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Spinning Babies® a Professional Development Program for Birth Workers to Reduce C-Section Rates

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Spinning Babies® a Professional Development Program for Birth Workers to Reduce C-Section Rates

Presenters: Lisa M. Acosta, RN



BACKGROUND/PROBLEM

Overview:

For most low-risk nulliparous, term, singleton, vertex (NTSV) pregnancies, cesarean birth increases risk of hemorrhage, infection, uterine rupture, abnormal placentation, cardiac events, psychological stress, longer hospital stays, increased pain, and increased postpartum re-admissions (FPQC).

In 2020, South Miami Hospital's (SMH) NTSV cesarean section (C-section) rate was the highest of all Baptist Health South Florida (BHSF) perinatal departments. The C-section rate in Florida for 2020 was 35.9%, making it the third highest in the United States (CDC). With a C-section rate that was so much higher than the already high state rate, it was clear that SMH had work to do. One of the many recommendations of the Florida Perinatal Quality Collaborative (FPQC) was to work on labor dystocia, or abnormally slow labor, which often leads to C-section due to failure to progress.

Problem:

- In March 2021, South Miami Hospital's (SMH) cesarean section (C-section) rate continued to be high at 45.6%.
- The importance of improving the labor skills of clinical labor nurses is one strategy to decrease labor dystocia. Supporting labor patients with specific movements, stretches, and laboring positions can dramatically shorten the first stage of labor and increase the chance of delivering vaginally.
- The L&D Teams focus is based on strategies to reduce NTSV C-section rates which affect the overall C-section rate. The team contacted the Spinning Babies® organization to host two labor skills workshops for SMH labor nurses. Spinning Babies® is an organization that provides physiologic labor education to birth workers all over the world.

GOAL

- Reduce SMH Overall caesarian section rates below baseline of 45.6%.

PLAN

The Spinning Babies® labor skills workshops were coordinated by the L&D leadership team and a unit committee team member, Lisa Acosta, RN (Clinical Nurse). Tammy Ryan, one of only 15 Spinning Babies® Approved Trainers, was flown to Miami for the two events which were generously sponsored by a nursing education grant provided to SMH L&D.

These workshops are held across the world and are usually attended by birth workers such as midwives, nurses, and doulas who are looking to increase their knowledge of physiologic labor, and typically cost \$250 to attend. Two dates were scheduled in separate months to facilitate the most employees being able to attend.

INTERVENTION(S)

April 2021:

- Provided 2 Spinning Babies® Skills Workshop for L&D nurses & physicians (8-hours each). Tammy Ryan, the Spinning Babies® instructor provided expert hands-on instruction, and each student left with a handout detailing all of the techniques. Forty-seven of the L&D nurses (about two thirds) and four OB physicians attended. Attendees received a certificate of completion with CEUs. One of the great things about the techniques is that they require no special equipment other than a willing patient and knowledgeable birth team.
- The Spinning Babies® learning objectives included the following:
 - How to promote optimal fetal position
 - The hard and soft tissues of the pelvis
 - Daily Essentials and Rest Smart (SM) activities in pregnancy
 - The 3 Principles of Spinning Babies®
 - Body balancing techniques – Jiggle, Forward-Leaning Inversion, and the Side-lying Release
 - Identifying signs of progress in labor and non-progressing labor
 - Pelvic level solutions
 - Laboring and birthing positions

May 2021:

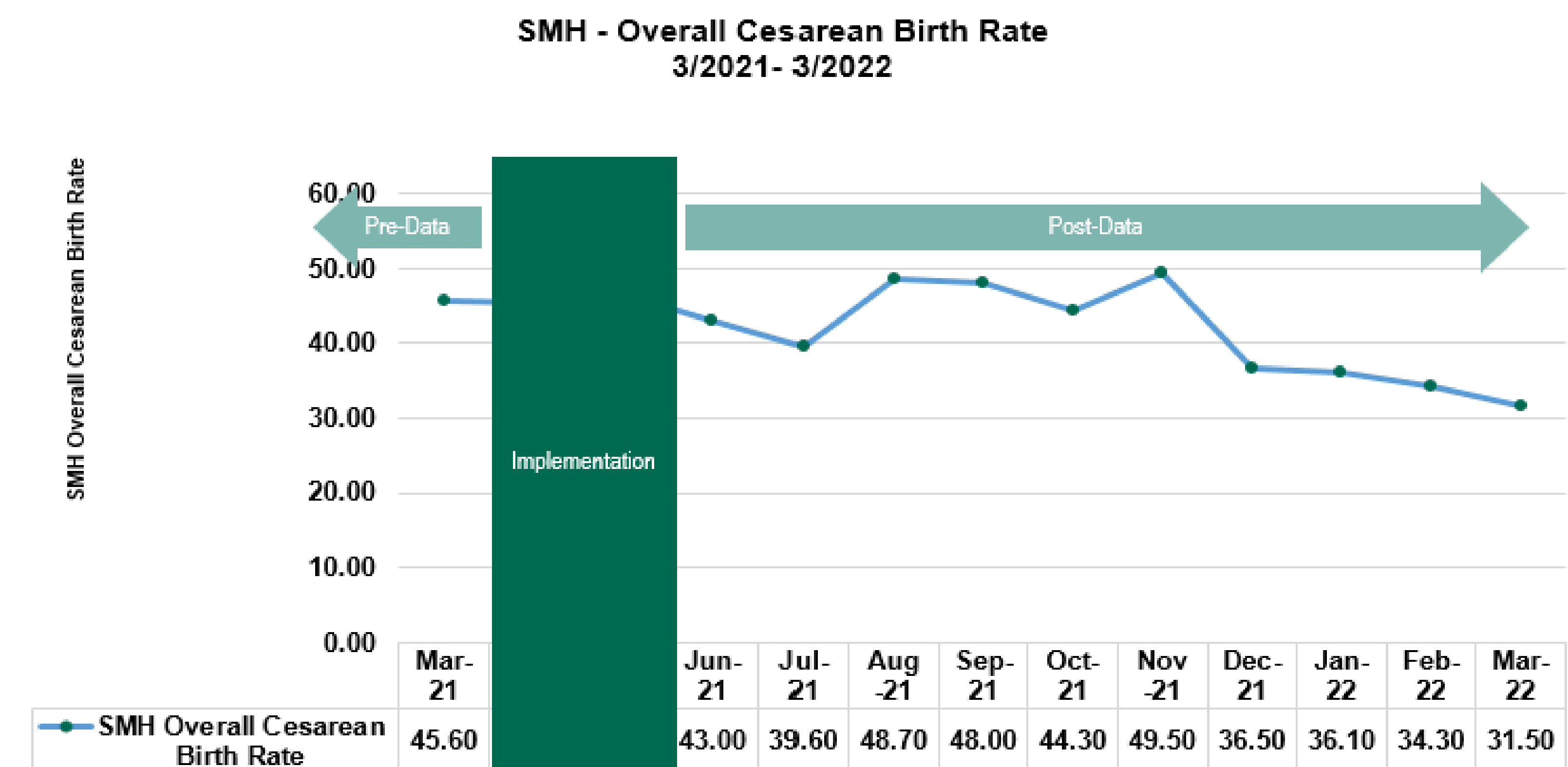
- Post Spinning Babies® Skills Workshop - Champions chosen (nurses & physicians)
- Educational posters placed in all L&D patient rooms
- Implemented labor room competencies

OUTCOME

Outcome:

Immediately following the Spinning Babies® workshops, there was a 6-month period of time in which the assimilation of the knowledge needed to occur before we saw a decrease in the C-section rates.

As a result of the education and application of these techniques learned from Spinning Babies®, the C-section rate showed a dramatic reduction from December 2021 – March 2022, to the 30's%.



As of September 2022, documentation within the Cerner EMR was updated to allow for quick charting of the 3 body balancing techniques under the laboring positions section.



South Miami Hospital

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