Centering Pregnancy®

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
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 abuse, neglect, injuries

Reduce IUGR, congenital anomalies, prematurity

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
“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
Quantitative

Research Centering® Bibliography

Quantitative


Research Centering® Bibliography

Qualitative


Research Centering® Bibliography

Other Centering Publications

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!

- YOU
- Social Worker
- Registration
- Genetics
- Referral coordinator
- Ultrasound
- Lab
- MA
- Provider
- Care Coordinator
- Pharmacy
- Security
- Beh Health
- Nurse
- Program Coordinator
- Environmental

Centering Pregnancy

Baylor College of Medicine
2015 Centering Pregnancy Impact
PRETERM BIRTH

Centering®  6.8 %
March of Dimes Goal  9.6 %
BREASTFEEDING

Centering®  86 %

CDC Goal  81.9 %
LOW BIRTH WEIGHT

Centring®  6 %
Healthy People 2020  9 %
303 Preterm births avoided

$16 million savings

Based on practice sites reporting data on 10,800 women through CenteringCounts™ as of December 31, 2015.
CenteringPregnancy®
Global Care
Research
International Centering Studies and Articles


What’s Next?

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®?

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
CENTERING® IS...

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