

# NEWS RELEASE

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FOR MORE INFORMATION, CONTACT

Lisa Church  
lgchurch@brhc.org  
660-829-7788

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## MARCH OF DIMES RECOGNIZES BOTHWELL FOR EFFORTS TO GIVE MORE BABIES A HEALTHY START

The Women's Health Unit at Bothwell Regional Health Center in Sedalia has been recognized for reducing the number of elective inductions and Cesarean deliveries performed before 39 completed weeks of pregnancy. The March of Dimes says this will give more babies a healthy start in life. Babies delivered before full term are at increased risk of serious health problems and death in their first year of life.

"We're proud of our team of physicians and nurses who saw this opportunity to improve care in our community and put in place policies to avoid scheduling elective inductions or caesarean deliveries before 39 weeks of pregnancy, except when medically necessary" said Women's Health Nursing Director Lana Kelly.

Bothwell's physicians and nurse midwives begin educating mothers-to-be during their regular office visits. The team of nurses and physicians working on the EED project developed a scheduling form that forwarded to Labor and Delivery when an induction is scheduled. The form indicates the reason for induction and verifies the due date. If there is a question about the delivery, the doctor or midwife is called to clarify.

Babies born just a few weeks early have higher rates of hospitalization and illness than full-term infants. Recent research by the March of Dimes, the National Institutes of Health and the U.S. Food and Drug Administration found that although the overall threat is small, the risk of death more than doubles for infants born at 37 weeks of pregnancy when compared to babies born at 40 weeks, for all races and ethnicities.



The March of Dimes honored the Women's Health Unit at Bothwell for having achieved no early elective deliveries of babies. Women's Health nurses Jennifer Price, Jami Sleeper, Andrea St. Clair, Patty Bock and Director Lana Kelly display the banner presented by a March of Dimes representative.

“The last weeks of pregnancy are extremely important,” said Trina Ragain, State Director of Program Services, Advocacy and Government Affairs, March of Dimes Missouri Chapter. “Babies aren’t just putting on weight. They are undergoing important development of the brain, lungs and other vital organs. The March of Dimes commends the team at Bothwell for being a champion for babies with their quality improvement effort.”

A two-year partnership between the March of Dimes Missouri Chapter and the Missouri Hospital Association (MHA) is achieving its goal of significantly reducing early elective deliveries (EEDs) by the end of 2014. Of the 46 participating birthing hospitals in Missouri, 78 percent report a rate of five percent or less and 61 percent have had no EEDs in the last six months of reported data. Bothwell has had no early elective deliveries since beginning the program in September 2012.

The policy prohibits doctors from scheduling a delivery – either by induction or cesarean section – before the baby is at a confirmed 39 weeks gestation. The policy applies to non-medically indicated (elective) deliveries only.

" This is one of many quality improvements Missouri hospitals are aggressively pursuing to achieve the Triple Aim of better care, better health and lower costs," said Herb Kuhn, president and CEO of the Missouri Hospital Association.

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Bothwell Regional Health Center is a 145-bed regional health center serving west-central Missouri with state-of-the-art technology and comprehensive health and wellness services including surgical, cancer, orthopaedic, endovascular/cardiac, women's health, and therapy services. For more information on Bothwell Regional Health Center and its services is available on the website at [www.brhc.org](http://www.brhc.org).