



EISNER PEDIATRIC & FAMILY MEDICAL CENTER

Nurse-Midwives of EPFMC's Award-Winning Women's Health Center Delivered 1,324 Babies in 2011

Los Angeles, California (February 1, 2012) – Nurse-midwives of Eisner Pediatric & Family Medical Center's Women's Health Center had a busy year in 2011, according to data submitted to the American College of Nurse-Midwives (ACNM). Of 1,324 maternity patients admitted and managed in labor by certified nurse-midwives at the Center, 91% delivered vaginally, 9% had cesarean sections, 76% had successful VBACs (vaginal births after cesarean), 40% had epidurals, 16% had induced labor, and 26% had their labors augmented. Only seven babies were admitted to the neonatal intensive care unit.

The EPFMC midwifery program, one of the few in the region, has achieved national distinction. It received the 2011 "best practice" award from the ACNM for the lowest rate of neonatal intensive care unit admissions. The program also earned "runner up best practice" for lowest rate of primary cesarean sections, lowest total cesarean rate, highest total vaginal birth rate, highest rate of first trimester entry into prenatal care and highest rate of births per provider. Selection is based on benchmarking data submitted annually to ACNM from practices of similar size nationwide.

"Providing care and support to this number of mothers and their newborns exemplifies our commitment to high quality conception-to-postpartum clinical care for our patients," said Elizabeth Jenkins, CNM, MPH, director of the midwifery program. "When women are within reach of a midwife who is supported by a functioning health system, not only is their likelihood of dying from complications during childbirth drastically reduced, but also the midwife becomes the critical link to well-baby care and health care for the entire family."

Each year, there are four million births in the United States. Midwives deliver 6% of those, or 220,000 births. Births attended by certified nurse-midwives (CNMs) produce fewer cesarean sections, infant abrasions, complications, perineal lacerations, postpartum hemorrhage, and vacuum- or forceps-assisted deliveries than physicians do. CNMs also cost less than physicians per birth and most develop strong, satisfying relationships with the mothers. [Oakley, D. et al. "Comparisons of Outcomes of Maternity Care by Obstetricians and Certified Nurse-Midwives." *Obstetrics and Gynecology*, November 1996, 88(5); 823-829.]

Poor birth outcomes and long-term failure to thrive are of particular concern within Eisner Pediatric & Family Medical Center's client community of low-income, un- or underinsured young women (primarily from Mexico and Central America) who typically lack the education and experience to initiate and maintain prenatal health regimens. The goal of the midwifery program is to improve birth outcomes

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and mother and infant health by fostering participation in comprehensive perinatal care regimens, self-care management, healthy lifestyle choices and family planning/reproductive health education.

Eisner Pediatric & Family Medical Center is a quality-focused, nonprofit community health center dedicated to improving the physical, social, and emotional well-being of people in the communities we serve, regardless of income. Providing a “medical home” to more than 24,000 patients annually on a budget of \$19.6 million, the Center is one of the only providers of accessible, free or low-cost primary care services in downtown and South Los Angeles.

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