



# Improve pregnancy outcomes and experience with CenteringPregnancy®

## What is CenteringPregnancy®?

CenteringPregnancy® is an evidence-based group prenatal care model that brings women of the same gestational age together in a **group setting**.

CenteringPregnancy® allows patients to have a more active role in their healthcare experience while offering opportunities for education and community building.

## Benefits of CenteringPregnancy®

- Replaces traditional 15-minute OB visits with **1-2 hour group visits**, without increasing the total time providers spend for patient care
- Improves patients' **understanding, engagement, and satisfaction**
- Decreases **preterm-birth**
- Increases **breastfeeding rates**
- Improves appropriate **gestational weight gain**
- Lowers healthcare disparities and **improves outcomes** for minority women

## → How can PRIMROSE help you offer CenteringPregnancy®?

### Resources

We can provide all additional materials during the first year that a **provider** needs for CenteringPregnancy®. For remote sites, a mobile health unit can travel for **clinical exams and tests, allowing providers to reach underserved areas.**

### Certification & Training

Our **APRNs** are certified by the Centering Healthcare Institute. They will coach your site's co-facilitators on the CenteringPregnancy® model. We also offer scholarships for your staff to take the virtual Centering Institute training.

### Costs

There is no additional cost to partner with us. Providers who offer CenteringPregnancy® may bill for prenatal care as usual.

**To learn more about how we can help offer CenteringPregnancy® in your community, please contact Kelly Conroy, Asst. Director of Mobile Health at [KConroy@uams.edu](mailto:KConroy@uams.edu).**

# The CenteringPregnancy® Schedule

Patients are invited to participate in a Centering group during their initial prenatal care appointment. Timely educational topics are covered at each session.

Session	Educational Topics
1 (12-16 weeks *)	Welcome and group expectations; Orientation to taking own weight and blood pressure; Pregnancy concerns, discomforts, and strategies; Family planning; Prenatal testing; Nutrition; Connecting outside the group.
2 (16-20 weeks *)	Self-care throughout your pregnancy and beyond; Goal setting; Healthy weight and nutrition; Mindfulness; Oral health.
3 (20-24 weeks*)	Exercise and relaxation; Breastfeeding; The family I want to have.
4 (24-28 weeks*)	Thinking about my family, Family planning; Sexuality and sexual health; Domestic abuse; Fetal brain development; Preterm labor; Toxic stress and protective factors.
5 (26-30 weeks*)	Labor, birth facility and birth plan; Breathing, medication for labor and birth; Planning for pediatric care; Early labor – when to call; Parenting and working; Pumping.
6 (28-32 weeks*)	The birth experience; Breastfeeding and skin-to-skin; Early postpartum care – what to expect; Cribs and car seats; Safe sleep.
7 (30-34 weeks*)	Mindfulness; The newborn's first days; Caring for your baby; Breastfeeding; Perinatal mood disorders; Siblings.
8 (32-36 weeks*)	Emotional adjustments; Count the kicks; Pregnancy to parenting; Newborn safety; Labor and danger signs; Postpartum resources.
9 (34-38 weeks*)	Putting it all together; Newborn care; Infant massage; Family support; Early labor.
10 (36-40*)	My baby's birth; Growth and development; Home and family changes; Postpartum care-when to call; Returning to intimacy.

\*Approximate gestational week that session occurs.

## What sites provide

- Initial prenatal care visit
- Classroom/ group meeting space
- Scheduling and patient reminders
- Co-facilitator (physician or nurse)
- End of pregnancy visits

## What PRIMROSE provides‡

- Centering-trained facilitator
- Facilitator's guide for your staff
- Centering notebook for all patients
- Materials for group activities & snacks
- Portable scale, BP unit and ultrasound
- Training scholarships for your staff

‡Grant funding allows PRIMROSE to provide these resources to each new site one year.