



SAINT LUKE'S HEALTH SYSTEM

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## **NEWS**

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**For Immediate Release**

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### **Saint Luke's Teen Clinic achieves site approval for "Centering Pregnancy®" model of prenatal care**

*Innovative model facilitates healthier pregnancy, enhances experience*

*KANSAS CITY, Mo.* – The CenteringPregnancy® Program of prenatal care at the Teen Clinic at Saint Luke's Women's Care has been granted official approval from the Centering Healthcare Institute (CHI).

The approval is for a two-year period and recognizes the site as having met rigorous standards for the provision of group prenatal care.

CenteringPregnancy® is a multifaceted model of group care that integrates three major components of health care: assessment, education, and support, into a unified program within a group setting.

The Women's Care Center initiated the Teen Clinic through Saint Luke's Hospital's Community Service Clinic in 2003. The Teen Clinic has provided essential services to hundreds of pregnant teens to ensure a healthy delivery, reduce the number of repeat teen pregnancies, and provide a support system to encourage patients to complete their high school educations. In addition to routine obstetrics care, the Women's Care Center and Teen Clinic offer family-centered education, life skills training, and holistic care.

CenteringPregnancy® brings eight to 12 women with similar gestational ages together to learn care skills, participate in a facilitated discussion, and develop a support network with other group members. Each Centering group meets for a total of 10 sessions throughout pregnancy and early postpartum. The practitioner, within the group space, completes standard physical health assessments.

Research shows the Centering model of care to be a very effective way to receive prenatal care. A randomized clinical trial, completed in 2007, found that women participating in Centering groups had a 33 percent lower rate of preterm birth than women in traditional care. Participating in CenteringPregnancy® group care allows most patients 10 times more time with their provider, a community of friends, an opportunity to actively participate in health decisions, plenty of time to discuss

questions, and an enjoyable, fun prenatal visit. It eliminates the need for extra classes and waiting for appointments to start.

A study published in the *American College of Obstetricians and Gynecologist's Green Journal* in August 2007 showed that the Centering model of prenatal care improved pregnancy outcomes in the area of reducing preterm births and increasing breastfeeding initiation, psychosocial function, and patient satisfaction.

The State of Missouri classifies teen pregnancies as high-risk because they are more likely to deliver preterm, raising the probability of a host of medical complications for the baby. Pregnant teens are also at risk for many pregnancy-induced conditions such as hypertension, anemia, and poor nutrition.

This unique Centering model of care encourages pregnant women and teens to take a more proactive role in their health care.

“The group setting provides a dynamic atmosphere for learning and sharing that is impossible to create in a short, one-to-one typical clinic visit,” said Saint Luke’s Community Service Clinic Director Jodi Faustlin.

The CenteringPregnancy® program is supported in part by a \$44,880 two-year grant from the March of Dimes Greater Kansas City Chapter.

“The March of Dimes is thrilled to partner with Saint Luke’s to implement CenteringPregnancy® at the Teen Clinic,” said Diane Daldrup, state director of Program Services at the March of Dimes. “This model of prenatal care provides education and a support network for all participants and is particularly effective with teens.”

“We’re grateful to the March of Dimes for their support of our ongoing work to address the needs of this unique, at-risk population,” Faustlin said.

For more information on the Centering model of care, visit [centeringhealthcare.org](http://centeringhealthcare.org).

The March of Dimes is a national voluntary health agency whose mission is to improve the health of babies by preventing birth defects, premature birth, and infant mortality. For more information, visit the March of Dimes Web site at [marchofdimes.com](http://marchofdimes.com) or its Spanish language Web site at [nacersano.org](http://nacersano.org)

*Saint Luke's Community Service Clinics are part of Saint Luke's Health System, which consists of 11 area hospitals and many primary and specialty care practices, and provides a range of inpatient, outpatient, and home care services. Founded as a faith-based, not-for-profit organization, our mission includes a commitment to the highest levels of excellence in health care and the advancement of medical research and education. The health system is an aligned organization in which the physicians and hospitals assume responsibility for enhancing the physical, mental, and spiritual health of people in the metropolitan Kansas City area and the surrounding region.*

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