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Centering Pregnancy (CP) Provides Equal or Better Perinatal Outcomes, Satisfying, Cost Effective Prenatal Care compared to Individual Prenatal Care (IPC)

Results: The Cost

Introduction: Provider dissatisfaction with pre-CP workshop program led to examination of CP **Health Outcomes**

| | CP | IPC |
|---------------------------------------|------|-------|
| Preterm Birth rate(PTB) | 9.8% | 13.8% |
| African American PTB | 10% | 15.8% |
| Initiation/duration breastfeeding *** | * | * |
| Pregnancy knowledge *** | * | * |
| Client/provider satisfaction *** | * | * |
| Client prenatal care attendance *** | * | * |
| Birth Weight = | | |
| Cesarean section rate *** | * | * |
| Client/Provider empowerment *** | * | * |
| Cost of care | | |

*** shows greater incidence than *

Problem: **Provider dissatisfaction** with CP program before CP workshop
 Dissatisfaction level

| | | |
|--|-----|-----|
| CNM | 5/6 | 83% |
| Co-facilitator | 6/7 | 87% |
| General Lack of office staff knowledge | | 87% |

Intervention:

1. Informal discussion of provider/staff regarding knowledge/satisfaction with CP program and dialogue surrounding other prenatal care options
2. CP workshop for all providers
3. Systematic discovery of provider and staff perception of CP program 8 months after CP workshop

Method:

- Focus groups of CP providers and office staff 8 months post CP workshop
- Audio recorded semi-structured interviews
- Analyzed thematically via Ethnograph 6.0

Results: The Care

1. **Increased Provider Satisfaction** from :
 - Model Fidelity: Better group flow and more partnership approach between providers and co-facilitators
 - Facilitating versus Teaching method
 - Letting go and Letting Group
2. **Lack of Office Staff knowledge and comfort surrounding CenteringPregnancy**
3. **Poor communication** between Office Staff/Clients/Providers for laboratory visits, additional office appointments

1. Increase from 2 to 4 Net clients/session

| | |
|-----------------|------------------|
| Pre CP workshop | Post CP workshop |
| 6-8 clients/4h | 8-10 clients/4h |

2. Investment in Human Resources leads to:

- Increased retention and decreased cost recruiting new employees
- Job enrichment leads to increased motivation and productivity

Conclusion

1. CenteringPregnancy is a cost effective, satisfying method of prenatal care with positive perinatal outcomes
2. Model fidelity improved provider satisfaction, group problem solving ability, facilitation process, and co-facilitator/facilitator partnership
3. Increased staff knowledge has helped to increase CP census and become more cost effective

Implications:

1. All Staff should attend CP workshop BEFORE initiating CP program
2. Providing staff education and opportunity to improve their prenatal program will empower staff to own, develop, and sustain their CP program



See [handout](#) for direct qualitative data and [References](#)