CENTERINGPREGNANCY®
Information Package

CenteringPregnancy is an innovative model of facilitated group antenatal care that has been successfully operating in the USA for the past decade. Groups of eight to twelve women are facilitated by a midwife or doctor skilled in antenatal care provision. These group visits follow the same appointment schedule, and include the same components of antenatal care (assessment, screening and education) as traditional antenatal care. Women are able to share their experiences, learn from one another and develop a network of social support that will be invaluable in the early weeks and years of new motherhood. CenteringPregnancy is reported to enhance the potential of antenatal care and improves the experiences for both women and the health professionals involved.

The Australian CenteringPregnancy Pilot Study commenced in 2006 and will have initial findings available by the end of 2007. Currently the CenteringPregnancy model has been well received by women and midwives involved with the pilot study. The Centre for Midwifery, Child and Family Health at UTS has designed a set of workshops and consultancies to be offered in 2008 to assist with the development of CenteringPregnancy at other health care settings here in Australia.

This information package is available to assist you with the initial strategic planning for the implementation of the CenteringPregnancy model at your health care setting. To implement CenteringPregnancy and to achieve approval to provide CenteringPregnancy, each health care setting is required to gain membership with the Centering Healthcare Institute (CHI), formally the CenteringPregnancy and Parenting association. All individuals involved with the provision of the CenteringPregnancy model are required to attend an **Introduction** and an **Implementation Workshop** to ensure an adequate understanding of the model and to ensure successful implementation of the model.

An Australian network for the Centering Healthcare Institute is currently being developed to facilitate Australian membership, education and evaluation.

Please contact Alison Teate to nominate your interest for the workshops and to join CHI-Australia.

Email: Alison.Teate-1@uts.edu.au

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Essential Elements

CP is founded on a set of 'Essential Elements' that provide a framework for effective group antenatal care. The model of CP you develop for your setting must be defined by these essential elements to be known as a CP model of care.

- Health assessment occurs within the group (AN check up)
- Women are involved in self-care activities (BP & urine testing in the USA, but not with Australian Pilot Study, but women have access to their notes or AN cards)
- Stability of group leadership
- A facilitative leadership style is used
- Each session has an overall plan
- Attention is given to core content but emphasis may vary
- The group is conducted in a circle
- Group conduct honours the contribution of each member
- Group composition is stable, but not rigid
- Group size optimal to promote the process
- Involvement of support people is optional
- Group members offered time to socialise (time to chat over food)
- On-going evaluation of outcomes

Useful websites:

http://www.nmh.uts.edu.au/cmcfh/index.html

http://www.centeringpregnancy.com/

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Planning Timeline

To develop and implement a new model of care in any health care setting requires collaboration, management and adherence to a well structured timeline. The following points are provided to assist you with this process.

- Create a timeline specific to your setting.
- Anticipate set backs and allow for at least a 6 month timeline.
- Identify a core planning group that incorporates key stakeholders from different health professions and organisations associated with your health setting. This core planning group would benefit from including midwives, doctors, allied health, community health, clerical staff and consumers.
- Meet at regular intervals and discuss the issues specific to your specific health setting that may help or hinder the implementation of CP.
- The following questions may help you identify these issues.

In your health care setting:

1. What are the current models / components of antenatal care that are working well?

2. What are the current models / components of antenatal care that are not working well?

3. Who benefits from the current model of antenatal care?
   Why?

4. Who doesn't benefit from the current model of antenatal care?
   Why?

5. What is the vision of 'ideal' antenatal care for your setting?

6. What are the obstacles in achieving this vision?

7. Does the CenteringPregnancy model assist with this vision?

8. How do you plan to evaluate this process of change?

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Implementation Timeline

Timelines are a useful way to manage the implementation of a new model of care.
They provide you with a structured process that allows for future planning and reflection.
This timeline is a guide only.

- Set target date and develop a timeline from that.
- Involve individuals with strong leadership and management roles
- Include meetings to assess progress.
- Assign responsibilities and tasks.
- Revise timeline if necessary.

6-8 months (prior to start date)

- Identify:
    - Issues and benefits with current health service. (Formal survey of women's and staff opinions of antenatal care).
    - Potential interested facilitators and their level of skill with facilitation.
    - Resources available and create a list of required resources.
    - Other professional groups or consumer organisations involved in caring for childbearing women and their families.
- Prepare proposal for implementation of CenteringPregnancy (CP) model.

4-6 months

- Inform staff and associated organisations about CP model
- Secure commitment from staff (midwives, managers, medical, allied health and administration).
- Interested staff attend CP *Introduction* Workshop
- Access support and information to develop format and schedule for CP model at your hospital

3-4 months

- Identify extra education requirements for potential facilitators
- Plan program format and schedule.
- Book required space for groups.
- Preview required resources for the groups.
- Prepare and post publicity
- Schedule group appointments into antenatal clinic appointment system.

2-3 months

- Interested staff/potential facilitators to attend CP *Implementation* workshop
- Provide follow-up education and support for group and facilitation skills
- Order equipment and resources
- Recruit women at their first antenatal (booking) visit.
- Allocate and roster facilitators to specific scheduled groups (integrate into current roster and clinic schedule).

1 month –1 week

- Gather all resources for sessions
- Telephone women to remind them of their group appointment
- Meet with facilitators

Start date Good Luck!

Bibliography

For further information on CenteringPregnancy please access these readings.

Interesting information is also provided on the http://www.centeringpregnancy.com/

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