

The Benefits of Centering Pregnancy®

Client

- **Supportive:** Assists in the creation of a supportive network for mothers to be by providing opportunities for sharing the experience of pregnancy with each other.
- **Relationship Building:** Shared learning enhances and facilitates building personal relationships with providers, partners, families, friends, and members of the group.
- **Self Efficacy:** Develops improved client understanding about perinatal health and builds skills for clients to take personal responsibility and become an active participant in their own health.
- **Coordinated:** Unifies perinatal care assessment, health promotion and education, and medical interventions in a manner that promotes self-care, peer support, and enhances learning.
- **Health:** Increased health knowledge, readiness for labor and birth, and breastfeeding, decreased stress and chances of having the baby born prematurely.

Care Provider

- **Builds Rapport:** Encourages a holistic approach to perinatal care and gives providers time to listen and build rapport with their patients.
- **Partnership:** Builds shared responsibility between patient and provider in managing her health care needs.
- **Collaboration:** Encourages interdisciplinary collaboration between health professionals and creates a rewarding experience for all.
- **Satisfaction:** Increases staff and patient satisfaction.

Agency

- **Reimbursable:** Using standard reimbursement systems.
- **Cost neutral:** Scheduling groups of 8-12 women is cost neutral under current reimbursement systems. Potential long-term healthcare savings may be realized from reduced preterm births, increased breastfeeding, and increased healthy behaviors (reduced smoking, STIs, and improved nutrition).
- **Efficient:** Increases use of examination rooms for other billable visits by shifting prenatal clients in group care into a larger conference room.
- **Innovative:** Offers an innovative model that corresponds to the Institute of Medicine's recommendations for healthcare redesign to improve the quality of healthcare.

Health Policy Makers

Preventative: Increases client knowledge and self-care that increases health behaviors including improved nutrition, weight, attendance at prenatal care visits, preparation for labor, birth and infant care, breastfeeding, reduces smoking, STIs, stress, depression, and preterm birth.

Sustainable: in diverse healthcare settings.

What is CenteringPregnancy®?

CenteringPregnancy® transforms prenatal care by providing the essential components of prenatal care: assessment, education and health promotion, and provision of medical and psychosocial interventions in a group setting. Prenatal care is enhanced through Centering by strengthening individual self-care skills, facilitating learning and free exchange of ideas, and promoting peer support.

