

Taking Care of You

Delivering a public/private partnership to provide group prenatal care

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Connections 2014

Centering
Pregnancy®

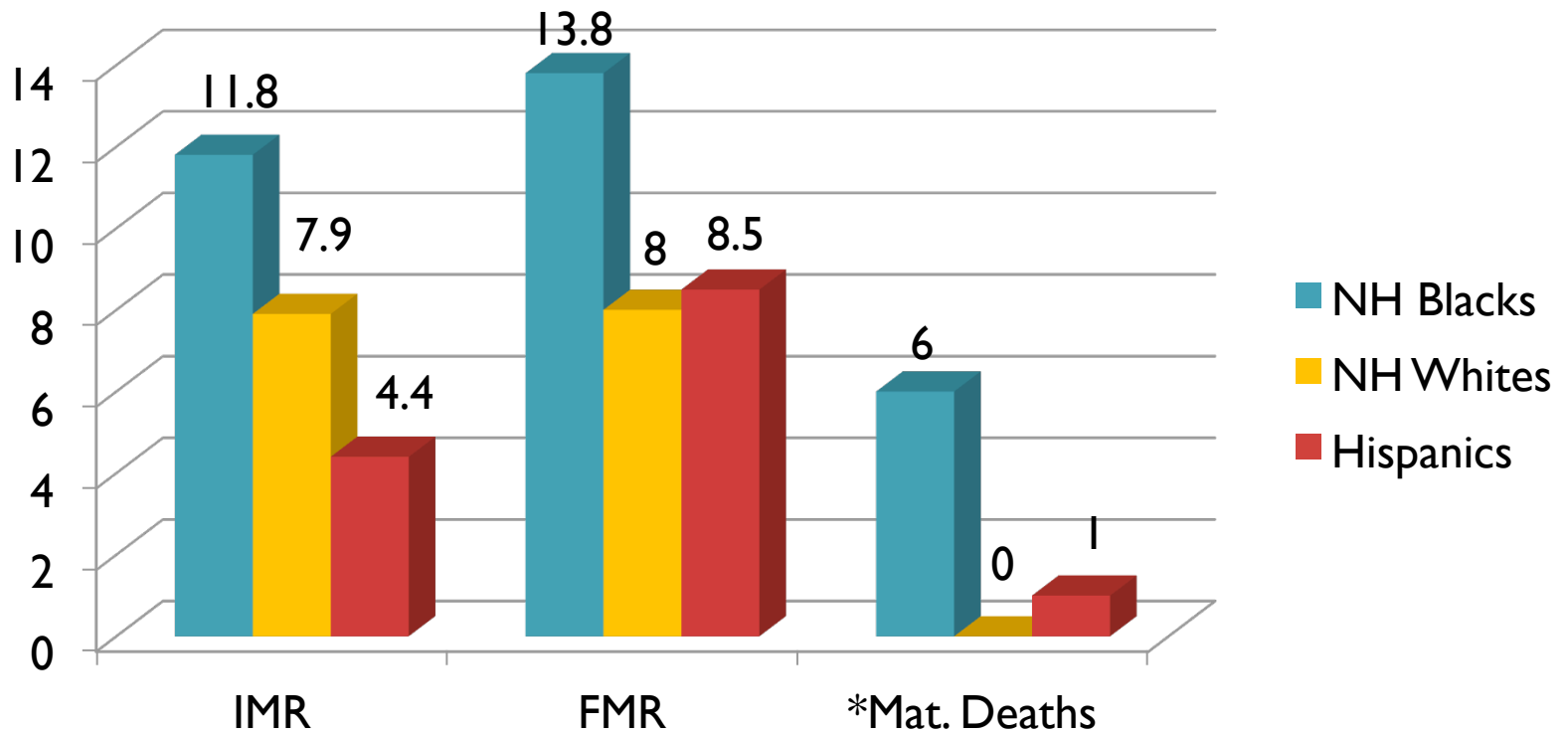


Healthcare Georgia Foundation
grantmaking for health

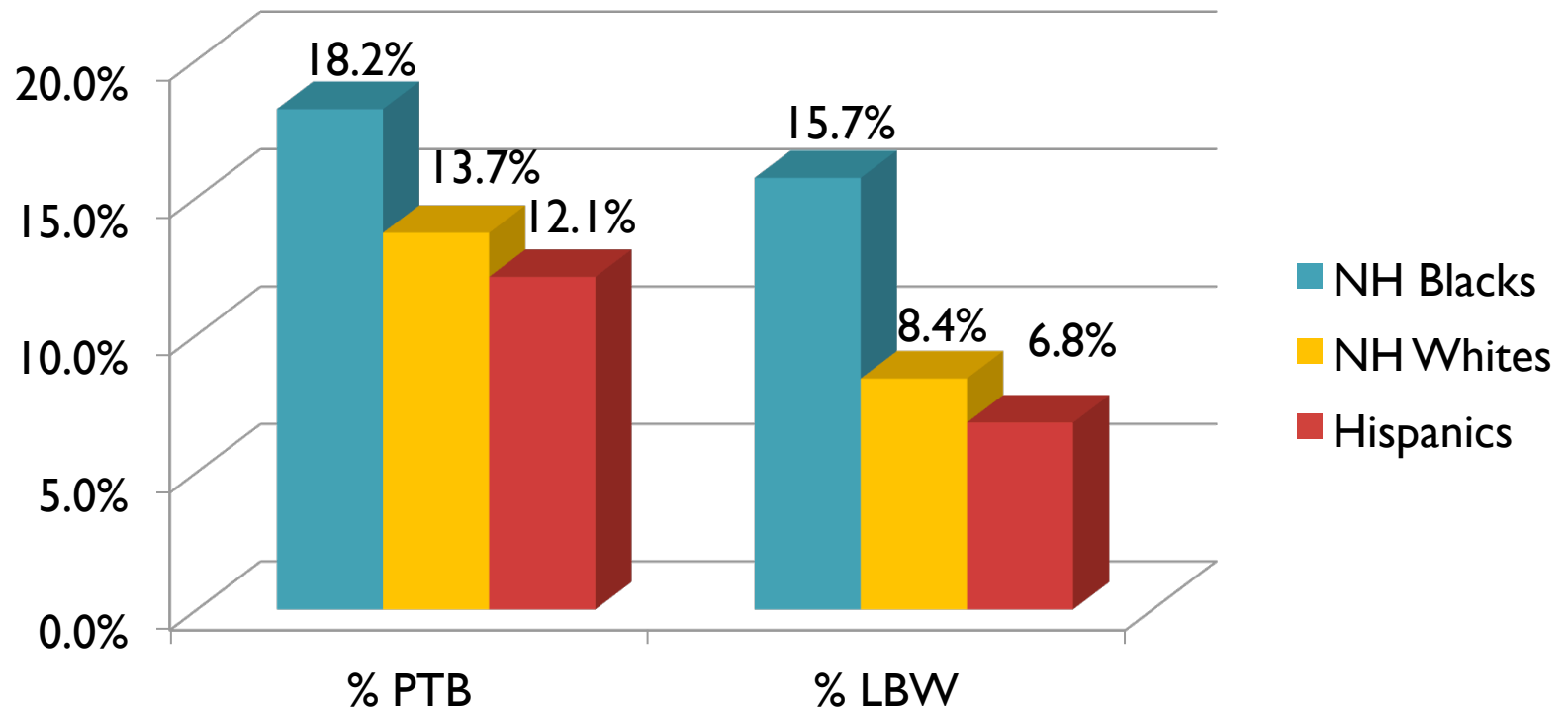


march  of dimes®

District Perinatal Outcomes 2004-2008



District Perinatal Outcomes 2004-2008





Why Centering?

- Evidenced-based model of group prenatal care
- Study participants with similar demographics
- Assessment (prenatal care)
- Education
- Support
- Empowerment through knowledge and building skills
- March of Dimes start-up support

Steps Towards Centering



- Developed the care delivery concept and applied for start-up funding
- Selected centering team
- Developed protocols including exclusion criteria
- Team training
- Staff preparation
- Centering Health Institute
- Made the case for centering with collaborating practices and partners
- Purchased equipment, supplies
- Scheduled patients in Dougherty County (2009)
- Added second site in Colquitt County (2011)

Self-Care



- Women do self-monitoring of weight & blood pressure
- Calculate weeks of pregnancy
- Write in personal chart

“I love the fact that I get a lot of hands-on experience”

Centering patient

The Prenatal Check-up



- Individual physical assessment within group space
- Done by a licensed healthcare provider



“This is the first time in my life that I actually look forward to going to the doctor”

Centering patient

Educational Group Sessions



- Facilitated sessions
- Fun and Interactive
- Everyone participates



“We learn more about what’s going on with our baby than we would be at a regular ob/gyn”

Centering
patient

Educational Group Sessions



- Nutrition and infant feeding
- Oral health
- Prenatal yoga for stress reduction



Educational Group Sessions



- Family Planning/RLP
- Birth preparation and recovery
- Newborn care/safety



Support



“I like having the company of other pregnant women around my age group that I can share my experience with”

Centering patient



Centering Team

- Nettie Lilly (outreach/administrative staff)
- Patricia Simpson (clerical/interpreter)
- Karen Baker, MSN, C-NP
- Vanessa Jones, MSN, C-NP
- Sharon Nichols, CNM
- Ginger Bennett, CNM
- VaLenia Milling, RN
- Sharonda Barlow, MSW
- Elijah Miranda, MPH, MCHES
- Jacqueline H. Grant, MD, MPH, MPA
- WIC Peer Counselors - Joi Redding, Monica Hall, Elizabeth Lewis

Collaborating Practices and Partners



- Albany Area Primary Healthcare (Miriam Worthy Ob/Gyn Clinic)
- Southwest Georgia Family Medicine Residency Program
- Tifton Women's Center
- Moultrie Center for Women's Health
- Leesburg Pregnancy Resource Center
- Women's Telehealth, LLC
- Georgia Partnership for TeleHealth
- Karen Ryals, independent yoga instructor
- Colquitt Regional Medical Center
- Regional Perinatal Center at Phoebe Putney Memorial Hospital (childbirth/lactation and maternal outreach educators)
- First Foundation for Childhood Literacy Reading Partnership
- Centering Health Institute
- March of Dimes
- Healthcare Georgia Foundation
- Betty and Davis Fitzgerald Foundation
- Grady Memorial Hospital Strong Start Collaborative

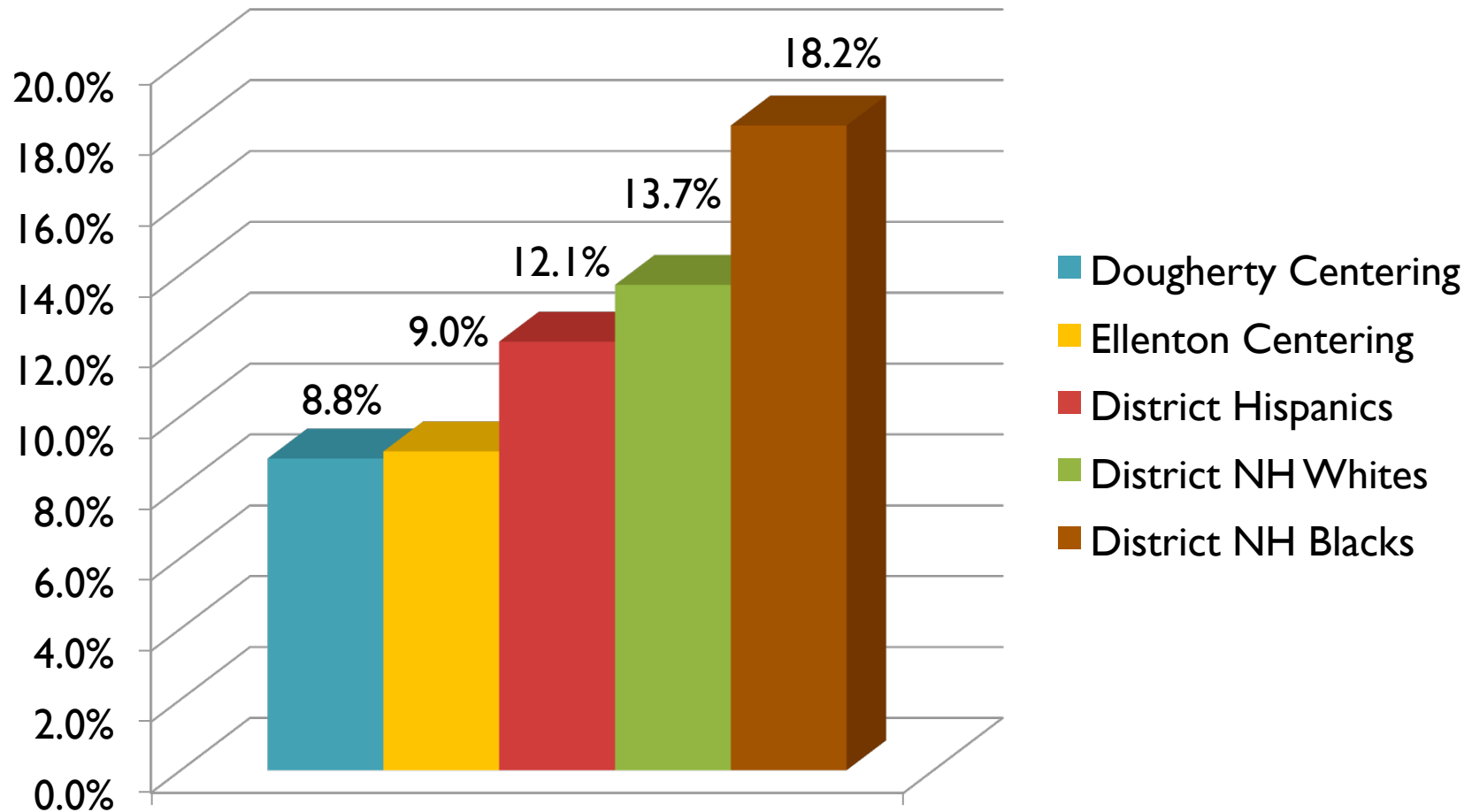
SOUTHWEST HEALTH DISTRICT

Centering Pregnancy®
Program

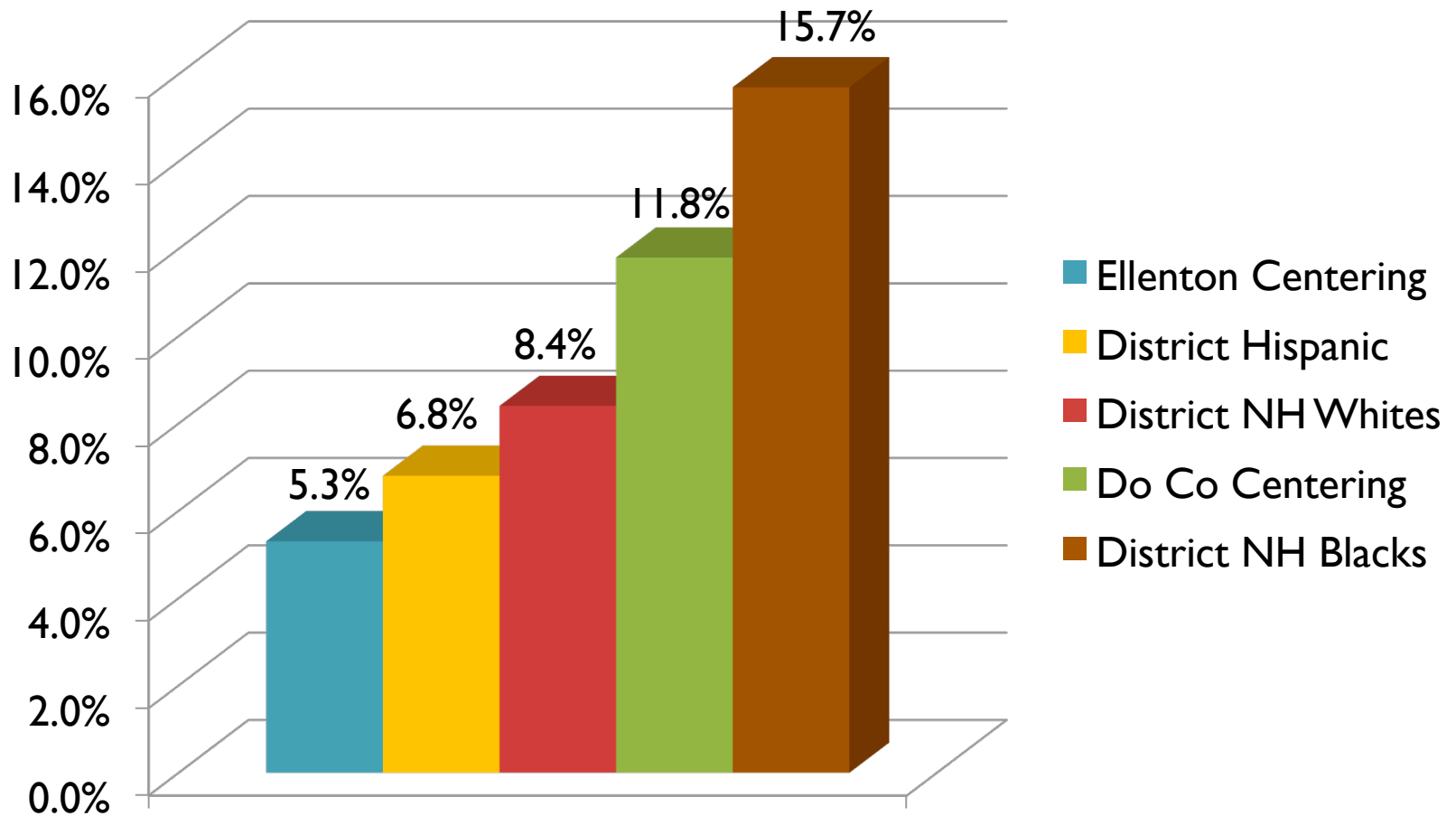
Birth Outcomes Data



Pre-term Birth Rates



Low Birth Weight Rates





Centering Exclusion Criteria

- Multiple gestation
- Placenta previa or abruption
- Uterine anomalies
- Insulin dependent or poorly controlled diabetes mellitus
- Uncontrolled hypertension
- Intrauterine growth retardation (IUGR)
- HIV positive
- Late registrants >20 weeks
- Psychosis or other un-stabilized psychiatric illness

Centering Exclusion Criteria



- Cervical incompetence
- Substance abuse: alcohol, cocaine, crack, methamphetamines
- Thrombophilias
- Chronic renal disease
- Lupus
- Sickle cell anemia
- Chronic heart disease
- Morbid obesity >300 pounds