

THE OPTIMALITY INDEX - US
The Perinatal Background Index
The Optimality Index
Patricia A. Murphy, Dr.P.H., CNM Judith T. Fullerton, Ph.D., CNM, FACNM
June 2009

INDEX ITEM	LOWEST RISK/ OPTIMAL OUTCOME	ABBREVIATED BIBLIOGRAPHIC REFERENCE	EVIDENCE GRADE FOR EACH CITATION				
			I Pos	I Neg	II Pos	II Neg	III
QUALITY OF THE EVIDENCE							
I (Positive): Evidence from at least 1 randomized clinical trial proving the benefit of the optimal outcome, AND/OR compelling evidence that the cost/benefit ratio favors the optimal outcome from the epidemiological or societal perspective.							
I (Negative): Evidence from at least 1 randomized clinical trial proving the adverse impact of the non-optimal outcome, AND/OR compelling evidence that the presence of a non-optimal outcome has broad adverse impacts from the epidemiologic or societal perspective.							
II (Positive): Evidence from at least 1 clinical trial without randomization, from cohort or case-controlled analytic studies (preferably from more than 1 center) or from multiple time-series studies, or dramatic results from uncontrolled experiments, AND/OR professional consensus, based on the midwifery philosophy of nonintervention in the absence of complications, that the cost/benefit ratio favors the optimal outcome.							
II (Negative): Evidence from at least 1 clinical trial without randomization, from cohort or case-controlled analytic studies (preferably from more than 1 center) or from multiple time-series studies, or dramatic results from uncontrolled experiment, AND/OR professional consensus, based on the midwifery philosophy of nonintervention in the absence of complications, that the presence of a non-optimal outcome has broad adverse impacts from the epidemiologic or societal perspective.							
III Evidence from opinions of respected authorities based on clinical experience, descriptive studies or reports of expert committees							
THE PERINATAL BACKGROUND INDEX							
Social and medical background							
1. marital status	(as if) married	Aveyard et al., 2002				X	
		Beck, 2001				X	
		Kalil et al., 2002					X
		Luo et al., 2004			X		

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		Zeitlin et al., 2002				X	
2. ethnic minority <ul style="list-style-type: none"> • White – nonHispanic • Hispanic • Native American/Alaskan Indian • African-American • SouthEast Asian (Vietnamese, Lao, Cambodian) Asian Pacific Islander • Chinese • Eastern Asian (Korean, Japanese) • East Indian/Pakistani 	no	Berg et al., 2003			X		
		Branum & Schoendorf, 2002			X		
		Forna et al., 2003			X	X	
		Gregory & Korst, 2003			X	X	
		Ibison, 2005				X	
		Lasker, 2005				X	
		Mathews et al., 2002			X		
3. smoking	none	Ananth et al., 2003				X	

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		Bouyer et al., 2003				X	
		Carter et al., 2008				X	
		Meyer et al., 2004				X	
		Mortensen et al., 2001				X	
		Nabet et al., 2005				X	
		U.S. Department of Health and Human Services, 2001					X
		Wisborg et al., 2001				X	
4. alcohol	none	CDC, 2002					X
		Henriksen et al., 2004				X	
		Kesmodel et al., 2002a, 2002b				X	
		Lieber, 2001				X	
		Parazzini et al., 2003				X	
		Rasch, 2003				X	
		Sen & Swaminathan, 2007				X	
5. drug use	none	Arlettaz et al., 2005				X	

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		Bada et al., 2007				X	
		Dashe et al., 2002				X	
		Eyler et al., 1998				X	
		Hurd et al., 2005				X	
		Ludlow et al., 2004				X	
		Ness et al., 2002				X	
		Ogunyemi & Hernandez-Loera, 2004				X	
		Richardson et al., 2007				X	
		Wolfe et al., 2005				X	
6. pre-pregnancy body mass index (weight [in kg] / height [in meters]²) [Institute of Medicine and WHO Standards]	Normal weight range BMI 18.5 – 24.9	Chu et al. 2009				X	
		Kristensen et al., 2005				X	
		Torloni et al. 2009				X	
		WHO 2004				X	
		Yogev et al, 2005				X	
7. age	18 – 40	Canterino et al., 2004				X	

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						X	
		Cleary-Goldman et al., 2005				X	
		Jacobsson et al., 2004				X	
		Phipps et al., 2002				X	
		Smith & Pell, 2001				X	
		Weijers et al., 2002				X	
8. preexisting, major, chronic, disease	no						
• hypertension		ACOG, 2001					X
		AHRQ, 2000					X
		Ferrer et al., 2000			X		
		McCowan et al., 1996				X	
		Ray et al., 2001				X	
		Sibai et al., 1998	X				
		Zetterstrom et al., 2005				X	
• chronic renal disease		Chao, 2002					X
		Fischer et al., 2004				X	
		Moroni et al., 2002				X	
		Simpson, 2002				X	

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• diabetes (nongestational)		Casson et al., 1997			X		
		Clausen et al., 2005				X	
		Lepercq et al., 2004				X	
		Silva et al., 2005				X	
		Temple et al., 2002			X		
• heart disease class II-IV		Bhatla et al., 2003				X	
		Chalupczak et al., 2004				X	
		Siu et al., 2001			X		
		Siu et al., 2002				X	
• HIV antibody positive		Brocklehurst & Volmink, 2002	X				
		HIV/AIDS Treatment Information Service, 2005					X
		Massad et al., 2004			X		
		Watts et al., 2003		X			
• major psychiatric history (treated with drugs or inpatient therapy)		Howard et al., 2003				X	
		Howard et al., 2004				X	

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9. inter-pregnancy interval between index pregnancy and previous viable birth > 18 months and < 60 months	yes	Basso et al., 2001				X	
		Conde-Agudelo et al, 2006		X			
		Conde-Agudelo et al., 2007		X			
		Smith et al., 2003				X	
		Zhu & Le, 2003			X		
		Zhu et al., 2001				X	
		Zhu et al., 1999				X	
10. previous preterm delivery < 37 weeks	no	Bloom et al., 2001				X	
		Buchmayer et al., 2004				X	
		Lee et al., 2003			X		
		Surkan, 2004			X		
		Varner & Esplin, 2005					X
11. previous intrauterine fetal death	no	Alonso et al., 2002				X	
		Frias et al., 2004				X	
		Many et al., 2002				X	

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12. previous Cesarean section	no	Algert et al, 2008					
		Daltveit et al., 2008				X	
		Grobman et al., 2009				X	
		Hansen et al, 2008				X	
		Macones et al., 2005				X	
		Richter et al. 2007				X	
		Wu et al., 2005				X	
13. previous baby < 5 1/2 pounds at birth	no	Oron et al., 2001			X		
		Surkan et al., 2004				X	
14. other serious antepartum complications (history of)	no						
• gestational diabetes		Weijers et al., 2002			X		
• intrauterine fetal demise		Heinonen & Kirkinen, 2002			X		
• placenta previa		Ananth et al., 1997			X		
		Rasmussen et al., 2000			X		
• preeclampsia		Author, 2000					X
		Hnat et al., 2002			X		

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			I Pos	I Neg	II Pos	II Neg	III
• eclampsia		Zhang et al., 2001				X	
• pyelonephritis		Millar et al., 2003				X	
• Rh sensitization		Cotter et al., 2005					X
		Crowther & Middleton, 2003			X		
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Present pregnancy, diagnostic and therapeutic measures							
15. intrauterine fetal demise	no	Froen et al., 2004				X	
		Magann et al., 2001				X	
16. domestic violence (includes intimate partner)	no	Boy & Salihu, 2004.					X
		Kaye et al., 2006				X	
		Silverman et al., 2006				X	
		Sharps et al., 2007					X
17. other serious antepartum complications (current pregnancy)	no	Alfirevic et al., 2002			X		
		Koike et al., 2002				X	
		Xiao et al., 2003				X	

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<ul style="list-style-type: none"> anemia (Hgb < 10 gm in any trimester) – not improved with treatment 	no	Allen, 2000				X	
		Brabin et al., 2001				X	
		Lone et al., 2004				X	
		Rasmussen, 2001				X	
		Scanlon et al., 2000				X	
		Sloan et al., 2002		X			
<ul style="list-style-type: none"> diabetes diagnosed in pregnancy 		Crowther et al., 2005		X			
		Langer et al., 2005				X	
		Moore et al., 2002				X	
		Yang et al., 2002				X	
<ul style="list-style-type: none"> major psychiatric history (formally diagnosed or treated with drugs/inpatient therapy) 		Jablensky et al, 2005				X	
<ul style="list-style-type: none"> multiple birth (twins or higher number of births anticipated) 		Tang et al., 2006				X	
		Conde-Aguedelo et al., 2000				X	

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• placenta praevia		Getahun et al., 2004				X	
		Sheiner et al., 2001			X		
• pre-eclampsia (diagnosed in antepartum period)							
• pyelonephritis		Foxman, 2002			X		
		Hill et al., 2005				X	
		Locksmith & Duff, 2001			X		
• Rh sensitization		Crowther, 2003	X				
• Vaginal bleeding in 2nd or 3rd trimester, from cause other than placenta praevia.		Ananth & Savitz, 1994	X				
18. prenatal care: initiation in first trimester (<14 weeks) and minimum of 5 visits	yes	Carrolli et al., 2001	X				
		Herbst et al., 2003				X	
		Villar et al., 2001	X				
19. amniocentesis NOTE: that if CVS is documented, a note should be added to the abstraction record	no	ACOG, 2001					X
		Alfirevic, 2003		X			
		Alfirevic et al., 2003		X			

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		Cederholm et al., 2003				X	
		Cederholm et al., 2005				X	
20. nonstress test/contraction stress test/biophysical profile	no	Alfirevic & Neilson, 2003		X			
		Baschat & Harman, 2001					X
21. medication use	no	Briggs et al., 2002					X
		Shaw et al., 2004				X	
Parturition							
22. period of time between first digital examination following rupture of membranes and birth	24 hours	ACOG, 2002					X
		ACOG, 1998					X
		Ezra et al., 2004			X		
		Flenady & King, 2003		X			
		Ingemarsson, 1996					X
		Keirse et al., 1996					X
		Seward et al., 1998		X			
23. amniotic fluid	clear	Liu et al., 2005				X	

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		Locatelli et al., 2005			X		
		Tran et al., 2003				X	
		Wong et al., 2002				X	
		Ziadeh & Sunna, 2000				X	
24. induction/augmentation of labor	no	Ben-Haroush et al., 2004				X	
		Cammu et al., 2002				X	
		Lin & Raynor, 2004				X	
		Gabbe et al., 2002					X
		Vahratian et al., 2005				X	
25. amniotomy	no	Smythe (Cochrane), 2007		X			
26. oral or injectable (IM or IV) medication during first or second stage of labor	none	Elbourne et al., 2003	X				
		Hill et al., 2003		X			
27. epidural analgesia for labor and/or birth	no	Decca et al., 2004				X	
		Howell, 2003	X				
		Howell et al., 2002	X				
		Jain et al., 2003		X			

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		Nystedt et al., 2004				X	
		O'Connell et al., 2003				X	
		Reynolds et al., 2002		X			
		Volmanen et al., 2004				X	
28. fetoscope, Doppler, or intermittent electronic monitoring during labor (rather than continuous electronic fetal monitoring)	yes	Bailey, 2007		X			
		Gourounti & Sandall, 2007		X			
		Kassanos et al., 2003			X		
		Natale & Dodman, 2003					X
		Thacker et al., 2003		X			
		Williams et al., 2003	X				
29. fetal heart rate abnormalities that altered management of the labor process (SEE CODE BOOK!)	no	Althaus et al., 2005				X	
		Gabbe et al., 2002					X
		Larma et al., 2007				X	

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		NICHD, 1997.					X
		Ridgeway et al., 2004				X	
		Williams & Galerneau, 2002				X	
30. presence of a support person during labor (other than care provider)	yes	Hodnett, 2003	X				
		Hodnett et al., 2007					
31. nondirected pushing	yes	Hanson et al., 2002	X				
		Parnell et al., 1993	X				
		Roberts, 2002					X
		Samselle & Hines, 1999			X		
		Simpson & James, 2005	X				
		Thompson, 1993	X				
		Wong et al., 2003		X			
32. delivery occurred in the place originally intended at the onset of labor	yes	Olsen & Jewell, 2003	X				
		Pang et al., 2002			X		
		Sheiner et al., 2002				X	

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33. nonsupine position at birth	yes	Gupta & Nikodem, 2000	X				
		Gupta & Hofmeyr, 2003	X				
		Soong & Barnes, 2005			X		
34. presentation at birth	cephalic					X	
		Stitely & Gherman, 2005			X		
35. instrumental (vaginal) delivery	no	Demissie et al., 2004					X
		Johanson & Menon, 2005	X				
36. Cesarean section	no						X
37. episiotomy	no	Carroli & Belizan, 2002	X				
		Hartmann et al., 2005				X	
		Myers-Helfgoot & Helfgoot, 1999				X	
		Viswanathan et al., 2005			X		
		Wooley, 1995				X	
		Youseff et al., 2005				X	
38. 1st or 2nd degree laceration of perineum or perineal tissue <i>requiring sutures</i> (including sulcus and cervical lacerations)	no	Hordnes & Bergsjo, 1993				X	

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39. 3rd or 4th degree extension of either an episiotomy or a 1st or 2nd degree laceration	no	Fleming et al., 2003		X			
		Lundquist et al., 2000	X				
40. medication (other than oxytocin or local anesthetic for perineal repair) during the third stage of labor	no	McDonald et al., 2002	X				
41.. skin-to-skin contact	yes	Anderson et al., 2003	X				
		Carfoot et al. 2003	X				
		Charpak et al., 2001	X				
		Conde-Agudelo et al., 2003	X				
		Moore et al., 2007	X				
		Rojas et al., 2003	X				
42. placental retention (≥ 30 minutes)	no	Chhabra & Dhorey, 2002				X	
43. postpartum hemorrhage (provider's documentation that this did not occur; actual amount of blood loss not relevant)	no	ACOG Technical Bulletin #243, 1998					X
		Rogers et al., 1998				X	
44. blood transfusion	no	Ekeroma et al., 1997					X
45. other serious intrapartum complications	no						

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• chorioamnionitis		Blume et al., 2008				X	
		Holzman et al., 2007				X	
• cord prolapse		Kahana et al., 2004				X	
		Murphy & MacKenzie, 1995				X	
• eclampsia		Benson & Pernoll, 1994					X
• placental abruption		Ananth & Wilcox, 2001				X	
		Rasmussen et al., 2000			X		
		Sheiner et al., 2002				X	
		Smulian et al., 2002				X	
• pre-eclampsia present during intrapartum period		Benson & Pernoll, 1994					X
		Gul et al., 2005				X	
• shoulder dystocia		Habeck, 2002				X	
Neonatal condition							
46. estimate of gestational age	37-42 weeks	Lemons et al., 2001				X	
47. birth weight	2500-4000 grams	Allen et al., 1993				X	
		Lemons et al., 2001				X	

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48. Apgar score at 5 minutes	7, 8,9 or 10	AAP & AHA, 2000					X
		AAP and ACOG, 2006					X
		Thorngren-Jerneck & Herbst, 2001				X	
49. transfer to high risk neonatal care setting	no	Allen et al., 1993				X	
		Brady, 2005					X
50. congenital anomalies	no	Nat. Center for Health Statistics, 1999				X	
51. birth trauma, or other serious medical problem	no						
• bacterial infections other than sepsis		AAP, 1997					X
		CDC, 1996					X
		Volante et al., 2004					X
• bronchopulmonary dysplasia		Christou & Brodsky, 2005					X
• cardiac failure		Hoch & Netz, 2005					X
• hypovolemia, hypotension, shock		Dasgupta & Gill, 2003					X
• intraventricular hemorrhage		Kuban, 1998					X
		Owens, 2005					X

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• necrotizing enterocolitis		Kliegman et al., 1993					X
• pneumonia		Hoffman et al., 2003				X	
• persistent pulmonary hypertension		Kinsella & Abman, 1995					X
		Konduri, 2004					X
• renal failure		Andreoli, 2004					X
		Bailie, 1992					X
• respiratory distress syndrome		Soll, 2005	X				
• Rh disease		Bussel, 2003					X
• seizures		Granelli & McGrath, 2004					X
• sepsis		Osrin et al., 2004					X
		Schrag & Schuchat, 2005					X
		Vergnano et al., 2005					X
52. breastfeeding (time period: at time of mother's discharge from birth setting or up to 72 hours postpartum)	yes	Donnelly et al., 2005	X				
		Dyson et al., 2005	X				

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		Sadauskaite-Kuehne et al., 2004				X	
		Sikorski et al., 2005	X				
		PAHO, 2002					X
53. perinatal death: (time period birth: up to 72 hours of age)	no						X
Condition of the mother prior to discharge from birth facility or from provider's care (to 72 hours)							
54. fever (100.4 degrees F or higher) while mother remains in the birth setting, OR provider diagnosis of infectious process or major complication	no	Smulian et al., 2001					X
		Shipp et al., 2003				X	
		Yokoe et al., 2001					X
• Cystitis		Benson & Pernoll, 1994					X
• endometritis		Chaim et al., 2000				X	
		French & Smail, 2002	X				
		French, 2003					X
• hematoma		Propst & Thorp, 1998					X

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INDEX ITEM	LOWEST RISK/ OPTIMAL OUTCOME	ABBREVIATED BIBLIOGRAPHIC REFERENCE	EVIDENCE GRADE FOR EACH CITATION				
			I Pos	I Neg	II Pos	II Neg	III
• local infection of sutures		Normand & Damato, 2001				X	
		Yokoe et al., 2004					X
• mastitis		Barbosa-Cesnik et al., 2003					X
		Jonsson & Pulkkinen, 1994				X	
		Vogel et al., 1999				X	
55. prescription medications for conditions newly identified in IP or PP period (exception: iron and vitamins, oral contraceptives, RhoGam©, rubella vaccine)	no						X
56. maternal mortality	no	Khan et al., 2006		X			
		Ronsmans et al., 2006					X
		WHO, 2005					X
		WHO, 2006					X