St. Joseph's Health - Syracuse

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Spinning Babies

What is Spinning Babies?

Spinning Babies is a physiological approach to preparing for and caring for birth.

Project goal:

To test whether the Spinning Babies intervention can lower overall C-section rates and determine whether there are racial disparities in C-section rates.

Project successes

- Onboarded a midwife to teach Spinning Babies.

- Achieved 60 sign-ups from nurses to complete the course.

- Transitioned to EPIC, which enabled better patient demographic data collection.

- Collected race, ethnicity and language data on 100% of patients.

- Began collecting sexual orientation and gender identity data.

What we learned

In stratifying birth outcomes by race, we found:

- The C-section rate is high for all patients, at **31%**.

- White patients' C-section rate is slightly higher than average, at **32%**.

- Black patients' C-section rate matches the average, at **31%**.

Overall, we **did not identify a racial disparity** in C-section rates. Our intervention focuses on improving outcomes for all patients.

Race		Birth Outcomes by Quarter				
		Q1	Q2	Q3	Q4	Grand Total
Null	Total births		3	4		7
	C-section rate		66.67%	25.00%		42.86%
American Indian/Alaskan	Total births		1	2	1	4
	C-section rate		0.00%	0.00%	0.00%	0.00%
Asian Indian	Total births		2	2		4
	C-section rate		0.00%	50.00%		25.00%
Black or African American	Total births	10	51	52	21	134
	C-section rate	20.00%	35.29%	28.85%	28.57%	30.60%
Chinese	Total births		2	3		5
	C-section rate		0.00%	0.00%		0.00%
Declined	Total births		7	3		10
	C-section rate		14.29%	33.33%		20.00%
Filipino	Total births			1		1
	C-section rate			0.00%		0.00%
Korean	Total births			1		1
	C-section rate			0.00%		0.00%
Other	Total births	5	27	21	7	60
	C-section rate	60.00%	25.93%	38.10%	28.57%	33.33%
Other Asian	Total births	6	20	17	9	52
	C-section rate	16.67%	25.00%	41.18%	22.22%	28.85%
Two or more races	Total births	1		3	1	5
	C-section rate	0.00%		33.33%	0.00%	20.00%
Unknown	Total births	1	16	14	8	39
	C-section rate	0.00%	6.25%	28.57%	12.50%	15.38%
White	Total births	51	305	311	90	757
	C-section rate	35.29%	32.46%	32.48%	30.00%	32.36%
All patients	Total births	74	434	433	137	1079
	C-section rate	32.43%	30.65%	32.03%	27.74%	30.95%

Challenges

- Opportunity to educate newer nurses on evidence of Spinning Babies' effectiveness in reducing avoidable C-sections.

- Patient Reported Experience Measure (PREM) survey completion is required to obtain accurate feedback from birthing persons on their experience with Spinning Babies.

  - Improved collection of sexual orientation and gender identity data will enable a comprehensive assessment of the patient.

What's next?

- Schedule additional Spinning Babies workshops.

- Track completion of Spinning Babies training among nursing staff.

- Continue to track C-Section rates and identify any potential disparities.

- Increase the number of PREMs collected to better measure patient experience.

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Questions?

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