

# CenteringPregnancy®

The **NOW** and  
the **FUTURE** of  
Prenatal Care



February 22, 2016



# History of Prenatal Care

Childbirth is not new

We have learned a lot about childbirth

Women, partners, families want more information and involvement in the childbirth experience

The quest for information and involvement has expanded to the prenatal care experience

We continue to look for ways to improve patient

satisfaction and outcomes

# CenteringPregnancy® Video

<https://www.centeringhealthcare.org/pages/features/FutureVideo.php>

Centering  
Pregnancy™

Baylor  
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Medicine

# What is CenteringPregnancy®?

Centering is an evidence-based redesign of health care delivery that helps to promote:

- \*safety
- \*efficiency
- \*effectiveness
- \*timeliness
- \*culturally appropriate patient-centered care
- \*more equitable care

# The Pregnant Woman

Well-being

Parenting Skills

Self care skills



Improved self-image

Decrease maternal mortality /morbidity



# The Fetus and Infant



Reduce IUGR, congenital anomalies, prematurity

Reduce abuse, neglect, injuries



Promote healthy growth/development

# The Family



Promote family development

Reduce family violence

Reduce unintended pregnancy

Promote use of community resources



# What is CenteringPregnancy®?

Centering is a model of group healthcare

- 3 Major Components:

- *Assessment*

- *Education*

- *Support*

- Centering promotes

- Greater engagement of moms

- Personal empowerment

- Community-building







**INSURANCE**

**PARENTING PREPARATION**

**IMMUNIZATION**

**SOCIAL WORK**

**LAB**

**WIC**

**ORAL HEALTH**



“Systems are perfectly designed  
to get the results they get”

**If you don't like the results...  
change the system!**

# 13 Essential Elements

1. Health assessment occurs within the group space.
2. Participants are involved in self-care activities.
3. A facilitative leadership style is used.
4. The group is conducted in a circle.



# 13 Essential Elements

5. Each session has an overall plan.
6. Attention is given to the core content, although emphasis may vary.
7. There is stability of group leadership.
8. Group conduct honors the contribution of each member.



# 13 Essential Elements

9. The composition of the group is stable, not rigid.
10. Group size is optimal to promote the process.
11. Involvement of support people is optional.
12. Opportunity for socializing with the group is provided.
13. There is ongoing evaluation of outcomes.

*“They were just another  
group of friends”*



*Somebody shared the same problem you had, and you thought you were the only one and you'd come to group and say, 'Oh, we have the same problem.'*



*“In truth, I continue to be awed by the power of the group.  
We are having such a good time and have such laughs.*

*I am learning that it doesn't matter what we don't talk  
about, because we are talking about what matters to  
the group.”*

- Claire Westdahl, CNM



# Research

## Centering® Bibliography

### Quantitative

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# Research

## Centering<sup>®</sup> Bibliography

### Quantitative

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# Research

## Centering® Bibliography

### Qualitative

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# Research

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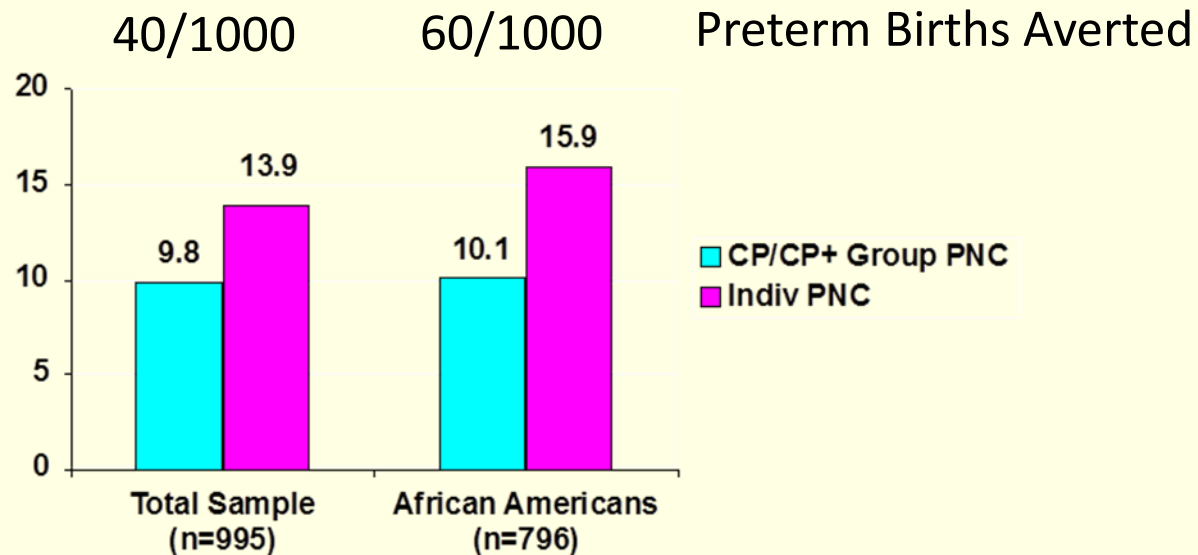
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# Research

Randomized Control Trial at Yale showed

- 33% Reduction in Preterm Birth
- 41% Reduction in Preterm Birth in African American Women



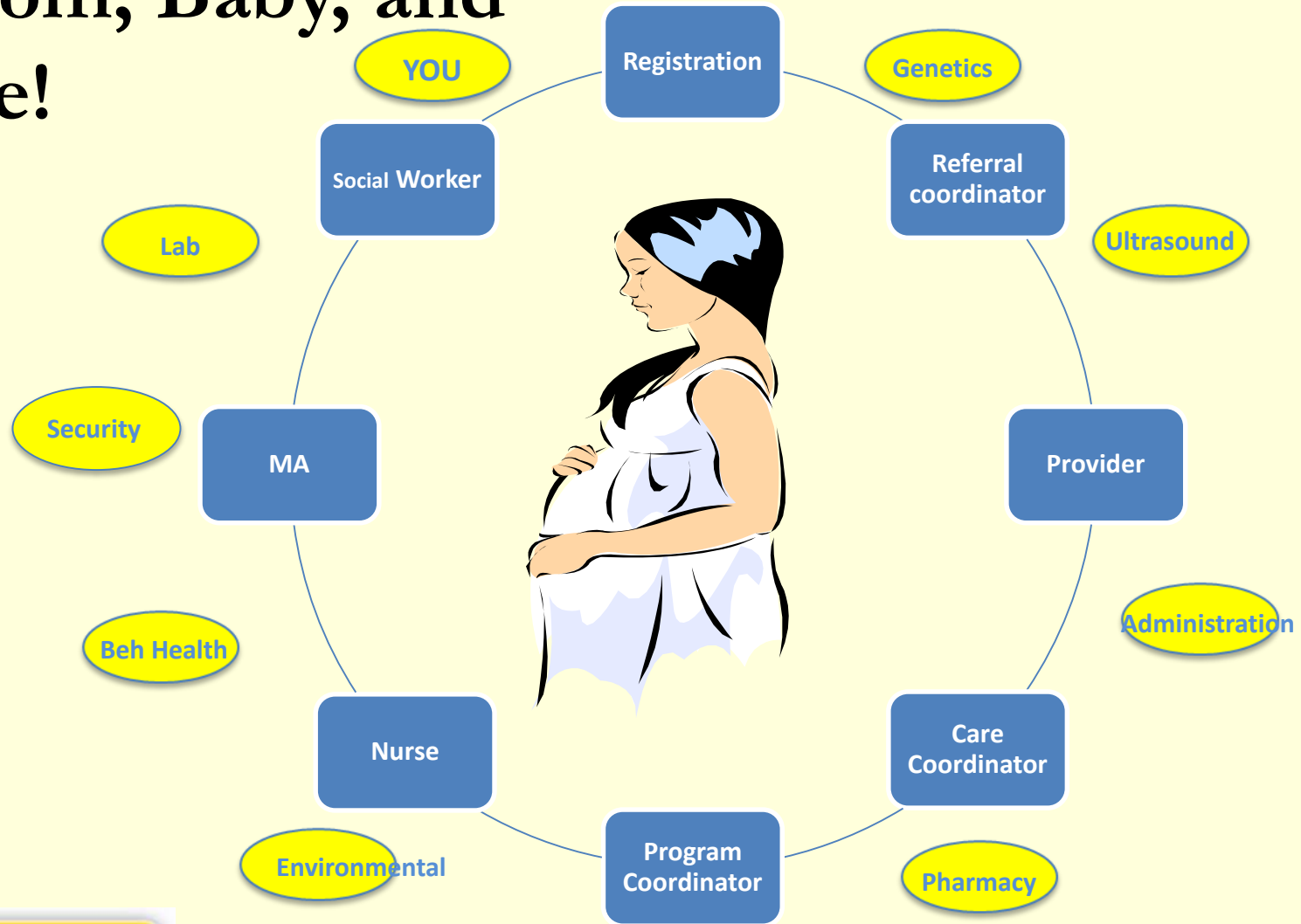
# Evidence-based Results

- Reduction in prematurity rates
- Increase in mom's who return for postpartum appointments
- Increase in breastfeeding rates
- Increase in overall mother and provider satisfaction
- Increase in women delivering with practice providers
- Cost neutral, in fact, saves money

# Benefits for Patients

- Better care
- No waiting
- Schedule for all visits
- Involvement in care
- Care brought to patients
- Snacks and fun

# Mom, Baby, and We!







What You Should Know About

**NUTRITION**

Finding your Balance

The Journey of a Lifetime

Exposition: Birth to Adulthood

PREPARE YOURSELF FOR THE JOURNEY OF A LIFETIME

What You Should Know About

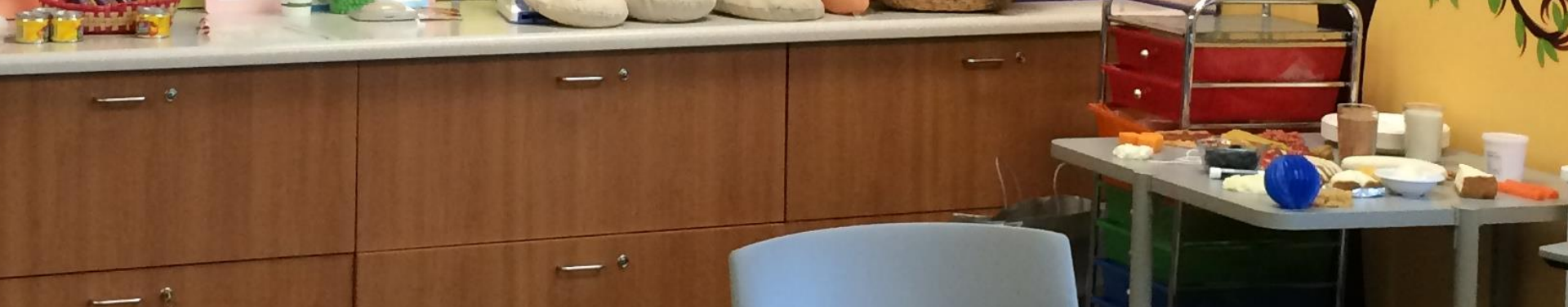
**NUTRITION**

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# 2015 CenteringPregnancy Impact

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# PRETERM BIRTH

Centering<sup>®</sup>

6.8 %

March of Dimes Goal

9.6 %

# BREASTFEEDING

Centering<sup>®</sup>

CDC Goal

86 %

81.9 %

# LOW BIRTH WEIGHT

Centering<sup>®</sup> 6 %

Healthy People 2020 9 %

# Centering<sup>®</sup>

**303 Preterm births avoided**

**\$16 million savings**

Based on practice sites reporting data on 10,800 women through CenteringCounts™ as of December 31, 2015.

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# CenteringPregnancy® Global Care



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# Research

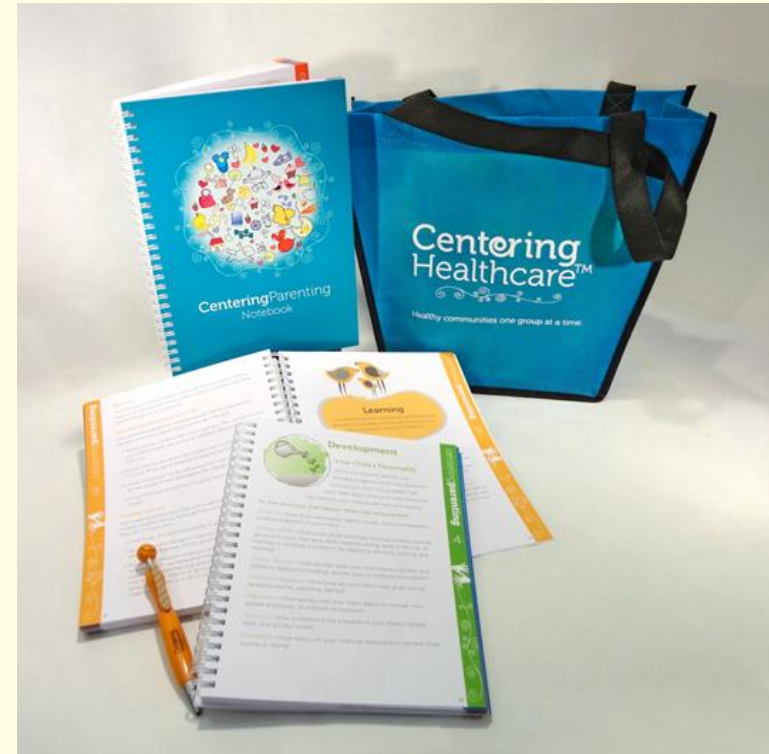
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# What's Next?

## CenteringParenting®



# CenteringParenting®

Why?

Moms & babies didn't want to stop meeting together! They had formed a community!

Dyad care:

6-8 mothers & babies

From 2 weeks to 1 yr and beyond



# What is Centering<sup>®</sup>?

## A Better Way to Give and Receive Healthcare

- *Everything brought to the mother in one location*
- *No waiting*
- *Start on time/end on time*
- *Focus on health away from disease*
- *Make friends, get support, have fun*
- *Better Outcomes/Satisfaction*
- *\$\$ Saved*



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# CENTERING® IS...

- \*Innovative Design for System Change*
- \*Outcome-driven*
- \*Cost-effective*
- \*Patient-Centered Model of Care*

