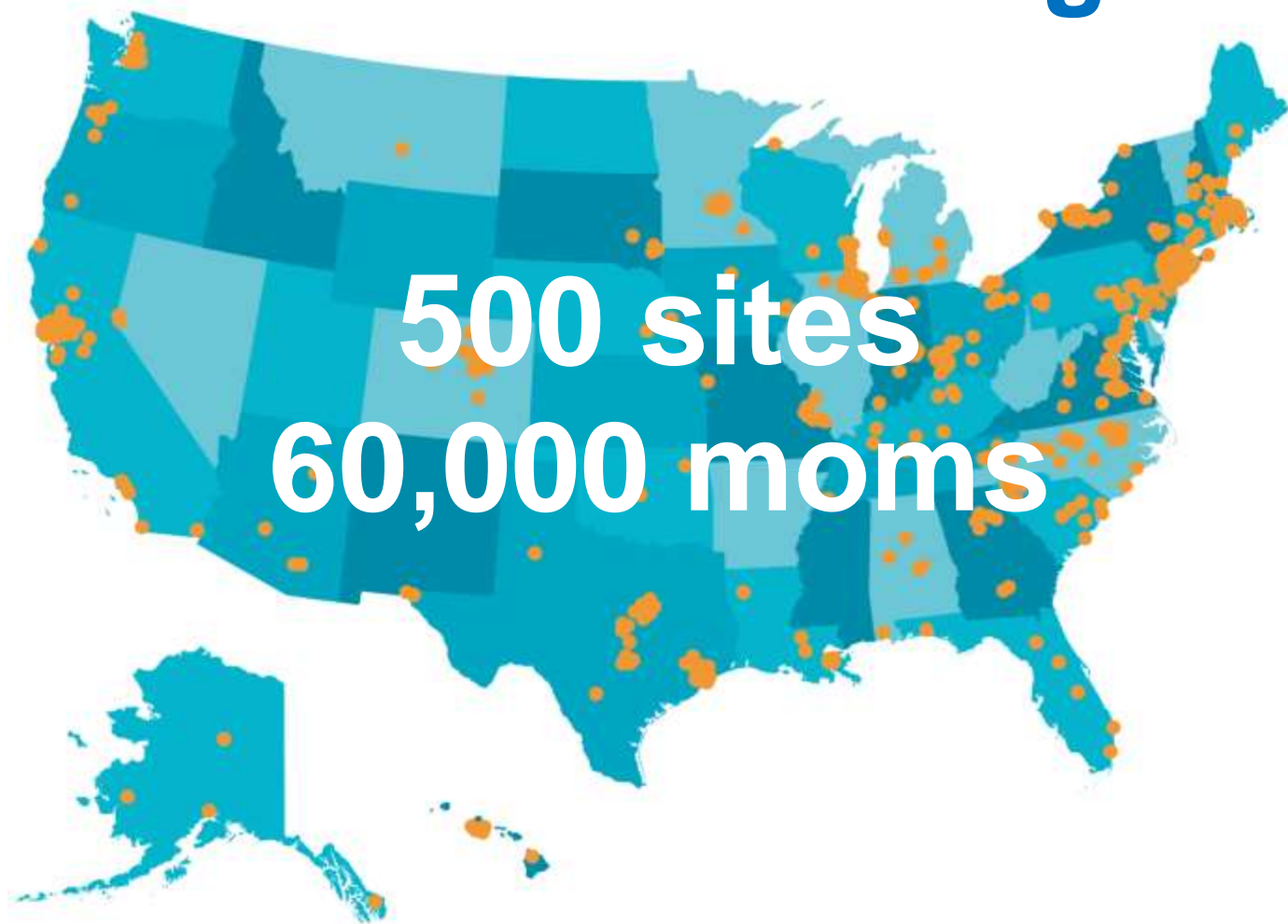




Centering<sup>®</sup>  
Healthcare  
Institute

# Who is Centering?



# Components of Centering





# CenteringPregnancy®



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# CenteringPregnancy®

**8 - 12** women with similar due dates

Initial intake as usual: history, physical, lab work

Follows recommended schedule of 10 prenatal visits:

Four sessions, every 4 weeks	16, 20, 24, 28 weeks
Six sessions, every 2 weeks	30, 32, 34, 36, 38, 40 weeks
Reunion	1-2 months postpartum

# Centering Parenting®



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# CenteringParenting®

6-8 parents & babies

Continues care from CenteringPregnancy group or as standalone model of family centered well-child care

Visits align with current Bright Futures, AAP schedule:  
by 1 month, 2, 4, 6, 9, 12, 15, 18 and 24 months

Flexibility to schedule additional visits



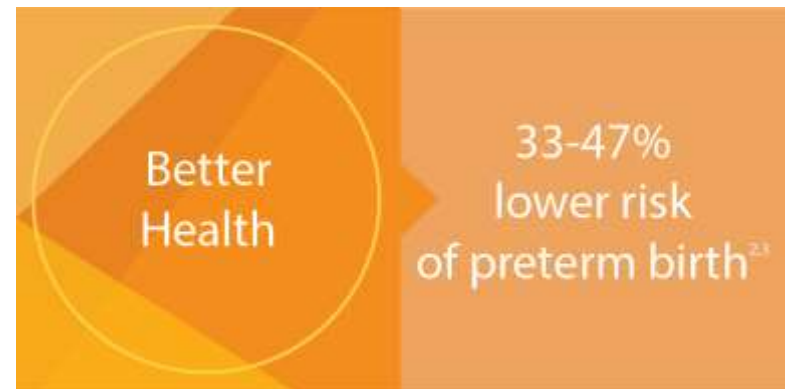
# Centering Meets the Goal of the Triple Aim

1 2015 Data from CenteringCounts™

2 Picklesimer, et al. *The effect of CenteringPregnancy group prenatal care on preterm birth in a low-income population*, 2012.

3 Ickovics, et al. *Group prenatal care and perinatal outcomes: a randomized controlled trial*, 2007.

4 Using 2013 Peristat data, calculated the difference between the U.S. preterm birth rate (11.4%) and Centering preterm birth rate (6.8%) for 50K women. Considering the cost of PTB is \$54,149/birth, the cost savings is \$124,542,700 savings.





# Decreased risk of preterm birth

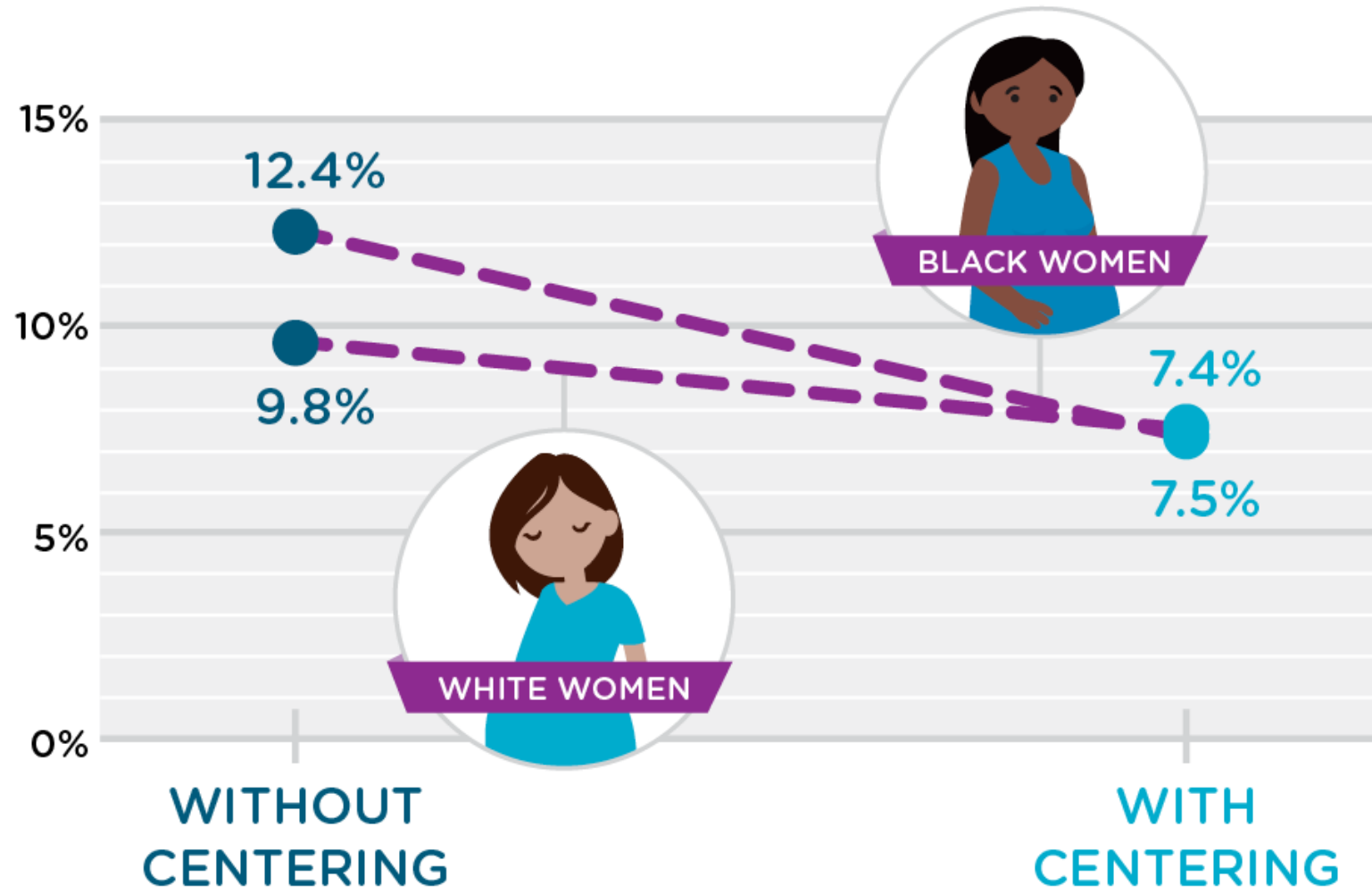
-33%

-47%

Randomized control trial  
*Ickovics, et al 2007*

Retrospective cohort study  
*Picklesimer, et al 2012*

# Preterm Birth <37 Weeks By Race



Retrospective cohort study Picklesimer, et al 2012

# CenteringPregnancy®

**97.7%** patient  
satisfaction

## Preterm Birth

MOD GOAL 5.5%  
CHI RATE 7.1%  
US RATE 11.4%

## Low Birth Weight

HP2020 GOAL 7.8%  
CHI 6.2%  
US 8%

## Breastfeeding

HP2020 GOAL 82%  
CHI 87.2%  
US 80%

CHI data based on practice sites reporting through CenteringCounts as of 12.31.16 and US data source: March of Dimes PeriStats 2013, CDC and HP2020





A healthcare professional, a man with glasses and a checkered shirt, is examining a baby's mouth with a stethoscope. A woman with long brown hair, wearing a teal shirt, is holding the baby. The baby is lying on a blue surface. A blue circular graphic with white text is overlaid on the image.

HEALTH  
ASSESSMENT  
HAPPENS IN  
THE GROUP  
SPACE



**PATIENTS ENGAGE  
IN SELF-CARE  
ACTIVITIES**





**EACH SESSION  
HAS A PLAN,  
BUT EMPHASIS  
MAY VARY**

A man wearing an orange beanie and a plaid shirt is looking at a whiteboard. A woman with long blonde hair wearing a brown beanie and a black top is pointing at the whiteboard. The whiteboard has several green cards with text in English and Spanish. There are also framed photos on the wall behind them.

**GROUPS ARE  
FACILITATED TO BE  
INTERACTIVE**





**THERE IS TIME  
FOR SOCIALIZING**



Group Guidelines  
Centering Healthcare

**GROUPS ARE  
CONDUCTED IN  
A CIRCLE**





**GROUP MEMBERS,  
INCLUDING  
FACILITATORS AND  
SUPPORT PEOPLE,  
ARE CONSISTENT**





**GROUP SIZE  
IS OPTIMAL FOR  
INTERACTION**





**THERE IS ONGOING  
EVALUATION**



Connect with us!





# Marena's Dashboard

## Welcome!



Welcome to your new Centering portal!

We are delighted to provide you with access to a variety of new tools and resources, e-learning, CenteringConnects and the new CHI store - all from one easy-to use place. Whether you are here to register for a workshop, order products or see what's new in the Centering community, we appreciate that you are here with us.

Ready for a [guided tour](#)?

## Resources

[Tutorials & Quick T](#)

[Organizational Ma](#)

[Centering Brand B](#)

[Centering Logos](#)

[Centering Brand G](#)

[Centering Photogr](#)

[Patient Recruitme](#)

## Orders

PENDING

COMPLETED (1)

## My Downloads

DOWNLOADS

WEBINARS (2)

## Account

# Circle Up Webinars

FREE, live virtual meetings for licensed sites on key Centering topics

Click Webinars tab in the portal to see upcoming topics & dates and to register

Each Circle Up is 45-60 minutes and facilitated by CHI staff, consultants or other Centering champions

It's like a virtual Centering group for you!

**Wisdom comes within the group!**

**Join us in the next Circle Up Webinar**





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# Basic Facilitation Workshop

## One Day In-House Agenda

- Morning**
- Registration
  - Introductions & Opening
  - Centering Overview and Essential Elements
  - Facilitative Leadership
  - Assessment
- Afternoon**
- Lunch
  - Content and Facilitation Demonstration
  - Facilitation Practice
  - Closing and Evaluation



# Listening

*Listening is a very important skill for patient care and group facilitation. It is a skill that takes practice. Thinking about conversations and situations you have been in, how would you answer the following questions?*

1. How do you feel when people don't listen?

2. Describe a time when someone really listened to you.

What did they do?

3. What stops you from listening?

Do you listen better at some times than others?

4. How can you be a better listener?