant's birth and recommends against routine supplementation of newborn infants with formula or glucose water unless medically indicated. LMH provides prenatal education as well as support and assistance during the postpartum period to help mothers achieve their goals for successful breastfeeding.

	LMH 2013	LMH 2014	LMH 2015	LMH goal
Breastfeeding rate upon discharge	57%	55%	59%	greater than 55%
Breastfed infants receiving exclusive breast milk prior to discharge	80%	78%	76%	greater than 74%

**7.** Gestational diabetes (GDM) is one of the most common clinical issues during pregnancy. The prevalence of GDM ranges from 2 to 5 percent of all pregnancies in the U.S., and all expectant patients should be screened between 24 and 28 weeks' gestation. Licking Memorial Health Professionals (LMHP) obstetricians screen pregnant patients for GDM by 29 weeks.

	LMHP 2013	LMHP 2014	LMHP 2015	LMH Goal
LMHP pregnant patients screened for GDM by 29 weeks	96%	96%	96%	greater than 90%

**Data Footnotes:** (1) Preliminary data for 2013. National Vital Statistics Reports, 63(2). Hyattsville, MD: National Center for Health Statistics. Available at [http://www.cdc.gov/nchs/data/nvsr/nvsr63/nvsr63\\_02.pdf](http://www.cdc.gov/nchs/data/nvsr/nvsr63/nvsr63_02.pdf). (2) Heffner, LJ, Sherman, CB, Speizer, FE, Weiss, ST. Clinical and Environmental Predictors of Preterm Labor. *Obstetrics and Gynecology* 1993; 81:750. (3) Tong, VT, Dietz, PM, et al. Trends in Smoking Before, During and After Pregnancy – Pregnancy Risks Assessment Monitoring System (PRAMS), United States, 40 sites, 2000-2010. (4) National Vital Statistics Reports, Volume 62, Number 9, December 30, 2013. Available at [www.cdc.gov/nchs/data/nvsr/nvsr62/nvsr62\\_09.pdf#table21](http://www.cdc.gov/nchs/data/nvsr/nvsr62/nvsr62_09.pdf#table21). (5) National Vital Statistics Reports, Volume 63, Number 1, January 23, 2014. Available at [www.cdc.gov/nchs/data/nvsr/nvsr63/nvsr63\\_01.pdf](http://www.cdc.gov/nchs/data/nvsr/nvsr63/nvsr63_01.pdf). (5) HospitalCompare. [hhs.gov](http://hhs.gov) Comparative Database.



Visit us at [www.LMHealth.org](http://www.LMHealth.org).

Please take a few minutes to read this month's report on **Maternity Care**. You'll soon discover why Licking Memorial Hospital is measurably different ... for your health!

The Quality Report Card is a publication of the LMHS Public Relations Department. Please contact the Public Relations Department at (740) 348-1572 to receive future mailings.

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Licking Memorial Health Systems

# Quality Report Card



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MATERNITY CARE

## Mother-Baby Home Wellness Check Following Delivery

Licking Memorial Hospital (LMH) is now offering free mother-baby home wellness checks following delivery for new mothers who live in Licking County. Under the new program, a home visit is scheduled with mothers shortly after discharge from the Hospital. The visit typically lasts 30 to 45 minutes, and gives new mothers an opportunity to ask questions that arise regarding the care of their babies. Since inception of the program in April 2015, 126 mothers have benefitted from this program.

Karen Thompson, C.N.P., said that she usually introduces herself to the new mothers while they are still in LMH's Maternal Child Department. "In most cases, I meet the new mother and baby for the first time in their private suite. I explain that the home visit is an extension of the quality care that is provided by the LMH Maternity Department to support new moms as they transition from the Hospital to their home environment. While I cannot make medical decisions or write prescriptions, I can help them with breastfeeding concerns, routine infant care procedures, umbilical cord care, assessment for jaundice, heartbeat check, skin care, or any other aspect about the baby's well-being. I also offer blood pressure checks for the moms." Karen added, "Many new moms appreciate the visit because it gives them an opportunity to ask questions and receive advice or feedback on how the baby is doing. The visit also helps bridge the gap between discharge and the baby's first

follow-up appointment, which may be a week or more following discharge from the Hospital."

In addition to providing a follow-up assessment of the newborn, education is given on topics such as vaccinations, the baby's developmental milestones, safe sleep practices, signs and symptoms of postpartum depression, smoking cessation and the importance of smoke and carbon monoxide detectors in the home. Referrals also are provided for additional Licking County resources to help address any specific needs that were identified during the visit. For more information about the Mother-Baby Home Wellness Check program, please call (740) 348-7849.



## Health Tips – LMH's First Impression Classes

Licking Memorial Hospital (LMH) offers First Impressions classes to help expectant mothers and other family members prepare for the new baby. For more information, or to register, please visit [www.LMHealth.org](http://www.LMHealth.org) and click on "LMHS Classes & Events," or call (740) 348-2527.

### Stork Tours of LMH Maternity Department

Scheduled Tuesdays, 6:00 – 7:00 p.m.  
No cost.

### Childbirth Education Classes

Scheduled Saturdays, 10:00 a.m. – 3:00 p.m.  
No cost.

### Prenatal Breastfeeding Basics Class

Scheduled Wednesdays, 6:00 – 8:00 p.m.  
Cost is \$20 per family.

### Newborn Basics

Scheduled Tuesdays, 6:00 – 8:00 p.m.  
No cost.

### Infant CPR (designed for expectant parents and grandparents)

Scheduled Tuesdays, 6:00 – 7:00 p.m.  
No cost.

### Sibling Preparation Class (designed for older siblings, ages 2 to 8 years)

Scheduled Tuesdays, 6:00 – 7:30 p.m.  
No cost.

### Mothers Breastfeeding Support Group

Scheduled Tuesdays, 10:00 – 11:00 a.m.  
No cost.

Measurably Different ... for Your Health!



# Patient Story – Kelly, Chris and Vada Skidmore

The Skidmore family of Reynoldsburg. (pictured left to right) Chris, Kelly and Vada, were thrilled with their childbirth experience at Licking Memorial Hospital.

After four and one-half years of marriage, Kelly and Chris Skidmore nervously approached their first child's due date of December 14, 2014. Kelly had done her homework, carefully selecting the providers to give the best possible care for herself and her unborn baby.

"We had just moved to the Granville area shortly before learning that I was pregnant," Kelly said. A senior Digital Marketing Strategist at RevLocal, Kelly had turned to her coworkers for advice. "The women I work with recommended that I go to Licking Memorial Women's Health for my prenatal care. Since those physicians deliver babies at Licking Memorial Hospital, which is located so close by, it was a natural fit. Besides, I had heard very good things about the Hospital."

Three months into her pregnancy, Kelly saw Loretta Long, C.N.M., for her initial visit. At regular appointments throughout her pregnancy, Kelly's vital signs were checked, her weight was documented, her abdomen was measured and the fetal heart beat was monitored. Chris, Recreation Superintendent for the City of Reynoldsburg Parks and Recreation Department, eagerly accompanied Kelly to each appointment, preparing for his role as a new father. "We always enjoyed the visits. The entire staff was very helpful and informative, and it was exciting to see the baby's growth," he said.

Kelly attended a Breastfeeding Class at Licking Memorial Hospital (LMH) to help her provide the optimum nutrition for her newborn upon birth. The class participants had an opportunity to tour the Maternity Department, and Kelly was impressed by the labor and delivery

facilities, as well as the private mother-baby post-partum suites. Kelly had ultrasounds performed at three and six months to assess the fetus' development. "Everything was looking good," she said. "I did not have any complications until near the end." At an office visit on December 11, Loretta Long discovered that the fetus was in a breech position, meaning that the buttocks, instead of the head, would enter the birth canal first. This far into the pregnancy, there was a high probability that the fetus would not have enough space in utero to move enough to correct the position. To avoid the risks associated with vaginal breech deliveries, Kelly was scheduled for a C-section delivery by Alene K. Yeater, M.D., on December 15.

However, those plans changed on Saturday, December 13. "At 2:00 p.m., we were at home, and Chris was getting ready to go to work when my water suddenly broke. By all outward indications, I was well prepared – I had received childbirth education, toured the Maternity Department, and put a packed overnight bag by the front door – but I had Monday's original C-section date deeply ingrained in my mind. Even though this was happening just two days early, it was a little bit of a shock to me," Kelly recalled.

"At the Hospital, the staff was very friendly and reassuring," Kelly continued. "Chris and I were obviously nervous, but the staff gave us the overall game plan, detailing what was going to happen. Their confident and professional demeanor had a very calming effect on us," Kelly said.

Kelly was escorted to the Labor and Delivery room for the initiation of the epidural anesthesia. Then Chris was brought into the Labor and Delivery room to witness Dr. Yeater's C-section delivery of the couple's new baby girl, Vada.

After an initial bonding period, Kelly was taken to her private mother-baby suite, and Chris stayed with Vada while

a nurse bathed her and recorded her measurements. Then the young family was reunited in the mother-baby suite, where Vada breastfed, and Chris and Kelly had some private time to enjoy their new baby. "It was nice to keep her so close and have the time to hold her," Kelly said.

Kelly's mother-baby suite became a home-away-from-home as all four grandparents gathered round to greet the newest family member. The Maternity staff brought in a rollaway bed and welcomed Chris to stay with Kelly and Vada throughout their entire Hospital stay. Staff members were careful to give the young family privacy, yet they remained close by and checked in frequently to teach parenting skills and monitor the mother's and baby's health.

"The care was really good," Chris said. "The first time I was alone in the room with Kelly and Vada, I realized it was 'go time.' I was a dad now, and there was a lot that I needed to learn. I was glad that the nurses were close by to show us what needed to be done."

"The lactation consultant stopped by a few times, and she was really helpful," Kelly added. "I found that breastfeeding was a little tricky, and I had questions." The consultant was able to give Kelly some tips to make breastfeeding easier, and showed her how to use the electric breast pump that she had earned by fulfilling LMH's Breast Promotion & Support Program requirements.

On the Skidmore's last evening at LMH, they were served a complimentary gourmet dinner for two in the mother-baby suite. "It was fantastic," Chris said. "We both had the fettuccine Alfredo. The food was really good, but more importantly, the dinner gave Kelly and me an opportunity to relax. We really appreciated that special touch."

Patient Story - Kelly, Chris and Vada Skidmore (continued from previous page)

"I was so happy with my care at LMH," Kelly said. The nurses were phenomenal. They were very patient and sweet – everyone was very good to us."

Chris agreed that he was very satisfied with LMH's care. "The Hospital is first-class," he said. "The community should know

the tremendous asset we have in our backyard. It is so nice to be able to stay local and receive such excellent care. If Kelly and I have a second child, we'll definitely come back to LMH."

Before Chris and Kelly left the Hospital with Vada, two nurses examined their

family car. They ensured that Vada would be riding in an approved car seat that was installed properly in a rear-facing position in the car's back seat. After this final precaution, Chris and Kelly took Vada home for the first time, grateful for the exemplary beginning of their new daughter's life.

## Maternity Care – How do we compare?

At Licking Memorial Health Systems (LMHS), we take pride in the care we provide. To monitor the quality of that care, we track specific quality measures and compare them to benchmark measures. Then, we publish them so you can draw your own conclusions regarding your healthcare choices.

**1.** According to the American Academy of Pediatrics, small-for-gestational-age infants are those who are born weighing less than the 10th percentile for their given gestational age. At term, this weight is 2,500 grams (5 pounds, 8 ounces). Many factors contribute to low birth weight, including lack of prenatal care, a mother's poor nutritional status before and during pregnancy, and drug, tobacco or alcohol use during pregnancy. Low birth-weight infants are at increased risk for health problems. Adequate prenatal care and healthy practices can significantly reduce the incidence of low birth-weight deliveries. In 2015, there were 1,091 babies delivered at Licking Memorial Hospital (LMH) – 75 of those babies weighed less than 2,500 grams.

	LMH 2013	LMH 2014	LMH 2015	National <sup>(1)</sup>
Low birth-weight infants	5.7%	4.4%	6.0%	8.0%

**2.** Smoking during pregnancy is the most important modifiable risk factor associated with adverse pregnancy outcomes.<sup>(2)</sup> It is associated with 5 percent of infant deaths, 10 percent of pre-term births, and 30 percent of small-for-gestational-age infants.<sup>(3)</sup> Because pregnancy smoking rates in Licking County are higher than the national rate, Licking Memorial Women's Health providers have increased their efforts to assess patients' active smoking during pregnancy at each office visit, counsel patients to quit smoking, and refer each pregnant smoker to LMH's free "Quit for You, Quit for Your Baby" tobacco cessation program.

	LMH 2013	LMH 2014	LMH 2015	National <sup>(3)</sup>
Patients who reported smoking during pregnancy	21%	19%	20%	12%

**3.** Group B streptococci (GBS), which emerged in the U.S. in the 1970s, is an infection that is associated with illness and death among newborns. Most neonatal GBS infections can be prevented through screenings and, if needed, by giving an antibiotic to the mother before delivery.

	LMH 2013	LMH 2014	LMH 2015	LMH Goal
Mothers with GBS receiving antibiotic within 4 hours prior to delivery	97%	96%	99%	97%
Number of newborns testing positive with GBS	0	0	0	0

Maternity Care – How do we compare? (continued on back)



Check out our Quality Report Cards online at [www.LMHealth.org](http://www.LMHealth.org).

Patient Story - Kelly, Chris and Vada Skidmore (continued on next page)