Safe Deliveries Roadmap
Learning Collaborative Webcast
December 18, 2014

Safe Deliveries Roadmap
Advancing Safety for Mothers and Babies
A Roadmap from Pre-pregnancy to Postpartum
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Presented at Washington State Hospital Association Safe Table Webcast Dec. 18, 2014
Today

• Hear about Safe Deliveries Project updates.

• Hear how the Overlake Medical Center team engages their providers and staff in the Safe Deliveries Roadmap work and the creative ways they are promoting the recommendations.

• Learn how to foster creativity among your team members to make improvements in care.

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UPDATES
SDR Measures

• **Outcome:**
  - NTSV Cesarean Section (Nulliparous, Term, Singleton, Vertex)
  - TSV Primary Cesarean Section (Term, Singleton, Vertex)
  - Induced Cesarean Section (Nulliparous and Multiparous)
  - Maternal admission to Intensive Care Unit
  - Maternal blood transfusions
  - Extended maternal length of stay
  - Operative vaginal delivery
  - Unexpected Newborn Complications measure (UNC)

• **Process:**
  - Labor induction practices
  - First stage labor practices
  - Second stage labor practices
<table>
<thead>
<tr>
<th>OUTCOMES</th>
<th>PROCESS</th>
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<tbody>
<tr>
<td><strong>WSHA-MDC</strong></td>
<td><strong>OB COAP</strong></td>
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| User group meeting - January 13\(^{th}\) 7:00 - 8:30am | LEAPT hospital training (repeat sessions):  
1) December 30, 8:30am – 9:30am  
2) January 5, 2:30pm – 3:30pm |
| **WSHA**         | **WSHA**           |
| Training completed. One-on-one support on-going. | • Informational webcast on pilot mid-January  
• Pilot starting February 2015 – interest to WSHA by end of January |

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A TALE OF TWO BIRTHS IN CALIFORNIA

SARA and MAYA, each expecting her first child, have similar low-risk pregnancies. How different can their birth experiences be?

The experiences of pregnant mothers at California hospitals—small or large, urban or rural—can vary dramatically.

LOW-RISK C-SECTION

In low-risk pregnancies, C-sections should be avoided to reduce post-surgical complications.
Lower rate is better.

EPISIOTOMY

While this minor surgical procedure makes more space for the baby's birth, it may lead to complications for the mother.
Lower rate is better.

EXCLUSIVE BREASTFEEDING BEFORE DISCHARGE

Breastfeeding benefits mother and baby.
Higher rate is better.

VAGINAL BIRTH AFTER C-SECTION (VBAC)

Woman who have had a C-section do not necessarily need to deliver subsequent babies by C-section.
Higher rate is better.

SARA GOES TO A HIGH-PERFORMING HOSPITAL

The likelihood that she will experience these procedures is:

19% 2% 88% 27%

MAYA GOES TO A LOW-PERFORMING HOSPITAL

The likelihood that she will experience these procedures is:

56% 46% 19% 1%

WHAT IF THIS VARIATION DID NOT EXIST?

If all California hospitals were high performing, an averaging measure, it would mean annually:

14,800 fewer C-sections
38,900 fewer episiotomies
119,900 more babies breastfed
12,300 more VBACs

See a map of California’s high- and low-performing hospitals at www.chief.org/2births. Learn about the performance of hospitals near you at www.CalQualityCare.org.
Where You Deliver Matters

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High-Performing Hospitals (33)
- Alta Bates Summit - Alta Bates Campus
- Contra Costa Regional
- CPMC - St. Luke's Campus
- French Hospital
- Kaiser Permanente Downey
- Kaiser Permanente Fremont
- Kaiser Permanente Hayward
- Kaiser Permanente Redwood City
- Kaiser Permanente Roseville
- Kaiser Permanente San Jose
- Kaiser Permanente Santa Rosa
- Kaiser Permanente South Sacramento
- Kaiser Permanente Vallejo

Low-Performing Hospitals (12)
- AHMC Anaheim Regional
- Beverly Hospital
- Citrus Valley - Inter-Community Campus
- Citrus Valley - Queen of the Valley Campus
- Coastal Communities Hospital
- East Valley Hospital
- Garfield
- Greater El Monte Community Hospital
- Montclair Hospital
- Pacifica Hospital of the Valley
- San Gabriel Valley
- Victor Valley Community Hospital
EBP and Creativity

Generating the Evidence

*Prescriptive*

- Diverse Information
- Research Methods
- Evidence

Application

*Creative*

- Evidence
- Culture
- Policy
- Preferences
- Implementation

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The Creative Process

• Ask – the better the question, the more creative the solution
• Learn – 10,000 hours to mastery
• Look – being aware of patterns in the environment
• Play – time off to incubate
• Think – generating lots of ideas
• Fuse – connecting ideas in new ways
• Choose – rapid editing
• Make – externalizing the idea

*Zig-Zag; The Surprising Path to Greater Creativity, Keith Sawyer*

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ZIG ZAG

- Ask
- Learn
- Make
- Look
- Choose
- Play
- Fuse
- Think

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There are many valid reasons why people aren’t candid with one another in a work environment. Your [leader] job is to search for those reasons and then address them.

There is nothing quite as effective, when it comes to shutting down alternative viewpoints, as being convinced you are right.

If there is more truth in the hallways than in the meetings, you have a problem.

Failure isn’t a necessary evil. In fact, it isn’t evil at all. It is a necessary consequence of doing something new.

Don’t wait for things to be perfect before you share them with others. Show early and show often. It will be pretty when you get there, but it won’t be pretty along the way. And that’s how it should be.

Creativity, Inc.: Overcoming the Unseen Forces That Stand in the Way of True Inspiration, Ed Catmull

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Polling Questions

1) In my organization people are encouraged to suggest new ideas.
   - Very much like us
   - Mostly like us
   - Somewhat like us
   - Not much like us
   - Not like us at all

2) In my organization ideas are listened to and studied before being judged.
   - Very much like us
   - Mostly like us
   - Somewhat like us
   - Not much like us
   - Not like us at all

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Overlake Medical Center

Dr. Kristen Graham, Medical Director of Women’s & Infant’s Services
Peggy Schwartz, RN, Nurse Manager L&D
Margie Bridges, MN, CNS Childbirth Center
Betsy Pesek, MN, BSN, RN, CCRN Clinical Outcomes Specialist

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menu

Comfort Cart

Nausea & Hunger
- Candy
- Gum
- Scents
- Cold packs / Fan
- Trigger Point Instructions

Discomfort & Aches
- Focal Points
- Position Ideas
- Hot Packs
- Cold Packs
- Massage Tools
- Trigger Points
- Stress Ball
- Scents

Atmosphere
- Focal Points
- Scents
- Candles
- Music Channel 56

Birth Partner Aides
- Affirmation Quotes
- Refreshments

Miscellaneous
- Hair bands
- Lip balm
- Spa socks
- Puzzle books

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Comfort à la carte Items

Positive Affirmations in room

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Moms are admitted into the Rocking Chair or on birthing ball to set the stage for continuous motion!
Birthing positions, and positions to promote progress are on big, laminated posters in every room.
Keeping track of Vaginal births day by day.
Keeps it present in our minds, and out in the open!

This calendar is in a public hallway so staff, family and patients can see when they are out walking!
QUESTIONS
2015

- Roadmap Monthly (webcast) 7:00am – 8:00 am

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<th>March 12</th>
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<tr>
<td>April 30</td>
<td>October 15</td>
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<td>May 21</td>
<td>November 19</td>
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<td>June 18</td>
<td>December 16</td>
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<td>July 16</td>
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- Safe Tables (in-person) 9:00am – 2:30 pm
  - February 10
  - September 8
Thank You!

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Safe Deliveries Roadmap Website
http://www.wsha.org/0513.cfm%20