

Family Medicine Clerkship Plain Language Summary

Title: Want to try group care for your next pregnancy?

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Plain Language Summary:

What is CenteringPregnancy?

A form of group pregnancy care that can replace individual care visits in females with low-risk pregnancies. The program has three major parts of care. These are health review, education, and support. Eight to twelve women will meet starting at week 16 of their pregnancy. The group visits have the same schedule as the individual visits.

What is the history behind the Program?

Sharon Schindler Rising started the graduate program for nurse midwives at the University of Minnesota. During this same time she started the Childbearing Childrearing Center for complete prenatal care, well child and well women care. This group was made up of moms and dads at similar stages of their pregnancy. The members met for 3 months before the babies and for 3 months after the babies were born. This was the model used for CenteringPregnancy. The group visits became very popular. Workshops and training sessions are now open to help other providers establish group care at clinics and hospitals all over the country.

What do patients do at each group visit?

Each visit will have four events:

1. The women will do their own evaluation. They will measure their blood pressures and belly growth.
2. The doctor or nurse will review each patient in the group space.
3. The group will talk about their hopes and fears. Patients can ask questions and share their stories.
4. Health education will be talked about to improve the health of the baby and the mom.

Each meeting will have a plan. Patients will sit around in a circle. There will be one leader. The groups will be less than 12 people.

What have the doctors found out?

Several studies have been done showing good results. Findings include a higher number of visits, lower rates of early delivery and low birth weight, and also fewer number of

emergency visits. Studies have also reported that the group visits allow more time for education. This leads to an increase in breastfeeding understanding and confidence, an increase in eating a healthy diet, an increase in the awareness of danger signs, and an increase in child visits after delivery of the baby. Another benefit to the group visits is that patients do not have to wait for their provider. Class will start on time and end on time.

What have other patients said?

“I loved the program because every time you come in you share your story.”

“I learned a lot about the pluses of breast feeding...I changed my mind.”

“I get more attention and get more out of the group than a one-on-one.”

“The good thing about CenteringPregnancy is that you turn out to have friends.”

Where can I go to find out more information?

1. CenteringPregnancy Website: <https://www.centeringhealthcare.org>
2. MedicineNet.com:
<http://www.medicinenet.com/script/main/art.asp?articlekey=50533>
3. Vanderbilt University Medical Center Video on Centering:
<http://www.vanderbilthealth.com/womenshealth/27564>

How can I sign up?

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| Smiley's Clinic 2020 28th St. E 612-333-0770 | HCMC 701 Park Avenue, Minneapolis 612-873-2530 | NorthPoint 1313 Penn Ave. N. Minneapolis 612-302-4600 | Park Nicollet Nurse Midwives 612-302-4600 |
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5 Key phrases:

CenteringPregnancy
Group Pregnancy Care
Patient education
Patient feedback
Improved outcomes

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