

# CENTERING: a model for group health care

Health Assessment

Education

Support

# Centering

- Centering (group visits) is an evidence-based redesign of health care delivery that helps to promote:
  - safety,
  - efficiency,
  - effectiveness,
  - timeliness,
  - culturally appropriate patient-centered care, and
  - more equitable care.



# CenteringPregnancy®

- Sharon Schindler Rising, CNM, MSN, piloted the CenteringPregnancy model in 1993-94
- Included 13 prenatal groups, 3 of them teen groups.
- Professional training workshops to expand the program began in 1998
- Currently over 200 sites throughout the US

# CenteringPregnancy® Design

- Initial intake to system before entry into a group
  - History, physical assessment/lab work
- Groups of 8-12 women, same month EDD invited to group
  - Begin between 12-16 weeks gestational age



# The Design...

Four sessions every 4 weeks	16, 20, 24, 28 weeks
Six sessions every 2 weeks	30, 32, 34, 36, 38, 40 weeks
Plan for a reunion	Between 1-2 months postpartum

Additional visits as needed to address medical or specific psychosocial issues

# The design for each session includes. . .

- 30-40 minutes for the check-in and assessment with the provider
- 60-75 minutes for the formal "circle-up" or facilitated discussion time
- Informal time for socializing
- Closing and follow-up as needed

# Education

- 10 two-hour sessions facilitated by group leader, usually the health care provider



# EDUCATION

- Comfort issues/stress reduction
- Exercise / relaxation
- Nutrition and infant feeding
- Oral health
- Birth preparation and recovery
- Sexuality/contraception . . . .

# EDUCATION (cont'd)

- Communication / self esteem
- Issues of abuse
- Baby care/safety
- Infant development
- Parenting



# Support

- Refreshments
- Time for sharing
- Group stability
- Exchange of contact information
- Consistency of leadership



# TRADITIONAL CARE

ORAL  
HEALTH

ROUTINE  
PHYSICAL  
ASSESSMENT

LABOR/PARENTING  
PREPARATION

IMMUNIZATIONS

LAB  
TESTS

SOCIAL  
WORK

NUTRITION  
WIC

INSURANCE

SMOKING  
CESSATION

MENTAL  
HEALTH

LACTATION  
CONSULT AND  
SUPPORT

# CENTERING PREGNANCY BUNDLED CARE

**TIME**  
**10x**

**PHYSICAL ASSESSMENT**

**LAB TESTS**

**IMMUNIZATIONS**

**NUTRITION/WIC**

**SOCIAL WORK**

**MENTAL HEALTH**

**SMOKING CESSATION**

**INSURANCE**

**LABOR/PARENTING PREPARATION**

**LACTATION CONSULT**

**ORAL HEALTH**

**INFORMATION**

**IMPROVED  
LEARNING**

**ENHANCED  
INSIGHT**

**COHESION**

**SOCIAL  
SUPPORT:  
IN/FORMAL**

**CULTURALLY  
APPROPRIATE**

**SKILLS BUILDING**

**RESOURCES**

**\$\$\$ COST  
NEUTRAL**

# Overall Evaluation

- 96-97% of all women polled state they prefer receiving their prenatal care in group

*"We came at the same time and left at the same time and something happened the whole time we were there."*



# CENTERING Group Health Care

## Essential Elements

- Health assessment occurs within the group space
- Participants are involved in self-care activities
- A facilitative leadership style is used
- Each session has an overall plan
- Attention given to general content outline; emphasis may vary
- There is stability of group leadership
- Group conduct honors the contribution of each member
- The group is conducted in a circle
- Opportunity for socializing is provided
- The composition of the group is stable but not rigid
- Group size is optimal to promote the process
- Involvement of family support people is optional
- There is on-going evaluation of outcomes

# CENTERING PREGNANCY®

## Research Studies

- **YALE UNIVERSITY RESEARCH - Effects of Group Prenatal Care on Perinatal Outcomes: Results from a Two-Site Matched Cohort Study** (Ickovics et al, Obstetrics & Gynecology, Nov. 2003, 102(5): 1051-7.)
  - Preterm infants of group patients were significantly larger than those in individual care
    - 2397.8 vs 1989.9 Gms (F+5.74, p<.01)
  - Group patients maintained their preterm pregnancies two weeks longer than individual care patients
    - 34.8 wks vs 32.6 wks (p<.001)
- **National Institute of Mental Health - Effects of Group Prenatal Care: Randomized Control Trial** (N=1047-Ickovics, et al. (2007)Obstetrics & Gynecology. 110(2): 3230-39.)
  - Group patients were significantly less likely to deliver pre-term - 33% decrease in pre-term births (13.9% in individual care vs. 9.8% in group care)
  - Increased breast feeding initiation (67% vs. 55%)
  - Decreased insufficient prenatal care (26% vs. 33%)
  - Increased satisfaction with care
  - Increased prenatal knowledge; readiness for labor & delivery; readiness for baby care

# CENTERINGPREGNANCY®

## Research Studies

- April 2011 CHI Research Symposium
  - Evaluation of Palm Beach Centering - Group prenatal care patients:
    - More likely to be satisfied with their prenatal care
    - Completed a larger percentage of expected prenatal care visits
    - More likely to have longer gestation periods and less likely to have a premature delivery
    - More likely to have established a medical home for their child and completed a postpartum checkup by six weeks after delivery.
  - South Carolina Comparison Study - 200 low-risk women in CP were matched to 200 low-risk control (44.5% white, 43.0% black, 11% Hispanic). Risk factors for preterm birth were similar in CP vs. control

Cohort	Patients	Pre-term Birth Rate (<37wks)	Pre-term Birth Rate (<32wks)
Group Care	200	8.0%	1.5%
Individual Care	200	14.0%	2.5%

# Sanford Experience

- Began pilot January 2010 with three CNMs
- Currently have 10 facilitators (CNMs and Physicians)
- Every patient is offered Centering
- Retention rate in Centering is above 80%
- Decreased no-show rate
- High Patient satisfaction

# Native American

- Indian Health Services New Mexico - Navajo Area
  - Healthy Babies group pregnancy patients
    - Significant improvement in levels of prenatal care
    - Reduced levels of preterms,
    - Decreased low birth rate

# CENTERING GROUPS ARE ACTIVE ACROSS THE UNITED STATES

Centering groups are established in community health centers, hospital and public health clinics, and private practice settings





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