

**Table of Contents**

Executive Summary..... 1

Dr. Robert Bree Collaborative Background..... 2

Background ..... 3

    Clinical Background..... 3

    Bundle Episode Definitions..... 4

Care Pathway for Obstetric Care Providers ..... 6

    Prenatal Care..... 6

    Labor Management and Delivery ..... 9

    Postpartum Care ..... 10

Recommendations for Stakeholder Groups ..... 11

    Health Care Purchasers (Employers and Union Trusts) ..... 11

    Emergency Department and Urgent Care ..... 11

    Department of Health..... 11

    Washington State Health Care Authority ..... 12

Quality Metrics..... 13

**Appendix A: Bree Collaborative Members..... 15**

**Appendix B: Maternity Bundled Payment Model Charter and Roster..... 16**

**Appendix C: Guideline and Systematic Review Search Results..... 18**

**Appendix D: Exclusions..... 23**

**Appendix E: Included Services and Coding..... 24**

**Appendix F: Information on Group Visits..... Error! Bookmark not defined.**

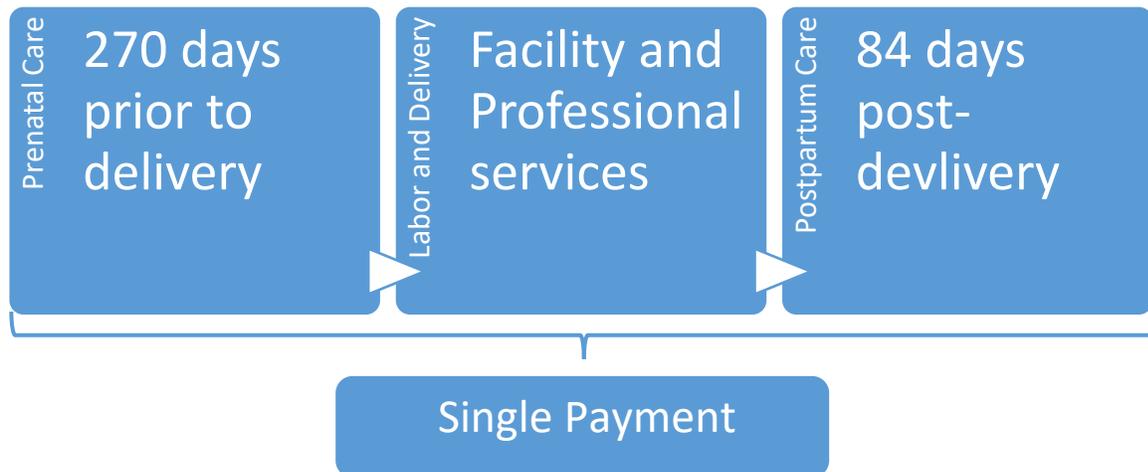
References ..... 29

## Executive Summary

Pregnancy and childbirth are life-changing, monumental experiences that greatly impact the gestational parent and form the basis for a child’s future. The United States has the highest maternal mortality rate **of developed countries** and vast inequities based on race and ethnicity in both maternal and infant mortality. Cesarean-section rates remain high despite much effort to increase appropriateness. Labor and delivery are expensive, in many cases the most expensive area for health plans and purchasers with wide variation in price. In Washington State, Medicaid pays for more than half of births.

While much of maternity care reimbursement is structured as a limited bundled payment, expanding these definitions and adding clinical components and required quality metrics tied to gain-sharing can address some preventable complications **by** increased care coordination and the potential for better adoption of evidence-based best practices. Various bundled payment models are being used across the country by state Medicaid agencies, health plans, and others that offer examples and guidance.

The Bree Collaborative elected to develop an episode-based payment model, or bundled payment, for maternity care and has convened a workgroup that met from January 2019 to November 2019. This guideline presents a payment model that includes prenatal care, labor and delivery, and postpartum care along with clinical components for internal quality tracking and performance metrics, as shown in Figure 1, below:



Clinical background and discussion of the bundled payment structure are presented on pages 2-4. The clinical pathway for providers and delivery systems as relevant for prenatal care, labor and delivery, and postpartum care is presented on pages 5-8. Recommendations for other stakeholders including health care purchasers, emergency departments and urgent care, the Washington State Department of Health, and the Washington State Health Care Authority are listed on pages 9-10. Finally, quality metrics are outlined on pages 10-11. This bundle guideline does not specifically recommend exclusions but outlines guidance on how to define exclusions based on the patient population in **Appendix D**.

## **Dr. Robert Bree Collaborative Background**

The Dr. Robert Bree Collaborative was established in 2011 by Washington State House Bill 1311 “...to provide a mechanism through which public and private health care stakeholders can work together to improve quality, health outcomes, and cost effectiveness of care in Washington State.” The Bree Collaborative was named in memory of Dr. Robert Bree, a leader in the imaging field and a key member of previous health care quality improvement collaborative projects.

Members are appointed by the Washington State Governor and include public health care purchasers for Washington State, private health care purchasers (employers and union trusts), health plans, physicians and other health care providers, hospitals, and quality improvement organizations. The Bree Collaborative is charged with identifying health care services annually with substantial variation in practice patterns, high utilization trends in Washington State, or patient safety issues. For each health care service, the Bree Collaborative identifies and recommends best-practice, evidence-based approaches that build upon existing efforts and quality improvement activities to decrease variation. In the bill, the legislature does not authorize agreements among competing health care providers or health carriers as to the price or specific level of reimbursement for health care services. Furthermore, it is not the intent of the legislature to mandate payment or coverage decisions by private health care purchasers or carriers.

See **Appendix A** for a list of current Bree Collaborative members.

Recommendations are sent to the Washington State Health Care Authority for review and approval. The Health Care Authority (HCA) oversees Washington State’s largest health care purchasers, Medicaid and the Public Employees Benefits Board Program, as well as other programs. The HCA uses the recommendations to guide state purchasing for these programs. The Bree Collaborative also strives to develop recommendations to improve patient health, health care service quality, and the affordability of health care for the private sector but does not have the authority to mandate implementation of recommendations.

For more information about the Bree Collaborative, please visit: [www.breecollaborative.org](http://www.breecollaborative.org).

Bree Collaborative members identified maternity care as a priority improvement area and convened a workgroup to develop evidence-based standards. The workgroup met from January to November 2019.

See **Appendix B** for the Maternity Bundled Payment Model Workgroup Charter and a list of members.

See **Appendix C** for results of the guideline and systematic review search.

## Background

### Clinical Background

Pregnancy and childbirth are life-changing, monumental experiences that greatly impact the gestational parent and form the basis for a child's future. Preexisting health problems may be exacerbated by pregnancy, pre-eclampsia or gestational diabetes that present during pregnancy are associated with increased risk for lifelong cardiovascular disease, and behavioral health complications such as depression or anxiety can be severe and long-lasting.<sup>1</sup> Complications, ranging in severity from first degree perineal laceration to hemorrhage, in labor and delivery are common with some estimates as high as 80% of vaginal deliveries and 95% of cesarean-sections having complications listed in the medical record.<sup>2</sup>

The United States has the highest maternal death rate among developed nations with more than 50,000 mothers having life-threatening complications annually.<sup>3,4</sup> Mortality also differs greatly based on race with black mothers being three to four times as likely to die in childbirth than white mothers and more likely to suffer complications that lead to maternal death and injury.<sup>2,5</sup> Cardiovascular conditions are responsible for over one third of pregnancy-related deaths in the United States, followed by infection (12%), hemorrhage (11%), and others.<sup>6,7</sup>

In 2017, Washington State had 81,208 total births, 50% of which had Medicaid-paid maternity care.<sup>8</sup> The rates for cesarean-section among nulliparous term singleton vertex deliveries, vaginal births after cesarean-section for term singleton vertex deliveries, and primary cesarean-sections among term singleton vertex were 24.3%, 28.3%, and 13.9%.<sup>8</sup> Nationally, 8.3% babies are born with a low birthweight and 9.9% are born preterm.<sup>9</sup> Childbirth remains the largest hospital expense, the largest single cost for state Medicaid agencies, and the largest expense for most commercial health plans.<sup>10,11</sup>

Opportunities for clinical improvement include reducing cesarean section rates, increasing provision of care by appropriate providers in appropriate settings, reducing pre-term birth rates, reducing mortality rates for the gestational parents and for infants, and reducing health disparities.<sup>12,13</sup> Clinical improvements in proactive identification and treatment of cardiovascular disease, increasing the rate of physiologic birth, and provision of more personalized postpartum care with a higher number of and more frequent visits also serve as areas for improvement. Increased use of midwives and greater use of supportive services such as doulas can also help achieve some of these goals.

Lastly, pregnancy presents a unique opportunity to engage people in and connect to ongoing care, especially for those who are marginalized or who may not have regular encounters with the medical system. This is especially important for those with comorbid behavioral health diagnoses, use of illicit drugs during pregnancy not being uncommon.<sup>14</sup>

### **Bundle Episode Definitions**

Bundled payment models can address some preventable complications in maternity care through greater coordination of care, reorganizing care around the patient(s), and through better provision of evidence-based care. Various episode-based payment models are currently being used across the country, many of which are profiled in the Health Care Payment Learning and Action Network (HPC-LAN) paper.<sup>15,16,17</sup> The HPC-LAN, created to “drive alignment in payment approaches across and within the public and private sectors of the health care system,”<sup>18</sup> outlines the following steps to developing a comprehensive bundle:

- Episode definition
- Episode timing
- Patient population
- Services
- Patient engagement
- Accountable entity
- Payment flow
- Episode price
- Type and level of risk
- Quality metrics

Many of the models discussed cover low-risk pregnancies, limiting their impact on health equity while others exclude the highest and lowest cost episodes and select conditions.<sup>9,19</sup> In many cases, cesarean section rate is used as an indicator of success. However, availability of data on outcomes of the various models is variable. The workgroup acknowledges the difficulty in creating specifications, inclusions, and exclusions for an entire state and for different payers that includes different populations. However, the workgroup also emphasizes the need to impact system-wide change through standardization of definitions, metrics, and models.<sup>20</sup> Lessons from other states and regions are clear in recommending shared models and shared definitions to drive sustainability so that time-limited pilots do not become the norm.<sup>21,22</sup>

While the Bree Collaborative cannot recommend specific reimbursement amounts, the workgroup does acknowledge the need to offer guidance on payment timing and reimbursement flow as this will impact provider participation in a bundled payment model. In all cases, payers and/or purchasers should determine their reimbursement levels through historical benchmarking. Prospective reimbursement refers to an established amount paid to the accountable entity while retrospective reimbursement relies on fee-for-service reimbursement to individual providers followed by reconciliation after the episode is complete with shared savings or loss. Retrospective reconciliation has a lower administrative burden and will be easier to for a provider as the accountable entity and is therefore recommended as a first step for the Washington state community.

The workgroup developed a clinical pathway supported by an episode-based payment building on existing perinatal work within Washington State prioritizing health equity, high-quality, and evidence-based perinatal and pediatric care. The workgroup relied extensively on practice guidelines from the American College of Obstetricians and Gynecologists (ACOG) and work done by the Washington State Hospital Association (WSHA) as well as the HPC-LAN outline.

## Bree Collaborative | Maternity Bundled Payment Model

Updated: September 11<sup>th</sup>, 2019

The episode includes prenatal care, labor and delivery, and postpartum care as follows:

- Fee-for-service with retrospective reconciliation initially
  - The workgroup recommends moving toward a prospective payment model
- Risk adjustment based on patient-specific factors
- Triggered at delivery to begin 270 days prior to delivery and ending 84 days (3 months) post delivery
- The workgroup's ideal is to implement a perinatal bundle that will last 365 days (12 months) post-delivery (total 635 days) that also includes pediatric care for 12 months
- Including prenatal care, labor and delivery, postpartum services for both facility and professional services
- Obstetric care provider or group is the accountable entity
- Exclusion criteria:
- Incomplete claims within episode time
  - Age: younger than 16, older than 40
  - Cost below first percentile or higher than ninety-ninth percentile
  - Diagnoses within the episode window or 90 prior to **or after** episode window as determined by the payer or purchaser based on high-cost claims. See **Appendix D** for Exclusion criteria examples. The workgroup does not recommend basing exclusion criteria on behavioral health diagnoses including substance use disorder or drug use and/or body mass index (BMI).
  - Death within episode window

See **Appendix E** for included services and coding

## Care Pathway for Obstetric Care Providers

Best practice measures tracked internally

### Prenatal Care

- **Intake visit.** A comprehensive intake visit should happen as soon as possible after a patient contacts the provider or group with a positive pregnancy test. At a minimum, the intake visit should happen in the first trimester.
  - Gather patient information, conduct a comprehensive patient medical history including family medical history, prior pregnancy history, preterm birth risk, and concurrent medications. talk about insurance or needing access to insurance
  - Nutrition and prenatal vitamins
  - Importance of continuing exercise
  - TBD: obesity and healthy pregnancy, preparedness for labor and delivery
  - Scheduling dating ultrasound
  - Information on genetic testing and counseling
  - Screen for:
    - Behavioral health, depression, anxiety, suicidality, and tobacco, marijuana, alcohol, and/or other drug use, see more information on tools below
    - Toxic environmental exposures
    - Injury prevention
    - Violence and abuse
- **At a minimum**, monthly visits up to 28 weeks gestation at minimum. Visits may be done as a group.
- **At a minimum**, biweekly visits up to 29-36 weeks gestation at minimum. Visits may be done as a group.
- **Screenings and Risk Assessments.**
  - **Anemia/hemorrhage risk assessment.**
  - **Cardiovascular disease.** For all pregnant patients, conduct a global cardiovascular risk assessment during the first trimester and again in the second trimester. Next steps should follow the [California Maternal Quality Care Collaborative Cardiovascular Disease in Pregnancy and Postpartum Toolkit](#), [ACOG's Pregnancy and Heart Disease Practice Bulletin](#), and [ACOG's Gestational Hypertension and Preeclampsia Practice Bulletin](#).<sup>23</sup> Educate community primary care and emergency care services that the new onset of asthma during pregnancy should always prompt consideration for a cardiovascular cause, particularly cardiomyopathy of pregnancy, or unmasking of heretofore undiagnosed underlying congenital cardiovascular disease.
    - Patients with red flags for cardiovascular disease (i.e., shortness of breath at rest, severe orthopnea necessitating four or more pillows, resting heart rate  $\geq 120$  beats per minute, resting systolic blood pressure  $\geq 160$  mm Hg, and/or resting respiratory rate of  $\geq 30$  breaths per minute and an oxygen saturation

## Bree Collaborative | Maternity Bundled Payment Model

Updated: September 11<sup>th</sup>, 2019

- ≤94%) should be promptly evaluated, **managed as appropriate as per current ACOG guidelines and/or other national guidelines**. Consider a consultation with maternal and fetal medicine and primary care/cardiology. This may be done via telemedicine, if available.
- Patients with a personal history of cardiovascular disease should receive a consultation with maternal and fetal medicine and primary care/cardiology. This may be done via telemedicine, if available.
  - **Behavioral Health.** Explain to patients the purpose of screening for depression, anxiety, suicidality, alcohol misuse, and drug use including the safety and security of the information. **Screen for depression, anxiety, suicidality, and tobacco, marijuana, alcohol, and/or other drug use at intake and at least every trimester** using a validated instrument(s), **as described below**:
    - **Depression** (e.g. Patient Health Questionnaire-2, PHQ-3 and/or PHQ-9) and **anxiety** (e.g., Generalized Anxiety Disorder-2), follow guidelines within the 2017 Bree Collaborative [Behavioral Health Integration Report and Recommendations](#).
    - **Suicidality** (e.g. ninth question of the PHQ-9, first and second questions of the Columbia Suicide Severity Rating Scale (C-SSRS), the Ask Suicide-Screening Questions (ASQ) as well as current plans and any past attempts). If suicide risk is detected, follow guidelines within the 2018 Bree Collaborative [Suicide Care Report and Recommendations](#), or more recent if available.
    - **Tobacco, marijuana, alcohol** (e.g., AUDIT-C), and **drug use** (e.g., single-item screener, ASSIST, DAST-10, single item cannabis and other drug use questions). If alcohol misuse or illicit drug use is detected, follow guidelines within 2015 Bree Collaborative [Addiction and Dependence Treatment Report and Recommendations](#), or more recent if available following the Screening, Brief Intervention, and Referral to Treatment (SBIRT) protocol.
  - **Infectious Disease.** Screen all patients according to ACOG guidelines available here including for infectious disease and immunity to infectious disease, where appropriate (e.g., rubella, varicella). Information for patients is available [here](#).
    - Follow ACOG practice advisory for [Management of Pregnant and Reproductive-Aged Women during a Measles Outbreak](#) or other infectious disease, where appropriate.
  - **Gestational Diabetes Screening.**
  - **Vaccination.**
    - Tetanus, diphtheria, and pertussis, third trimester
    - Influenza if not already done so in the current season
  - **Second trimester education.**
    - Breastfeeding
  - **Third trimester education**
    - Breastfeeding

## Bree Collaborative | Maternity Bundled Payment Model

Updated: September 11<sup>th</sup>, 2019

- Birth spacing and contraception. Materials include:  
[www.marchofdimes.org/pregnancy/how-long-should-you-wait-before-getting-pregnant-again.aspx](http://www.marchofdimes.org/pregnancy/how-long-should-you-wait-before-getting-pregnant-again.aspx)
- **Shared Decision Making.** Use shared decision making as appropriate for relevant clinical conditions. See 2019 Bree Collaborative Shared Decision Making Recommendations for information on availability of patient decision aids and documentation. Examples include:
  - Vaginal birth after cesarean section
    - [Birth Choices: What is best for you... Vaginal or Cesarean Birth?](#) Yale University School of Nursing
    - [Pregnancy: Should I Try Vaginal Birth After a Past C-Section \(VBAC\)?](#) Healthwise
    - [Vaginal birth after C-section \(VBAC\) guide](#) Mayo Clinic
  - Pain relief
    - [Pain Relief for Labour: For women having their first baby.](#) University of Sydney
    - [Pregnancy: Should I Have an Epidural During Childbirth?](#) Healthwise
  - Other delivery options
    - [Failure to progress in labor: Delivery options.](#) EBSCO Health
    - [Making choices: options for a pregnant woman with a breech baby.](#) University of Sydney
- **Social Determinants of Health.** Consider the impact of social determinants of health on patient health. If appropriate, screen patients for unmet needs using a culturally and patient-appropriate tool (e.g., [OneCare Vermont: Self-Sufficiency Outcomes Matrix](#), [Oregon Family Wellbeing Assessment](#), [other tools](#), tribal resources). Link patients to community resources, if needed (e.g., [Parent Help 123 website](#)).
- **Patient Support.** Support patients as needed or refer patients to available support services. See **Appendix F: Support Services.**

## Bree Collaborative | Maternity Bundled Payment Model

Updated: September 11<sup>th</sup>, 2019

### Labor Management and Delivery

The workgroup's goal is for a physiologic birth<sup>24</sup> **when safe to do so** including:<sup>25,26,27</sup>

- Spontaneous onset and progression of labor;
- Biological and psychological conditions that promote effective labor;
- Vaginal birth of the infant and placenta;
- Resulting in physiological blood loss;
- Optimal newborn outcomes, including transition through early skin-to-skin contact when appropriate, including for cesarean sections.
- Keeping the mother and infant together during the postpartum period; and early initiation of breastfeeding.

Additional recommendations include:

- Shared decision making, as appropriate
- Endorse standards within the Washington State Hospital Association Labor Management Bundle including:
  - **Maternal and fetal risk assessment**
  - **Induction of labor**
  - **Failed induction of labor**
  - **Management of first and second stage**
  - **Assessment of fetal status**
  - **Staffing**
- Follow the 2012 Bree Collaborative labor standards for limiting scheduled deliveries before the 39<sup>th</sup> week, limiting elective inductions between 39 and up to 41 weeks **except for language regarding favorability of the cervix**, and for appropriate indications for cesarean sections.
  - While the ARRIVE trial supported elective 39 week inductions under controlled study criteria, no data exists to recommend this practice for the general population in a community setting.<sup>28,29</sup>
  - **The ARRIVE trial supported elective 39-40 week inductions under controlled study criteria. If providers offer 39-week elective inductions, they should ensure that women meet the eligibility criteria of the ARRIVE trial, that the decision for elective induction is a shared decision between the woman and her obstetric provider, and that it takes into consideration whether their hospital or facility has the appropriate resources available at that time.**
- Comprehensive, client-centered contraceptive counseling that includes education about a broad range of contraceptive methods and facilitates shared decision-making when and if selecting a method. (was Immediate postpartum LARC is accessible if desired by a patient)

## Bree Collaborative | Maternity Bundled Payment Model

Updated: September 11<sup>th</sup>, 2019

### Postpartum Care

The bundle extends to 84 days (12 weeks) postpartum. Ideally, postpartum care would extend to 12 months. The workgroup recommends at least two postpartum visits with additional visits as needed. Postpartum care should be individualized following recommendations within the [American College of Obstetrics and Gynecologists committee opinion on Redefining the Postpartum Visit](#). Higher-risk patients may need to be seen more often. Visits should at a minimum include:

- Three weeks postpartum visit including:
  - DOH HTN/ecaImpsia follow-up Perinatal Collaborative Postpartum Follow-up Care schedule
  - Physical recovery from birth
  - Assessment of mood and emotional well-being including screening with a validated tool for depression (e.g., PHQ-9, Edinburgh Postnatal Depression Scale), anxiety (e.g., GAD), suicidality, and tobacco, alcohol, marijuana, and other drug use.
  - Sexuality including contraception (if needed) and discussing birth spacing
    - Same-day placement of long-acting reversible contraceptive, if desired
    - Use of shared decision making on contraception (e.g., [Birth control options: Things to consider](#))
  - Infant care and feeding including breastfeeding
  - Sleep and fatigue
  - Other topics as needed or wanted by the patient
  
- Additional comprehensive visit prior to 12 weeks postpartum including:<sup>30</sup>
  - Assessment of mood and emotional well-being including screening with a validated tool for depression (e.g., PHQ-9), anxiety (e.g., GAD), tobacco use, substance use disorder.
  - Infant care and feeding including breastfeeding
  - Sleep and fatigue
  - Physical recovery from birth
  - Chronic disease management, if needed
  - Health maintenance
  - Identification of primary care provider to assume care after 12 weeks postpartum
  - Discussion of importance of vaccines
  - Gestational diabetes follow-up, if needed
  - Violence and abuse
  - Other topics as needed or wanted by the patient
  
- **Patient Support.** Support patients as needed or refer patients to available support services. See [Appendix F: Support Services](#).

## Recommendations for Stakeholder Groups

Link the gestational parent's member ID and newborn ID. This can be done on a statewide level (as in New York State) or on a health plan level in some cases.

### Health Care Purchasers (Employers and Union Trusts)

- Understand your population's need for and utilization of maternity care including: number of births annually, low-risk cesarean-section rate, total perinatal cost, and other metrics.
- Review available resources on maternity care for purchasers such as those through the [Pacific Business Group on Health](#) or the [Integrated Healthcare Association](#).
- Present employee-facing materials as part of wellness programs or other engagement strategies that outline choices made during pregnancy such as those from the [March of Dimes](#) or [Childbirth Connection](#).
- Investigate moving to value-based reimbursement in partnership with other purchasers such as the Washington State Health Care Authority.
  - Initial steps can include instituting a blended case rate for vaginal and cesarean-section and/or separate reimbursement for evidence-based supportive services such as for doulas.
  - The workgroup recommends a movement to a bundled payment as outlined in these guidelines that includes prenatal, labor and delivery, and postpartum care extending three months.
  - Reach goal: Include pediatric care for the first three months.

### Emergency Department and Urgent Care

- **Cardiovascular Disease.** Assess all women of childbearing age for recent pregnancy and last menstrual period. Women may be at higher risk for cardiovascular disease up to five months postpartum and may present with shortness of breath, chest pain, unresolved cough or swelling. Follow algorithm for taking patient history, physical examination, and workup as outlined in the [California Maternal Quality Care Collaborative Cardiovascular Disease in Pregnancy and Postpartum Toolkit](#).<sup>31</sup>
- **Hypertension/eclampsia – DOH PP recommendations; timely treatment; postpartum status awareness**

### Department of Health

- Provide comprehensive resources around social determinant of health **screening** resources including tools to measure need around social determinants of health. Tools include but are not limited to:
  - [OneCare Vermont: Self-Sufficiency Outcomes Matrix](#),
  - [Oregon Family Wellbeing Assessment](#),
  - [Other tools](#)

**Washington State Health Care Authority**

- Extend Washington State Medicaid eligibility to 12 months (365 days) postpartum at the same income level as for pregnancy.
- Through the [Washington State Common Measure Set](#), continue to report on Cesarean Birth (*number of nulliparous women with a term, singleton baby in a vertex position delivered by cesarean birth*), Prenatal Care (*percentage of women who receive first trimester prenatal care*), Unintended Pregnancies (*percentage of pregnancies that was unintended at the time of conception*), Mental Health Service Penetration (*percentage of members with a mental health service need who received mental health services in the measurement year*), Substance Use Disorder Service Penetration (*percentage of members with a substance use disorder treatment need who received a substance use disorder treatment in the measurement year*), Antidepressant Medication Management (*percentage of members 18 years and older who were treated with antidepressant medication, had a diagnosis of major depression and who remained on an antidepressant medication treatment*), Audiological Evaluation No Later Than 3 Months of Age (*percentage of newborns who did not pass hearing screening and have an audiological evaluation no later than 3 months of age*), Childhood Immunization Status (*percentage of children 2 years of age who had four diphtheria, tetanus and acellular pertussis (DTap); three polio (IPV); one measles, mumps and rubella (MMR); three haemophilus influenza type B (HiB); three hepatitis B (HepB); one chicken pox (VZV); four pneumococcal conjugate (PCV); one hepatitis (Hep A); two or three rotavirus (RV); and two influenza (flu) vaccines by their second birthday*) and Well Child Visits in the First Fifteen Months of Life (*percentage of members who turned 15 months old during the measurement year and who had six or more well-child visits with a PCP during their first 15 months of life*).

## Quality Metrics

- **Overall cost**
- [PC-02: Cesarean Section NQF 0471](#) – Endorsed  
Percentage of nulliparous women with a term, singleton baby in a vertex position delivered by cesarean birth (C-section).
- **Chlamydia screening**
- **Group B streptococcus screening**
- **Postpartum visit** (used by Ohio Medicaid) Percent of valid episodes where the patient receives a follow-up visit with the PAP or any other provider during the post-trigger window 1 or post-trigger window 2. The codes used to identify follow-up visits in inpatient, outpatient or professional claims are listed in the Configuration file under “Quality metric 04 – Follow Up Visit Procedures”, “Quality metric 04 – Follow Up Visit Revenue Codes” and “Quality metric 04 – Follow Up Visit Diagnoses”.
- [Behavioral health risk assessment for pregnant women](#)  
American Medical Association - PCPI  
Percentage of patients, regardless of age, who gave birth during a 12-month period seen at least once for prenatal care who received a behavioral health screening risk assessment that includes the following screenings at the first prenatal visit: screening for depression, alcohol use, tobacco use, drug use, and intimate partner violence.

### **Maternity**

Not appropriate for value-based: Contraceptive Care – Postpartum Women Ages 15-44; it’s an OPA measure: <https://www.hhs.gov/opa/sites/default/files/2018-Measure-Specifications-CCP-for-OPA-Website.pdf>

Source: HPC-LAN from Core Quality Measures Collaborative <http://hcp-lan.org/workproducts/maternity-whitepaper-final.pdf> and <http://www.qualityforum.org/cqmc/>

- Frequency of ongoing prenatal care
- Cervical cancer screening
- Chlamydia screening and follow up
- Incidence of episiotomy
- Elective delivery for vaginal or cesarean at > =37 and < 39 weeks of gestation completed (PC-01)

## Bree Collaborative | Maternity Bundled Payment Model

Updated: September 11<sup>th</sup>, 2019

- Cesarean (nulliparous women with a term, singleton baby in a vertex position delivery by cesarean section, PC-02)
- Antenatal steroids under certain conditions (PC-03)
- Exclusive breast milk (PC-05)

Source: HPC-LAN from CMS Medicaid and CHIP Child and Adult Core Measures for Maternity Care

- [PC-01: Elective delivery NQF 0469](#) – Endorsed  
This measure assesses patients with elective vaginal deliveries or elective cesarean births at  $\geq 37$  and  $< 39$  weeks of gestation completed. This measure is a part of a set of five nationally implemented measures that address perinatal care (PC-02: Cesarean Section, PC-03: Antenatal Steroids, PC-04: Health Care-Associated Bloodstream Infections in Newborns, PC-05: Exclusive Breast Milk Feeding). PC-01: Elective Delivery is one of two measures in this set that have been reengineered as eQMs and are included in the EHR Incentive Program and Hospital Inpatient Quality Reporting Program.
- [PC-03: Antenatal steroids NQF 0476](#) – Endorsed  
Percentage of Medicaid and CHIP enrolled women at risk of preterm delivery at 24 and  $< 34$  weeks gestation that received antenatal steroids prior to delivering preterm newborns.
- [Timeliness of Prenatal Care NQF 1517](#) – Not endorsed
- [Live births less than 2500 grams NQF 1382](#) – Endorsed  
Percentage of live births that weighed less than 2,500 grams in the state during the reporting period.
- [Frequency of ongoing prenatal care NQF 1391](#) – Not endorsed
- [Behavioral health risk assessment for pregnant women](#)  
American Medical Association - PCPI  
Percentage of patients, regardless of age, who gave birth during a 12-month period seen at least once for prenatal care who received a behavioral health screening risk assessment that includes the following screenings at the first prenatal visit: screening for depression, alcohol use, tobacco use, drug use, and intimate partner violence.
- [Postpartum contraceptive use among women ages 15-44](#)  
Developmental measure (OPA/CDC)- NQF-29025  
The first rate is an intermediate outcome measure, and it is desirable to have a high percentage of women who are provided the most effective or moderately effective contraceptive methods during the postpartum period. The second rate is an access measure, and the focus is on making sure that women have access to LARC methods during the postpartum period.

## Bree Collaborative | Maternity Bundled Payment Model

Updated: September 11<sup>th</sup>, 2019

### Appendix A: Bree Collaborative Members

Member	Title	Organization
Susie Dade, MS	Deputy Director	Washington Health Alliance
Peter Dunbar, MB ChB, MBA (Vice-Chair)	CEO	Foundation for Health Care Quality
Gary Franklin, MD, MPH	Medical Director	Washington State Department of Labor and Industries
Stuart Freed, MD	Chief Medical Officer	Confluence Health
Richard Goss, MD	Medical Director	Harborview Medical Center – University of Washington
Sonja Kellen	Global Benefits Director	Microsoft
Dan Kent, MD	Chief Medical Officer, Community Plan	UnitedHealthcare
Wm. Richard Ludwig, MD	Chief Medical Officer, Accountable Care Organization	Providence Health and Services
Greg Marchand	Director, Benefits & Policy and Strategy	The Boeing Company
Robert Mecklenburg, MD	Medical Director, Center for Health Care Solutions	Virginia Mason Medical Center
Kimberly Moore, MD	Associate Chief Medical Officer	Franciscan Health System
Carl Olden, MD	Family Physician	Pacific Crest Family Medicine, Yakima
Drew Oliveira, MD	Executive Medical Director	Regence BlueShield
Mary Kay O'Neill, MD, MBA	Partner	Mercer
John Robinson, MD, SM	Chief Medical Officer	First Choice Health
Jeanne Rupert, DO, PhD	Provider	One Medical
Angela Sparks, MD	Medical Director Clinical Knowledge Development & Support	Kaiser Permanente Washington
Hugh Straley, MD (Chair)	Retired	Medical Director, Group Health Cooperative; President, Group Health Physicians
Shawn West, MD	Medical Director	Premera BlueCross
Laura Kate Zaichkin, MPH	Director of Health Plan Performance and Strategy	SEIU 775 Benefits Group
Judy Zerzan, MD, MPH	Chief Medical Officer	Washington State Health Care Authority

## Appendix B: Maternity Bundled Payment Model Charter and Roster

### Problem Statement

The United States has the highest maternal death rate among developed nations with more than 50,000 mothers having life-threatening complications annually.<sup>1,2</sup> Mortality also differs greatly based on race with black mothers being three to four times as likely to die in childbirth than white mothers and more likely to suffer complications that lead to maternal death and injury.<sup>1,3</sup> Bundled payment models can address some of these preventable complications with various models being currently being used across the country.<sup>4</sup>

### Aim

To recommend a bundled payment model for maternity care that includes pre- and post-natal care, addresses disparities, and includes relevant metrics.

### Purpose

To propose evidence-based recommendations for bundling maternity care to the full Bree Collaborative on:

- Addressing racial and income disparities.
- Process and patient outcome metrics.
- Addressing preventable complications.
- Inclusion and exclusion criteria.
- Pre and post-natal care.
- Addressing barriers to integrating recommendations.
- Implementation pathway(s).
- Identifying other areas of focus or modifying areas, as needed.

### Duties & Functions

The Maternity Bundle workgroup will:

- Research evidence-based and expert-opinion informed guidelines and best practices (emerging and established).
- Consult relevant professional associations and other stakeholder organizations and subject matter experts for feedback, as appropriate.
- Meet for approximately nine months, as needed.
- Provide updates at Bree Collaborative meetings.
- Post draft report(s) on the Bree Collaborative website for public comment prior to sending report to the Bree Collaborative for approval and adoption.
- Present findings and recommendations in a report.
- Recommend data-driven and practical implementation strategies.
- Create and oversee subsequent subgroups to help carry out the work, as needed.

<sup>1</sup> Centers for Disease Control and Prevention. Pregnancy-Related Deaths. <https://www.cdc.gov/reproductivehealth/maternalinfanthealth/pregnancy-relatedmortality.htm>

<sup>2</sup> Save the Children. State of the World's Mothers 2015. Available: <https://www.savethechildren.org/content/dam/usa/reports/advocacy/sowm/sowm-2015.pdf>

<sup>3</sup> Tucker MJ, Berg CJ, Callaghan WM, Hsia J. The Black-White disparity in pregnancy-related mortality from 5 conditions: differences in prevalence and case-fatality rates. *Am J Public Health.* 2007 Feb;97(2):247-51.

<sup>4</sup> HCP-LAN Maternity Multi-Stakeholder Action Collaborative. Issue Brief: The Business Case for Maternity Care Episode-Based Payment. <https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=9&ved=0ahUKewic1ZKvnlPbAhUPB3wKHZWMCbQQFghfMAG&url=http%3A%2F%2Fhcp-lan.org%2Fworkproducts%2FMAC-maternity-care-VBP-business-case-03-20-2017.docx&usg=AOvVaw1qxa2iOXAQQ4Y5vK762-C2>

## Bree Collaborative | Maternity Bundled Payment Model

Updated: September 11<sup>th</sup>, 2019

- Revise this charter as necessary based on scope of work.

### Structure

The workgroup will consist of individuals confirmed by Bree Collaborative members or appointed by the chair of the Bree Collaborative or the workgroup chair. The chair of the workgroup will be appointed by the chair of the Bree Collaborative. The Bree Collaborative program director and program assistant will staff and provide management and support services for the workgroup.

Less than the full workgroup may convene to: gather and discuss information; conduct research; analyze relevant issues and facts; or draft recommendations for the deliberation of the full workgroup. A quorum shall be a simple majority and shall be required to accept and approve recommendations to send to the Bree Collaborative.

### Meetings

The workgroup will hold meetings as necessary. The program director will conduct meetings along with the chair, arrange for the recording of each meeting, and distribute meeting agendas and other materials prior to each meeting. Additional workgroup members may be added at the discretion of the workgroup chair.

Name	Title	Organization
Carl Olden, MD (Chair)	Family Physician	Pacific Crest Family Medicine
Anaya Balter, RN, CNM, MSN, MBA	Clinical Director for Women's Health	Washington State Health Care Authority
David Buchholz, MD	Medical Director, Collaborative Health Care Solutions	Premera
Andrew Castrodale, MD	Family Physician	Coulee Medical Center
Francie Chalmers, MD	Pediatrician, Member	Washington Chapter of the American Academy of Pediatrics
Angela Chien, MD	Obstetrics and Gynecology	EvergreenHealth
Neva Gerke, LM	President	Midwives Association of Washington
Molly Firth, MPH	Patient Advocate	
Lisa Humes-Schulz, MPA/ Lisa Pepperdine, MD	Director of Strategic Initiatives/ Director of Clinical Services	Planned Parenthood of the Great Northwest and Hawaiian Islands
Rita Hsu, MD, FACOG	Obstetrics and Gynecology	Confluence Health
Caroline Kline, MD	Obstetrics and Gynecology	Overlake Medical Center
Dale Reisner, MD	Obstetrics and Gynecology	Swedish Medical Center
Janine Reisinger, MPH	Director, Maternal-Infant Health Initiatives	Washington State Hospital Association
Mark Schemmel, MD	Obstetrics and Gynecology	Spokane Obstetrics and Gynecology, Providence Health and Services
Vivienne Souter, MD	Research Director	Obstetrics Clinical Outcomes Assessment Program

**Appendix C: Guideline and Systematic Review Search Results**

Literature search was limited to systems-level interventions.

	Year	Title	Summary
AHRQ: Research Findings and Reports	2012	<a href="#">Strategies To Reduce Cesarean Birth in Low-Risk Women</a>	Virtually all studies within health care systems that changed policies or procedures evaluated strategies with more than one component. Seventeen of 31 studies reported statistically significant reductions in cesarean from 1.6 to 17.0 percent. Ten of the 17 effective strategies included audit and feedback of cesarean trend data to participating units and/or care providers, 7 included protocols for vaginal birth after prior cesarean, 6 included agreement on overarching labor and delivery guidelines, and 5 included active management of labor protocols. Overall, it is not possible to determine which components are definitively associated with reductions. No single strategy was uniformly successful in reducing cesareans. Strength of evidence was low to insufficient for all strategies. No approach dominated as a strategy appropriate to reduce use of cesarean among low-risk women in the United States.
	2013	<a href="#">Efficacy and Safety of Screening for Postpartum Depression</a>	The potential effectiveness of screening for postpartum depression appears to be related to the availability of systems to ensure adequate follow-up of women with positive results. The ideal characteristics of a screening test for postpartum depression, including sensitivity, specificity, timing, and frequency, have not been defined. Because the balance of benefits and harms, at both the individual level and health system level, is highly dependent on these characteristics, broad consensus on these characteristics is needed.
Cochrane Collection (interventions targeted to low and middle-income countries excluded)	2019	<a href="#">Provision and uptake of routine antenatal services: a qualitative evidence synthesis</a>	This review has identified key barriers and facilitators to the uptake (or not) of antenatal care services by pregnant women, and in the provision (or not) of good-quality ANC by healthcare providers. It complements existing effectiveness reviews of models of ANC provision and adds essential insights into why a particular type of ANC provided in specific local contexts may or may not be acceptable, accessible, or valued by some pregnant women and their families/communities. Those providing and funding services should consider the three thematic domains identified by the review as a basis for service development and improvement. Such developments should include pregnant and postnatal women, community members and other relevant stakeholders.
	2019	<a href="#">Support during pregnancy for women at increased risk of low birthweight babies</a>	Pregnant women need the support of caring family members, friends, and health professionals. While programmes that offer additional social support during pregnancy are unlikely to have a large impact on the proportion of low birthweight babies or birth before 37 weeks' gestation and no impact on stillbirth or neonatal death, they may be helpful in reducing the likelihood of caesarean birth and antenatal hospital

		admission.
2019	<a href="#">Perceptions and experiences of labour companionship: a qualitative evidence synthesis</a>	We have high or moderate confidence in the evidence contributing to several of these review findings. Further research, especially in low- and middle-income settings and with different cadres of healthcare providers, could strengthen the evidence for low- or very low-confidence findings. Ahead of implementation of labour companionship, researchers and programmers should consider factors that may affect implementation, including training content and timing for providers, women and companions; physical structure of the labour ward; specifying clear roles for companions and providers; integration of companions; and measuring the impact of companionship on women’s experiences of care. Implementation research or studies conducted on labour companionship should include a qualitative component to evaluate the process and context of implementation, in order to better interpret results and share findings across contexts.
2018	<a href="#">Non-clinical interventions for reducing unnecessary caesarean section</a>	We evaluated a wide range of non-clinical interventions to reduce unnecessary caesarean section, mostly in high-income settings. Few interventions with moderate- or high-certainty evidence, mainly targeting healthcare professionals (implementation of guidelines combined with mandatory second opinion, implementation of guidelines combined with audit and feedback, physician education by local opinion leader) have been shown to safely reduce caesarean section rates. There are uncertainties in existing evidence related to very-low or low-certainty evidence, applicability of interventions and lack of studies, particularly around interventions targeted at women or families and healthcare organisations or facilities.
2018	Interventions during pregnancy to prevent preterm birth: an overview of Cochrane systematic reviews	Our overview found no up-to-date information in the Cochrane Library for the important treatments of cervical pessary, vaginal progesterone or cervical assessment with ultrasound. We found no high-quality evidence relevant to women at high risk of preterm birth due to multiple pregnancy. It remains important for pregnant women and their healthcare providers to carefully consider whether specific strategies to prevent preterm birth will be of benefit for individual women, or for specific populations of women.
2017	<a href="#">Schedules for home visits in the early postpartum period</a>	Increasing the number of postnatal home visits may promote infant health and maternal satisfaction and more individualised care may improve outcomes for women, although overall findings in different studies were not consistent. The frequency, timing, duration and intensity of such postnatal care visits should be based upon local and individual needs. Further well designed RCTs evaluating this complex intervention will be required to formulate the optimal package.
2016	<a href="#">Midwife-led continuity</a>	This review suggests that women who received midwife-led continuity models of care were less likely to

## Bree Collaborative | Maternity Bundled Payment Model

Updated: September 11<sup>th</sup>, 2019

	<a href="#">models versus other models of care for childbearing women</a>	experience intervention and more likely to be satisfied with their care with at least comparable adverse outcomes for women or their infants than women who received other models of care. Further research is needed to explore findings of fewer preterm births and fewer fetal deaths less than 24 weeks, and all fetal loss/neonatal death associated with midwife-led continuity models of care.
2015	<a href="#">Giving women their own case notes to carry during pregnancy</a>	The four trials are small, and not all of them reported on all outcomes. The results suggest that there are both potential benefits (increased maternal control and increased availability of antenatal records during hospital attendance) and harms (more operative deliveries). Importantly, all of the trials report that more women in the case notes group would prefer to carry their antenatal records in another pregnancy. There is insufficient evidence on health-related behaviours (smoking and breastfeeding), women's satisfaction, and clinical outcomes. It is important to emphasise that this review shows a lack of evidence of benefit rather than evidence of no benefit.
2015	<a href="#">Alternative versus standard packages of antenatal care for low-risk pregnancy</a>	In settings with limited resources where the number of visits is already low, reduced visits programmes of antenatal care are associated with an increase in perinatal mortality compared to standard care, although admission to neonatal intensive care may be reduced. Women prefer the standard visits schedule. Where the standard number of visits is low, visits should not be reduced without close monitoring of fetal and neonatal outcome.
2013	<a href="#">Barriers and facilitators to the implementation of lay health worker programmes to improve access to maternal and child health: a qualitative evidence synthesis</a>	Rather than being seen as a lesser trained health worker, LHWs may represent a different and sometimes preferred type of health worker. The close relationship between LHWs and recipients is a programme strength. However, programme planners must consider how to achieve the benefits of closeness while minimizing the potential drawbacks. Other important facilitators may include the development of services that recipients perceive as relevant; regular and visible support from the health system and the community; and appropriate training, supervision and incentives.
2012	<a href="#">Traditional birth attendant training for improving health behaviours and pregnancy outcomes</a>	The results are promising for some outcomes (perinatal death, stillbirth and neonatal death). However, most outcomes are reported in only one study. A lack of contrast in training in the intervention and control clusters may have contributed to the null result for stillbirths and an insufficient number of studies may have contributed to the failure to achieve significance for early neonatal deaths. Despite the additional studies included in this updated systematic review, there remains insufficient evidence to establish the potential of

**Bree Collaborative | Maternity Bundled Payment Model**

Updated: September 11<sup>th</sup>, 2019

			TBA training to improve peri-neonatal mortality.
<i>Health Technology Assessment Program</i>	2019	<a href="#">Cell-free DNA (cfDNA) prenatal screening for chromosomal aneuploidies</a>	In-progress
	2010	<a href="#">Routine ultrasound for pregnancy</a>	Routine Ultrasound is a covered benefit with conditions consistent with the criteria identified in the reimbursement determination. Routine Ultrasound is a covered benefit for pregnant women, routine screening ultrasound is a covered benefit, with the following conditions: 1. One Ultrasound in week 13 or earlier; 2. One Ultrasound in weeks 16 thru 22; 3. Other Ultrasound subject to agency determination
<i>Centers for Disease Control and Prevention</i>			Patient facing information on pregnancy <a href="#">here</a> .
<i>Institute for Clinical and Economic Review</i>			No specific maternal health or pregnancy-related reviews other than those that may refer to diagnosis comorbid with pregnancy such as <a href="#">depression</a> .
<i>Veterans Administration Evidence-based Synthesis Program</i>	2015	<a href="#">Understanding the Intervention and Implementation Factors Associated with Benefits and Harms of Pay for Performance Programs in Healthcare</a>	Seventeen studies examining processes of care associated with the Quality Outcomes Framework met inclusion criteria. The included studies examined a wide range of processes, such as influenza immunizations, prescribing patterns, and the measurement and/or recording of numerous incentivized indicators such as blood pressure, hypertension, glucose, total cholesterol, smoking status and cessation advice, and body mass index. Findings indicate modest improvements associated with the QOF, with the largest increases during the program’s first and second year, followed by either a plateau or slowing in improvement rates.

**Bree Collaborative | Maternity Bundled Payment Model**

Updated: September 11<sup>th</sup>, 2019

<i>The American College of Obstetricians and Gynecologists</i>	<u>2018</u>	<a href="#">Maternal Immunization</a>	Obstetrician–gynecologists and other obstetric care providers should routinely assess their pregnant patients’ vaccination status. Based on this assessment they should recommend and, when possible, administer needed vaccines to their pregnant patients. There is no evidence of adverse fetal effects from vaccinating pregnant women with inactivated virus, bacterial vaccines, or toxoids, and a growing body of data demonstrate the safety of such use. Women who are or will be pregnant during influenza season should receive an annual influenza vaccine. All pregnant women should receive a tetanus toxoid, reduced diphtheria toxoid, and acellular pertussis (Tdap) vaccine during each pregnancy, as early in the 27–36-weeks-of-gestation window as possible.
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## Appendix D: Exclusions

The workgroup recommends administrative and clinical exclusions, clinical exclusions being individually defined. The workgroup does not recommend exclusions based on a behavioral health diagnosis (including substance use disorder or drug use) or on Body Mass Index (BMI).

Ohio Medicaid excludes the following diagnoses:<sup>32</sup>

- Cancer under active management
- CNS infection and poliomyelitis
- Coma or brain damage
- Cystic fibrosis
- Ectopic pregnancy
- End stage renal disease
- Human Immunodeficiency Virus
- Intrauterine death or intrauterine hypoxia and birth asphyxia
- Paralysis or multiple sclerosis
- Parkinson's disease
- Prolapse of female genital organs
- Solid organ transplants (excluding corneal)
- Multiple gestation
- Multiple other comorbidities
- Death within episode window

The [HPC-LAN Maternity Bundle](#) recommends categories for exclusion including:

- Pre-existing health conditions, such as diabetes, hypertension, epilepsy, cancer, renal disease, obesity, advanced maternal age, and mental health conditions;
- Lifestyle choices: Cigarette smoking, alcohol use and illegal drug use;
- Previous pregnancy complications, such as genetic or congenital disorder, stillborn, preterm delivery; and
- Pregnancy complications, which can also arise during the pregnancy and birth, such as: Multiple gestation, fetal growth restriction, prolonged premature rupture of membranes, or placenta abnormalities

## Appendix E: Included Services and Coding

Global Obstetrical Package – CPT codes:

- 59400
- 59510
- 59610
- 59618

Global obstetrical care includes antepartum care, delivery and postpartum care and is reported using the date of delivery as the date of service after all services are rendered by a provider from a solo practice or multiple providers within the same group practice.

Initial and subsequent histories

Physical examinations

Recording of weight, blood pressures, fetal heart tones

Routine chemical urinalysis

Monthly visits up to 28 weeks gestation

Biweekly visits up to 36 weeks gestation

Weekly visits until delivery

Hospital & observation care

Evaluations & management (E&M) services within 24 hours of delivery

Admission to hospital

Admit history & physical

Management of uncomplicated Labor

Placement of internal fetal and/or uterine monitors; fetal monitoring

Catheterization or catheter insertion

Perineum preparation

Injection of local anesthesia

Induction of labor/artificial rupture of membranes

Preoperative counseling for cesarean delivery, preparation of abdomen and abdominal incision

Delivery of fetus (vaginal or cesarean)

Delivery of placenta

Insertion of cervical dilator

Simple removal of cerclage (not under anesthesia)

Episiotomy and/or repair of first and second degree lacerations

Removal of sutures/staples

E&M services following delivery

Postpartum visits

## Appendix F: Support Services

Women, their babies and families may require supportive services to align person-centered mother-baby care with their social and physical needs, goals, values, capacities and preferences. This section focuses primarily on support services for Apple Health moms and babies. To support the mother's choices and goals, support services should be integrated into the birth plan and clinical care plan.

Commercial health plans may provide support services using maternity case management, lactation consulting, breastfeeding support, or other services during the maternity and newborn episode. Women may also self-pay for support services, such as doulas, that follow their birth plan and pregnancy and delivery goals. Clinicians and their teams can learn more about support services for mothers and babies with commercial health plan coverage by contacting the woman's health plan.

### **Apple Health member support services**

**First Steps Maternity Support Services (MSS):** Any pregnant or up to 60 days postpartum Medicaid enrollee is eligible for MSS. MSS is an optional, enhanced service which is reimbursed fee for service. The services provided may take place in an office setting, the client's home or an alternate location. The purpose of MSS is to improve and promote healthy birth outcomes using an interdisciplinary team consisting of a registered nurse, behavioral health specialist, and registered dietitian. Some MSS providers also have community health workers as part of the team. MSS helps clients access prenatal care as early as possible and obtain health care for eligible infants. MSS covered services consist of in-person screening for risk factors, interventions for identified risk factors, brief counseling, education related to pregnancy and infant health, basic health messages, breastfeeding support, referrals to community resources, case management, and care coordination. For more information and to find an MSS provider in your area, check the MSS Provider Directory, click [here](#) or call the Help Me Grow Washington Hotline at 1-800-322-2588.

**First Steps Childbirth Education (CBE):** Any pregnant client covered by Washington Medicaid is eligible for at least 6 hours of education provided by a Health Care Authority-approved CBE educator who accepts Apple Health. Education must include topics related to pregnancy, labor and birth, and newborn care. For more information and to find a HCA-approved CBE educators, click [here](#) or call the Help Me Grow Washington Hotline at 1-800-322-2588 .

**Doula:** The goal of doula services is to reduce disparities in birth outcomes among racial, ethnic, and geographic populations; improve birth outcomes by reducing preterm birth, low birth rate, cesarean sections; shorten labor time; reduce the need for pain medications; reduce consequences associated with morbidities such as severe lacerations and hemorrhage; and

## **Bree Collaborative | Maternity Bundled Payment Model**

Updated: September 11<sup>th</sup>, 2019

improve rates of breastfeeding and length of time babies are breastfed. Recent legislation requires the Health Care Authority to implement doula services through the First Steps Maternity Support Services (MSS) program. HCA is collaborating with partner agencies, doula advocates, and MSS providers to determine cost savings and how best to implement. HCA is also working with the Centers for Medicare and Medicaid Services (CMS) to add doulas as an allowable provider in the Medicaid State Plan in order to reimburse for services. Please sign up for HCA's GovDelivery messages to stay informed as HCA works to implement doula services.

**PCAP:** The Parent-Child Assistance Program (PCAP) is an evidence-based home visitation case-management model for mothers who abuse alcohol or drugs during pregnancy. Its goals are to help mothers build healthy families and prevent future births of children exposed prenatally to alcohol and drugs. A client who is pregnant or postpartum, self-reports heavy substance use during the current or recent pregnancy, and has not successfully accessed community resources for substance use treatment and long-term recovery is eligible for PCAP. More information about the PCAP program can be found [here](#).

### **Additional support services**

**Home Visiting for Families (DCYF):** This program provides voluntary services in the home to expecting parents and families with infants and young children. Visits focus on linking families to health care and other community resources, promoting strong parent-child attachment, and coaching parents on learning activities to help their child's development. Visits also include regular screenings to help parents identify possible health and developmental issues. Find a local home visiting program by calling the Help Me Grow Washington Hotline at 1-800-322-2588.

**PAL for Moms:** UW Partnership Access Line for Moms (PAL for Moms) is a free telephone consultation service for health care providers caring for patients with mental health problems who are pregnant, postpartum, or planning pregnancy. Any health care provider in Washington State can receive consultation, recommendations, and referrals to community resources from a UW psychiatrist with expertise in perinatal mental health.

Psychiatrists provide consultation on any mental health-related question for patients who are pregnant, in the first year postpartum, who are planning pregnancy, or who have pregnancy-related complications (e.g. pregnancy loss, infertility). Topics may include depression, anxiety, or other psychiatric disorders; adjustment to pregnancy loss, complications, or difficult life events; risks of psychiatric medications; non-medication treatments; and consulting about women on psychotropic medications who are wanting to or thinking about getting pregnant.

## **Bree Collaborative | Maternity Bundled Payment Model**

Updated: September 11<sup>th</sup>, 2019

Perinatal psychiatrists are also available to help any practice thinking about instituting routine screening for depression. They can come to a clinic and provide a broad overview of best practices for depression screening and follow-up in the perinatal period.

The phone line 877-725-4666 (PAL4MOM), is staffed weekdays from 9 AM to 5 PM. Providers can call at any time and receive a call back within one working day. Providers can also e-mail with any questions or to set up a consultation at [ppcl@uw.edu](mailto:ppcl@uw.edu).

**211:** 2-1-1 is an easy-to-remember phone number for people to call for health and human service information and referrals and other assistance to meet their needs. Pregnant and postpartum patients can call 2-1-1 (or 1-877-211-9274) to get connected with mental health providers within their area. Click [here](#) for more information.

**WithinReach:** A not-for-profit organization that provides multiple ways for people to access support in-person, over the phone and online in order to find resources in their community. WithinReach is a leader and coalition builder for programs such as Basic Food education, Medicaid outreach and immunization action in Washington State. WithinReach's [ParentHelp123](#) website assists pregnant patients and families in finding resources like food banks, play and learn groups, free or low-cost health clinics by entering their zip code. Patients can also call WithinReach's Help Me Grow Hotline at 1-800-322-2588 to apply for Medicaid online or be referred to other resources.

**Crisis Line:** For patients thinking of suicide or are in crisis can call 1-866-427-4747.

Team-based care supports success in implementing bundled episode care delivery and payment. The World Health Organization defines it as “the provision of comprehensive health services to individuals, families, and/or their communities by at least two health professionals who work collaboratively along with patients, family caregivers, and community service providers on shared goals within and across settings to achieve care that is safe, effective, patient-centered, timely, efficient, and equitable.” [Source: Naylor MD, Coburn KD, Kurtzman ET, et al. Team-Based Primary Care for Chronically Ill Adults: State of the Science. Advancing Team-Based Care. Philadelphia, PA: American Board of Internal Medicine Foundation; 2010.]

Team-based care engages the primary obstetric or midwifery clinicians and their office-based team (including nurses, medical assistants, and other staff) in a model to manage a specific panel of patients with a focus on person-centered care. Care teams explore opportunities to improve and optimize efficient, high quality, person-centered care delivery. The team develops clinical workflow, processes and competencies to assure all members are engaged in delivering and coordinating patient care at the right time, using the right team member to support person-centered care in partnership with moms and families and other clinical and community-based organizations. This may mean some team members take on new roles in performing

**Bree Collaborative | Maternity Bundled Payment Model**

Updated: September 11<sup>th</sup>, 2019

screening, interventions or education, and coordinating care to support clinicians in focusing on clinical care planning and leading their team.

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## Bree Collaborative | Maternity Bundled Payment Model

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