



Newsletter Sponsor

October 2017

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From the President's Desk...

Is it just me or has 2017 blown by? No pun intended, post-hurricanes and all! Speaking of Irma, we had to reschedule our Annual "**Best of the Best**" event at Disney because of her. We are very fortunate that all four impressive and innovative employers we had lined up to speak about their efforts in quality improvement, cost containment, and community health improvement can make it down here on November 8th! The "Best of the Best" is our "fan favorite" event every year - if you have not registered yet, please don't delay - very limited seating is left!



Also in November is our first ever "**Babies, Business and the Bottom Line**" event at Nemours. We are addressing the need to reduce prematurity, early elective deliveries and medically unnecessary C-sections. Join us to learn about strategies for improving the value of maternity care! Information on these two events is contained below as well as information on our other upcoming events.

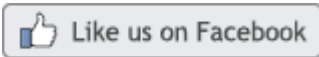
Special thanks to our newest affiliate partner, baby+co., for sponsoring this quarter's newsletter that includes important information from **Leapfrog**, as well as some critical take-aways from our "**Better Pain Management**" collaborative. They have also provided a very interesting article on midwifery.

If you are already a member of FLHCC or one of our cherished partners, thank you for your support and engagement this year. We are busy planning our events, programs and projects for 2018, so please drop me a line if you have any ideas or suggestions. If you have not joined FLHCC yet, please contact me for more information on our vitally important and growing coalition of "Employers Who Care About Health Care."

Regards,

Karen

Karen van Caulil, Ph.D.
President and CEO



Upcoming Events

Register now!

[Babies, Business and the Bottom Line](#)

November 3, 2017
8:00 AM - 12:00 PM
Nemours Children's Hospital, Orlando

[Register](#)

Seats filling up fast!

["Best of the Best"](#)

November 8, 2017
7:45 AM - 1:30 PM
Disney's Contemporary Resort, Orlando

[Register](#)

New date and location!

[Specialty Pharmacy Workshop](#)

December 12, 2017
7:30 AM - 12:00 PM
Orlando Heart Health Institute, Orlando

[Register](#)

Save the Date

Early registration open!
[Annual Meeting of the Board of Directors](#)

4 Reasons Your Benefits Network Should Include Midwives

Midwives have been around for as long as women have been giving birth, but modern midwifery is having a resurgence - and for good reason. Certified-Nurse Midwives, who are Masters and Doctorate-prepared Advanced Practice Nurses, offer a unique approach to pregnancy, childbirth and women's reproductive health.

Here are four reasons to ensure that your employees and their dependents can access midwives.

1. **Midwives improve outcomes for others and babies.** Researchers who synthesized the results of 15 studies involving over 17,000 women found that women whose care was coordinated by midwives had lower risk of preterm birth and fetal death than those who received care in other models. They were also less likely to have instrumental vaginal births or episiotomies, both of which can lead to chronic pelvic pain and muscle weakness.
2. **Midwifery care reduces costs - sometimes dramatically.** Midwives tend to use tests and procedures only when they are medically needed, translating into fewer charges for procedures like ultrasound or induction of labor. Additionally, midwifery care during labor is associated with a reduced chance of cesarean delivery. Cesareans cost about 50% more than vaginal births, according to a 2013 Truven Analytics report. Finally, offering out-of-hospital options, such as freestanding birth centers, for women with low-risk pregnancies avoids costly hospital facility fees, which makes up

March 7, 2018
7:30 AM - 10:30 AM
Nova Southeastern
University, Orlando

Featured speaker:
Jim Klein, President,
American Benefits
Council

[Register](#)

Watch for details coming
soon!

**25th Annual National
Conference: The Health
Care (R)evolution**

April 10, 2018
7:30 AM - 5:00 PM
Rosen Centre Hotel,
Orlando, Florida

**The Latest on
Leapfrog**



The Leapfrog Group has
partnered with Castlight
to create reports on
maternity outcomes in
specific areas using the
2016 Hospital Safety
Survey



results.

Click for links to the
Castlight reports
on [Maternity
Care](#) and [High-Risk
Delivery](#) reports.

about 60% of the total spending on pregnancy and birth (Truven).

3. **Midwives offer highly valued options for women and families, and get high marks for client satisfaction.** Women have a range of preferences and expectations for their childbirth care, and some are highly motivated to find providers who will meet these expectations. Midwives are focused on providing the broadest range of options - whether that means encouraging eating and drinking in labor, involving partners or siblings in the childbirth experience, or supporting breastfeeding. Although midwives can provide epidurals to women, they are especially skilled at helping women avoid anesthesia if this is their goal. At Baby+Company, 95% of clients who give birth without epidurals report that they have enough support to manage pain and discomfort in labor.
4. **Midwives help keep healthy women healthy, reducing the chance of high-risk pregnancy or complications.** Midwives are trained to focus on prevention and wellness, and on average spend more time addressing issues like nutrition and exercise during visits. And midwives are leading efforts to increase pre-conception care, which can reduce complications like gestational diabetes, hypertensive disorders, miscarriages, and preterm birth.

Are your benefits designed to provide access to midwifery care?

- Does your provider network directory include midwives?
- Does your plan contract directly with midwifery practices, or only through physicians? All midwives team up with physicians to provide full-scope care, but contracting directly with midwifery practices ensures the midwives are practicing within a midwifery care model, not just as physician extenders.
- Do you have birth centers in your network? Birth centers offer midwifery care with strong outcomes and high satisfaction at a significantly lower cost than hospitals.



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A record number of hospitals have submitted surveys for 2017. As of September 30th, 1,853 have submitted nationally and 149 or 66% have submitted from the state of Florida. The survey closes on 12/31 for 2017.



On October 31, 2017 the Fall 2017 Hospital Safety Grades will be released.

Both initiatives help to determine the Top Hospitals Awards. Those awards will be presented at an award dinner in Washington D.C. on December 7, 2017.

If you have any questions, please contact Ashley Tait-Dinger, FLHCC Director of Quality & Value Measurement at Ashley@flhcc.org.

Featured Article

[Revolutionary C-Section Technique Is a Total Game-Changer](#)

Mom.me featured Dr. Chudacoff, Texas OB-GYN, and his experience using non-opioid pain medication.

Better Pain Management Collaborative

FLHCC is winding down this year's Better Pain Management Collaborative and we have a few quick facts you should find helpful. Remember, all individuals are unique and pain is personal!

- Prescription opioids have long been the "go to" choice for treating post-surgical pain
- 99% of patients receive a prescription for an opioid after surgery
- 1 in 15 individuals become long term opioid users after surgery

What are the experts saying?


- CDC - Opioids are rarely needed for more than 7 days after surgery
- Joint Commission - An individualized multi-modal treatment plan is needed to manage pain
- U.S. Surgeon General - Educating health care providers about the importance of reducing opioid use while maintaining effective pain management

How can you help your employees to better manage pain after surgery?

- Encourage employees preparing for surgery to learn about their options (www.planagainstpain.com).
 - This is a discussion every employee and family member should have with their doctor
 - A pain management plan should be developed
- Employees should understand their benefits structure and what is covered
 - Employers should have communication pieces available on their website
 - Education should be conducted at open enrollment events and health fairs
 - Reminders should be sent in newsletters and emails
- Employers should offer alternative treatments to opioids
 - Encourage a multi-modal approach
- Work with health plans and PBMs to assure alternative pain treatment options are covered

Click [here](#) to download a copy of "Creating a Culture of Change in Opioid Reliance."

The Better Pain Management Collaborative is sponsored by:




About our newsletter sponsor, baby+co.




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baby+co. is a network of women's health+family wellness centers focused on natural birth + all things pregnancy. baby+co. was founded on the core belief that all women should be empowered to choose the parenting journey that is right for them. baby+co. offers a range of services that include pre-conception planning, pre- and post-natal care and in-center birth supported by certified nurse midwives. Nothing makes baby+co and FLHCC smile more than happy and healthy mommies, babies and families!



Are you interested in sponsoring our next newsletter, webinars, and future events? Would you like more information on membership and its benefits?

Contact **Karlene Lucas** for more information.



PACIRA
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If you would like more information about our Better Pain Management Collaborative, please contact Karlene Lucas at Karlene@flhcc.org.

