



# Maternal Workforce and State Strategies

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Maternal and Child Health Fellows Meeting  
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## Overview of the Maternal Health Workforce

Midwives

Doulas

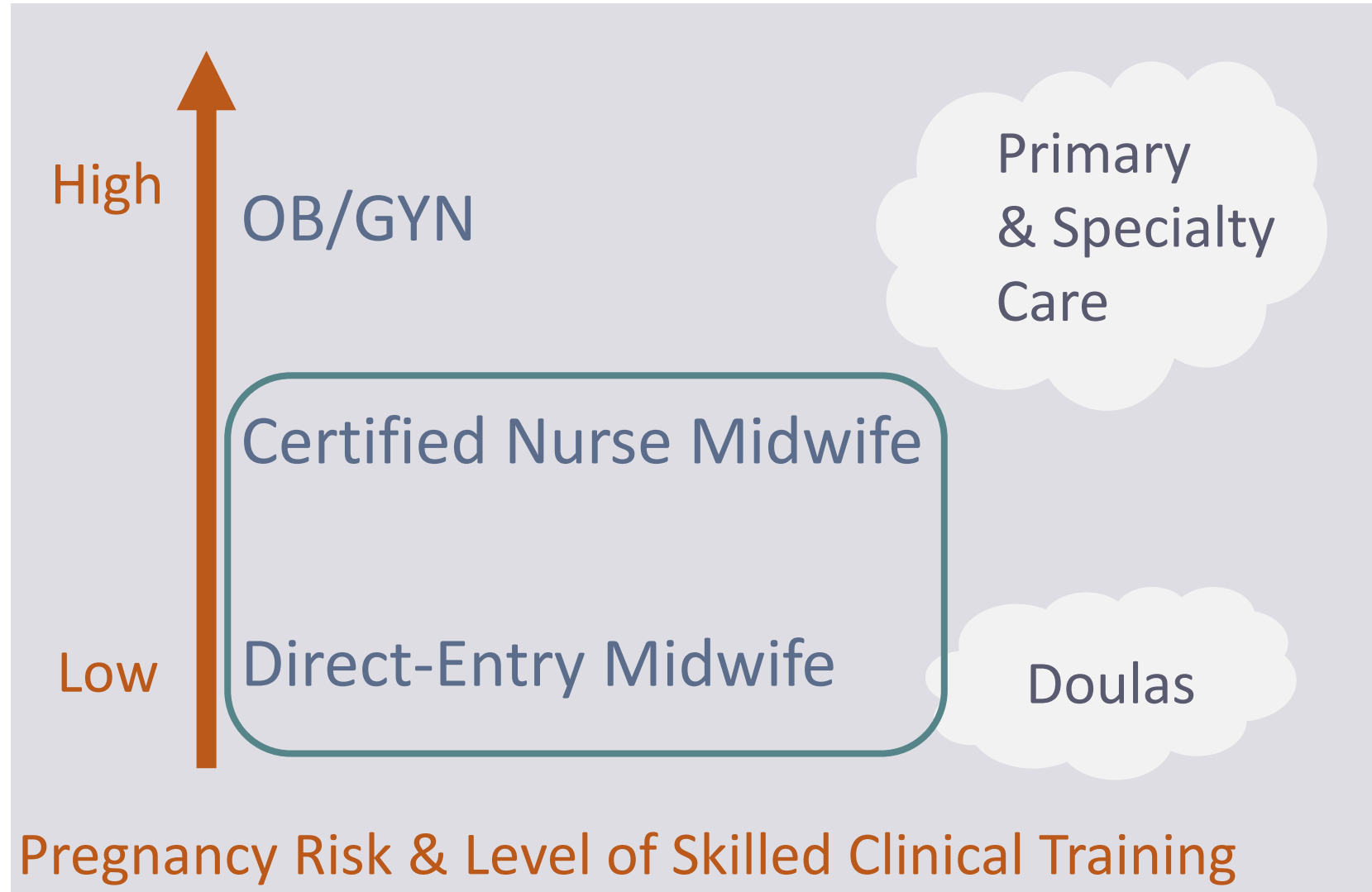
Medicaid Payment and Coverage

# Agenda



# Overview: Maternal Health Care Workforce

- **High-Risk Pregnancy:** Complications or other factors may threaten the health or life of the mother or her fetus.
  - Existing health conditions.
  - Multiple births.
  - Young or old maternal age.
- **Low-Risk Pregnancy:** No active complications and no maternal or fetal factors that place the pregnancy at risk for complications.







Share

**Raise your hand if you or someone you know has received care from a midwife or a doula.**



Midwives are trained medical professionals who are experts in normal pregnancy, labor, and postpartum, as well as other aspects of reproductive health. They provide skilled support for low-risk pregnancies and births.



## Midwives

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# Types of Midwives



Certified Nurse Midwives  
(CNMs)



Direct-Entry Midwives:  
Certified Midwives (CMs)

## NOT COVERED



### Other Types of Midwives

- Direct Entry Midwives: Certified Professional Midwives (CPM)
- Traditional Midwives



# Types of Midwives



Certified Nurse Midwives  
(CNMs)



Direct-Entry Midwives:  
Certified Midwives (CMs)



# Certified Nurse Midwife

Advanced Practice Registered Nurses who may practice autonomously or in coordination with physicians or other health care professionals.

**50** states and D.C.  
provide CNM licensure.

**50** states and D.C.  
include CNMs in state  
Medicaid plans.

## Certified Nurse Midwife (CNM)

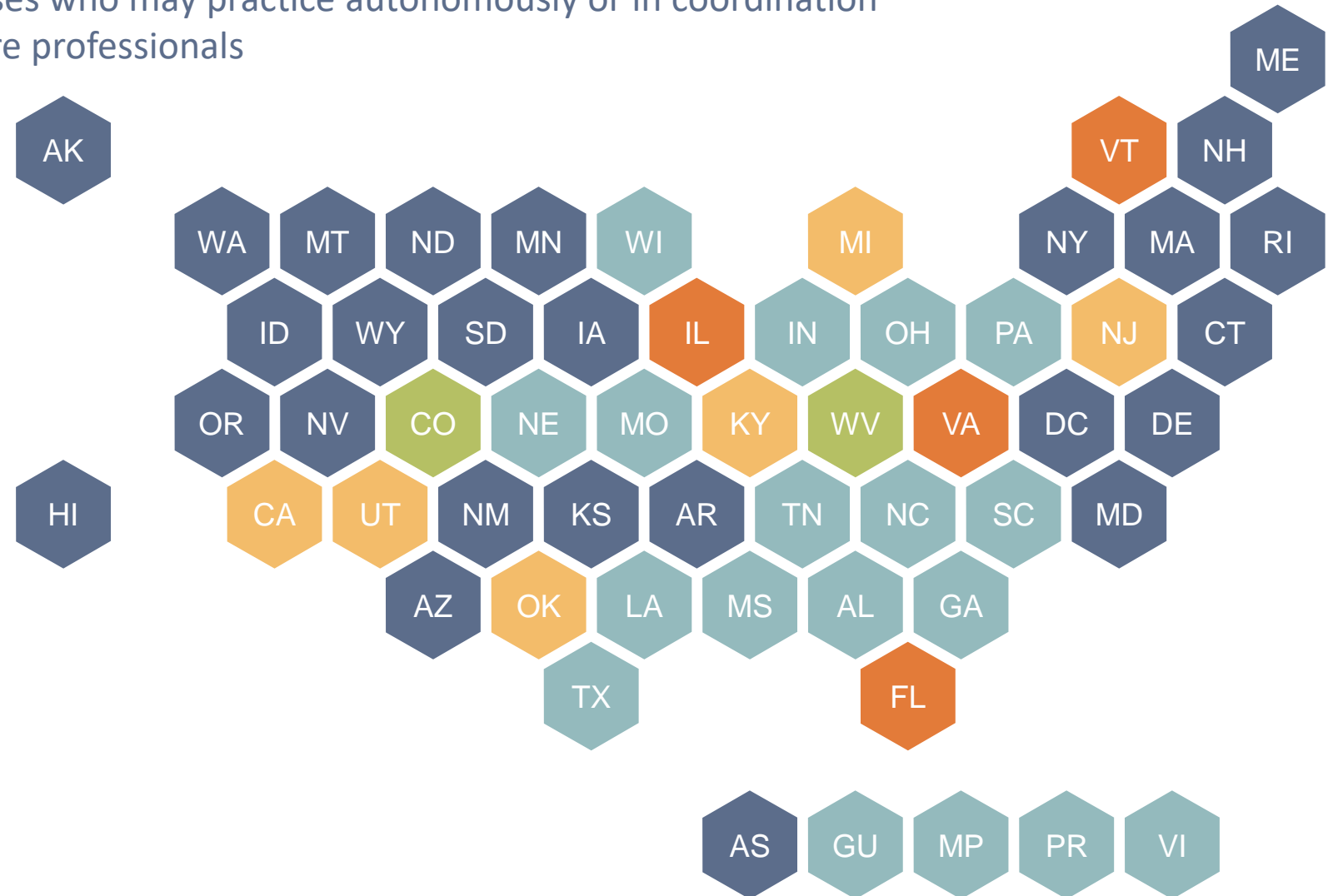
- Masters' degree, RN licensure and midwifery education program.
- Certification by the American Midwifery Certification Board.
- Settings: In- or out-of-hospital births.
- May receive patients transferred by other types of midwives when more advanced care is necessary.



# Certified Nurse Midwife: Scope of Practice

Advanced Practice Registered Nurses who may practice autonomously or in coordination with physicians or other health care professionals

- Full independent practice and prescriptive authority
- Full independent practice authority but transition to independent prescribing period
- Full independent practice authority but physician relationship required for prescriptive authority
- Transition to independent practice and prescribing period required
- Physician Relationship Required





# Types of Midwives



Certified Nurse Midwives  
(CNMs)



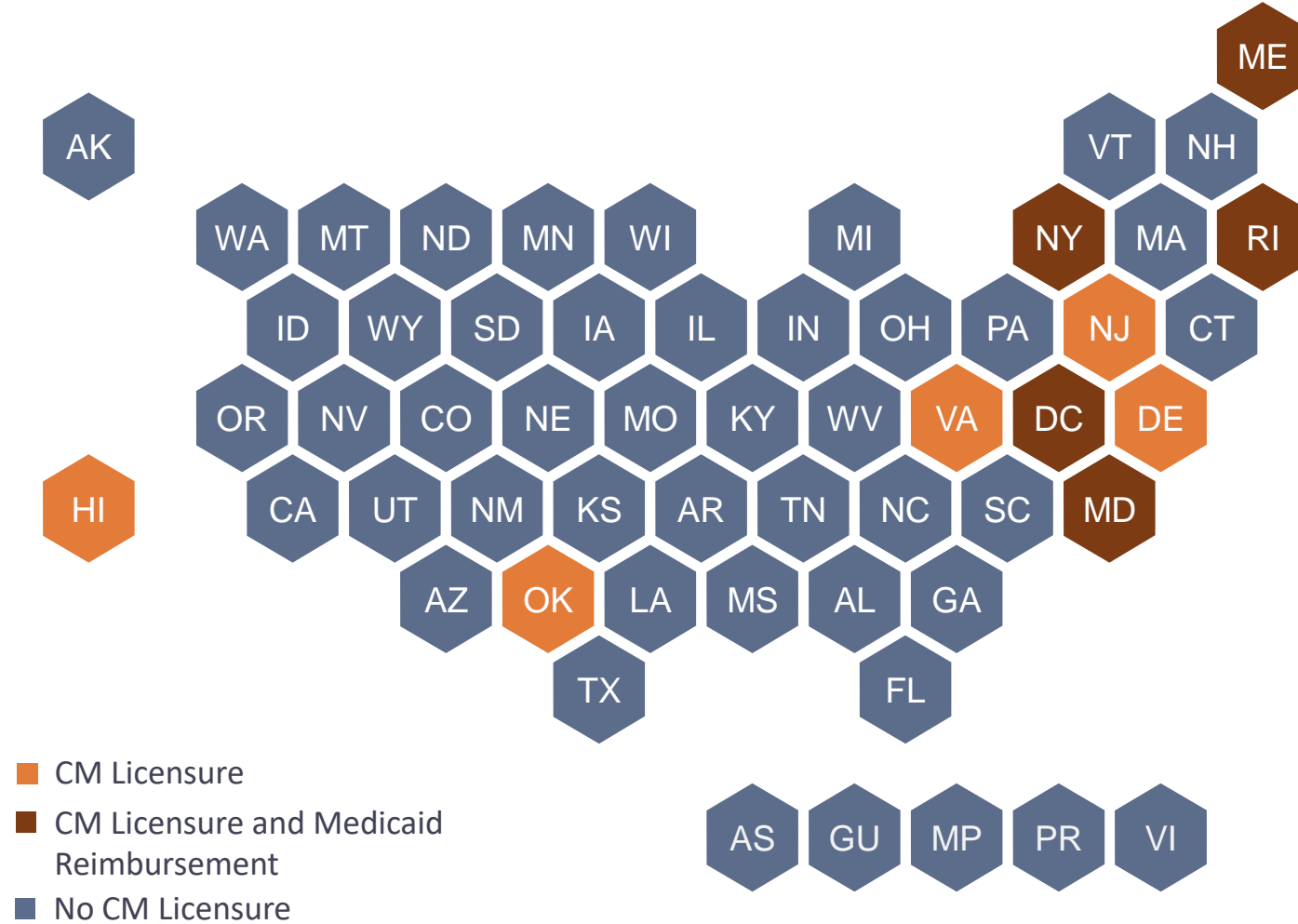
Direct-Entry Midwives:  
Certified Midwives (CMs)



# Direct-Entry Midwife: Certified Midwife (CM)

Provide certified midwifery care without a nursing degree in a variety of clinical settings

- Background in a health field other than nursing.
- Bachelor's degree, science & health courses and related health skills training and midwifery education program.
- Meet the same core competencies as CNMs.
- Certification by the American Midwifery Certification Board (same as CNMs).
- Settings: In- or out-of-hospital births.





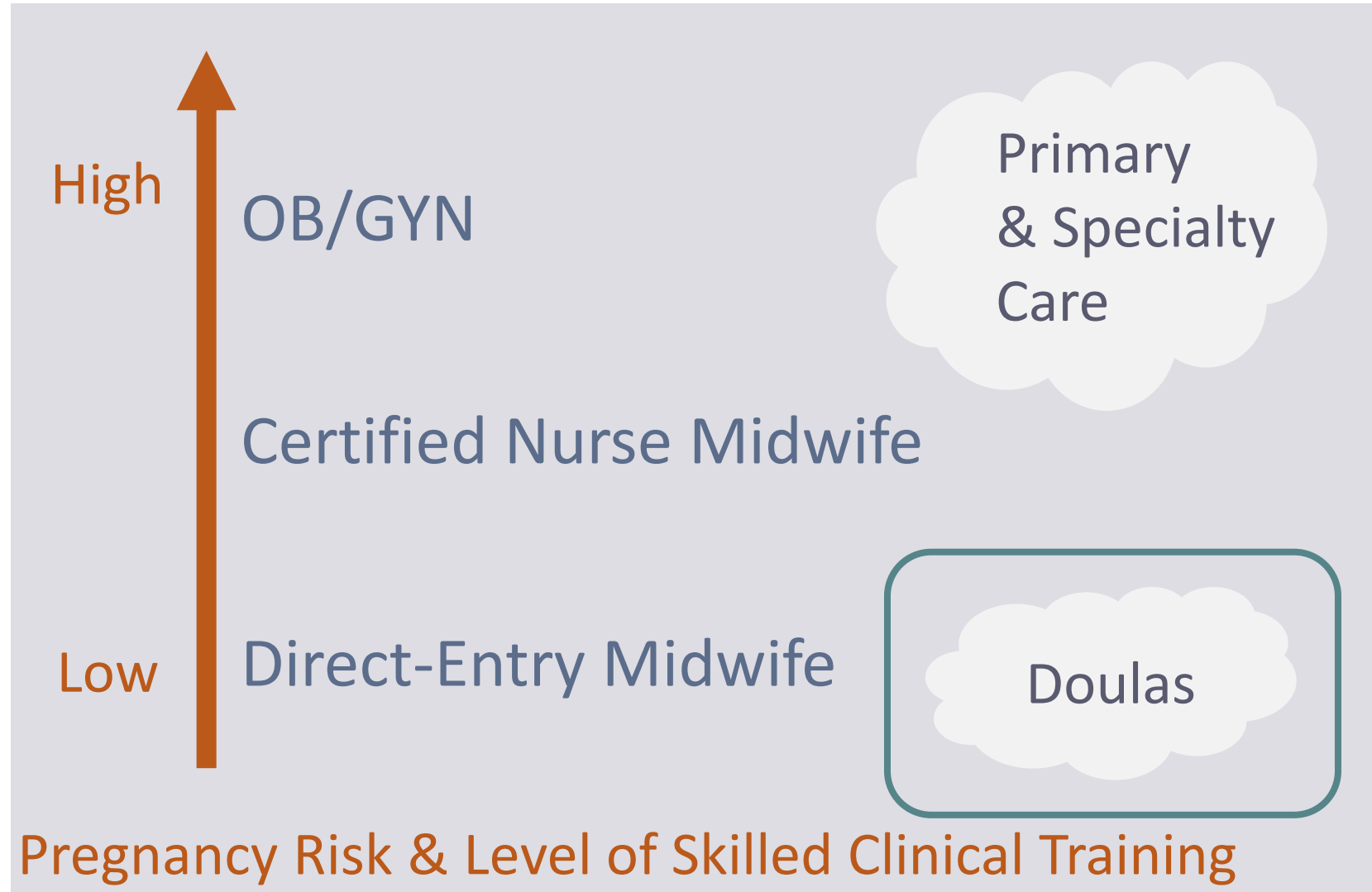
Share

**Raise your hand if you've seen or introduced legislation this session on midwives.**



# Maternal Health Care Workforce

- **High-Risk Pregnancy:** Complications or other factors may threaten the health or life of the mother or her fetus.
  - Existing health conditions.
  - Multiple births.
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- **Low-Risk Pregnancy:** No active complications and no maternal or fetal factors that place the pregnancy at risk for complications.





Doulas are individuals who provide non-medical, emotional, informational, and physical support to pregnant, birthing, and postpartum people.



## Doulas

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# Doulas: Evidence

Current evidence indicates that doula care is associated with improved outcomes.

## Improved

- Positive birth experience
- Breastfeeding initiation
- Newborn health scores
- Cost-effectiveness

## Reduced

- Preterm birth rates
- C-section rates
- Birth complications

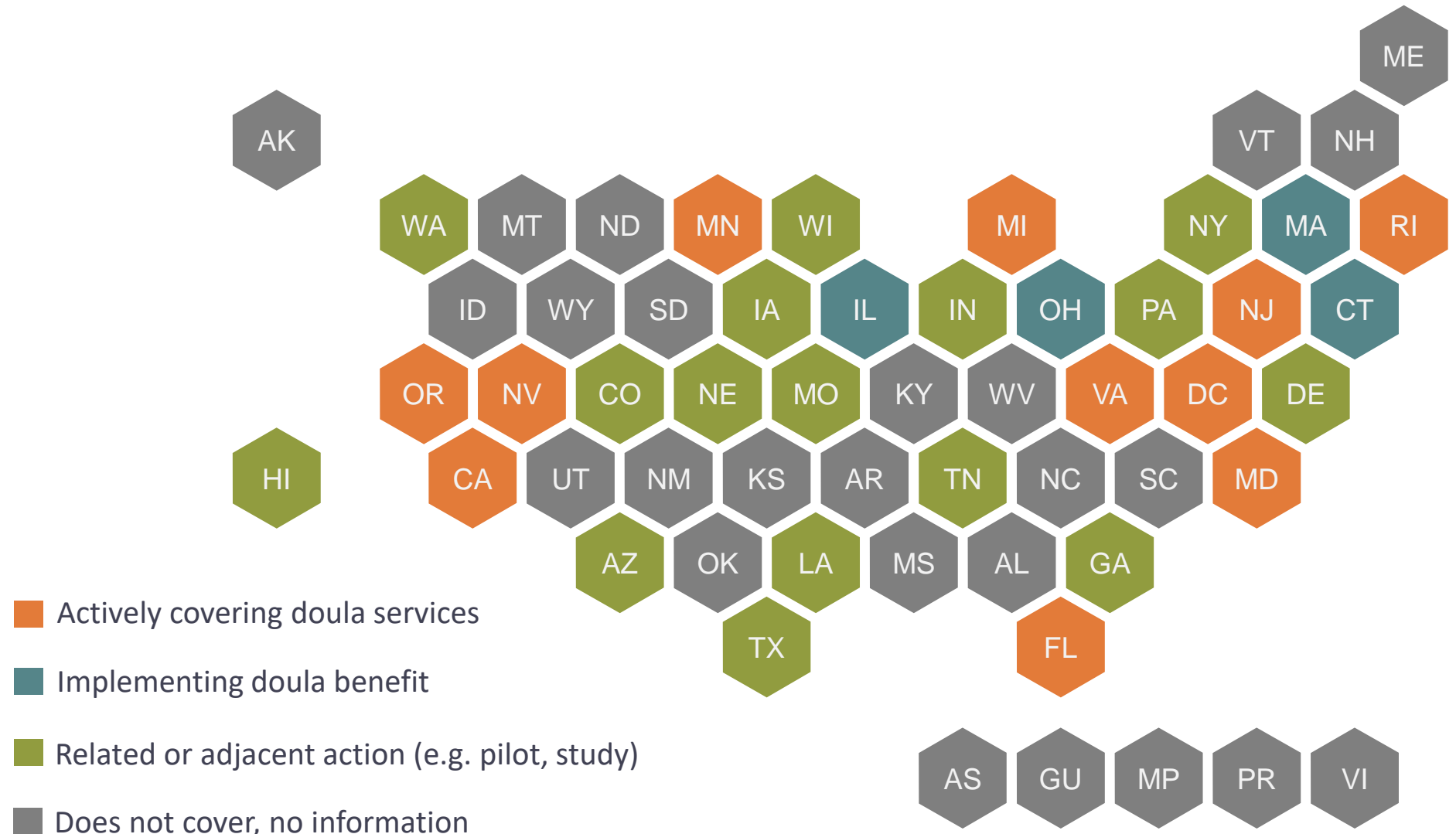
**Sources:** [Modeling the Cost-Effectiveness of Doula Care Associated with Reductions in Preterm Birth and Cesarean Delivery;](#) [Impact of Doulas on Healthy Birth Outcomes;](#) [Continuous support for women during childbirth.](#)



# Medicaid Reimbursement for Doula Services

At least **10 states** currently cover doula services statewide through Medicaid.

At least **20 states** are studying, piloting or implementing doula benefits in Medicaid.





# Doula Training and Certification

Florida allows Medicaid managed care plans to determine credentialing for doulas.

**Eight states and D.C.** require doulas to be certified by the state or third-party certification organization:

Maryland, Michigan, Minnesota, New Jersey, Nevada, Oregon, Rhode Island, Virginia, D.C.

California, Oregon, and Virginia provide an alternative certification process for already practicing doulas.



# Doula Coverage Mandates: Commercial and Employee Plan

## Private Insurance Coverage

- **Rhode Island** Senate Bill 484 (2021) requires health insurance companies to cover perinatal doula services.

## State Employee Health Plan Coverage

- **Utah** House Bill 415 (2023) requires coverage of doula services in state employee health plans.

## 2023 Legislative Activity

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**California, Massachusetts, Missouri, New York, and Virginia** introduced coverage mandates.





# Medicaid Payment and Coverage



## Trivia

**Nationally, what percent of births does Medicaid cover every year?**

- A. 26%**
- B. 33%**
- C. 42%**
- D. 51%**



# Medicaid Rate Setting

Medicaid pays OB/GYNs 40% - 136% of *Medicare* rates for physicians

Medicaid pays certified nurse midwives 75% - 100% of physician *Medicaid* rates.

## Colorado

Colo. Rev. Stat. § 25.5-4-401.5

Nurse Midwife Payment  
Evaluation (2020)



## Nevada

Nev. Rev. Stat. § 422.2704

Rate Analysis and Development  
(RAD) Unit





**Raise your hand if you've gone through a Medicaid rate review process recently.**

**Any provider is fine – not just maternal health!**

Share





## Telehealth in Maternal Health Care



# Telehealth Modalities

The use of electronic information and telecommunications technologies to provide care when the patient and provider are not in the same place at the same time.

## Live Video

Allows patients to connect synchronously with providers via video conference.

## Store and Forward

Transmission of data, images, sound or video from one care site to another for evaluation.

## Remote Patient Monitoring

Collection of a patient's health data while the patient is at home or another site and transferring the data to a remote provider for monitoring.

## Audio Only

Using audio-only technology for real-time communication between the patient at the originating site and the provider.



American Journal of Obstetrics and Gynecology found that telehealth associated with:

- Improved access to routine prenatal care.
- Improved glycemic control and similar pregnancy outcomes for patients with diabetes.
- Elimination of Black-White racial disparity in postpartum blood pressure for patients with hypertension.
- Improvement in depression scores and patient satisfaction for postpartum depression care.



## Telehealth in Maternal Health Care







# Medicaid Telehealth

## ○ All Modalities

- **17 states** reimburse for **all four modalities** through Medicaid.

## ○ Patient Location

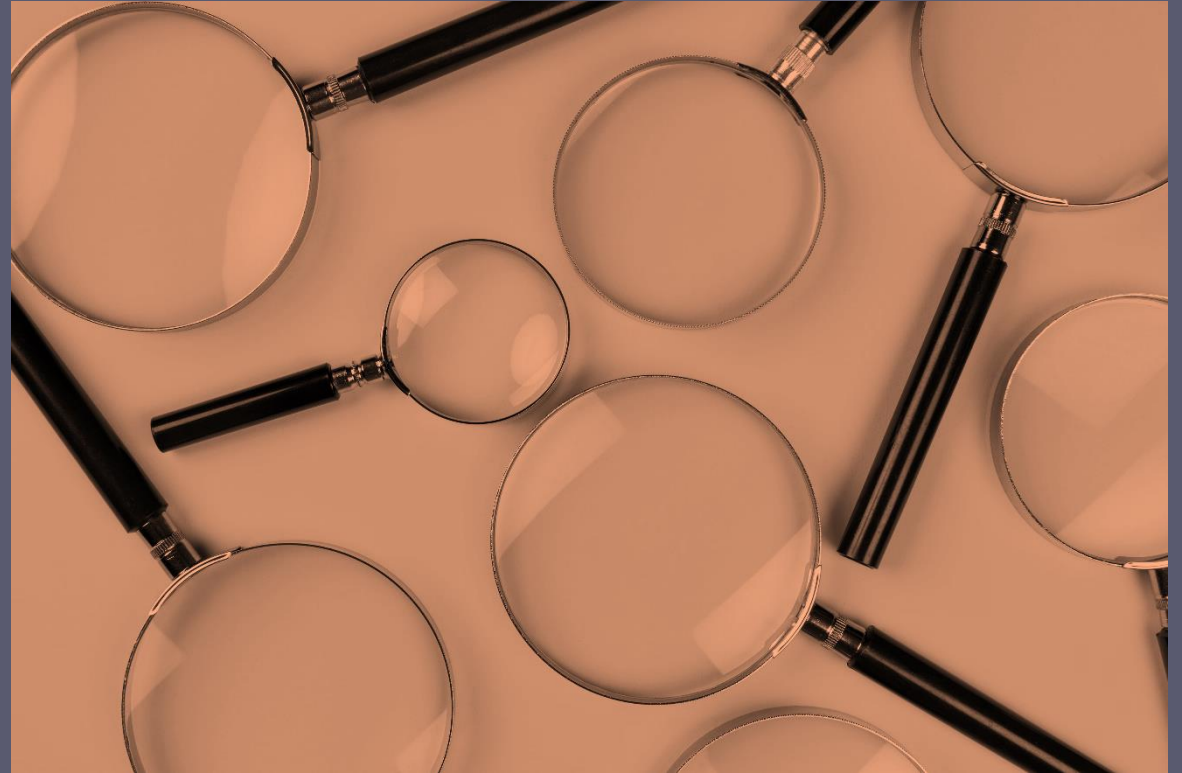
- **36 states** allows providers to bill for services when the patient is at home.

Medicaid Reimbursement		# of States
	Live Video	50 + D.C.
	Store-and-Forward	25
	Remote Patient Monitoring	34
	Audio-Only	34 + D.C.



# NCSL Resources

- [NCSL Scope of Practice Policy Website](#)
- [Maternal and Child Health Database](#)
- [Health Costs, Coverage and Delivery Database](#)
- [State Policies on Midwives and Doulas Webinar Recording](#)
- Research requests and technical assistance on workforce, Medicaid, and more!







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**Reach out anytime!**

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Thank you!