

CHAMPS Wednesday Webinar

February 7th, 2018
12:00pm – 1:00 pm (Central Time)

Centering Pregnancy

Presented by:
Centering Healthcare Institute

Remember to mute your line by pressing *6. Please do not press hold.
Unmute is #6.

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CHAMPS 4-hour Clinical Skills Trainings

Training Updates:

- To date, CHAMPS has hosted 63 trainings in 35 hospitals and has trained over 1,100 MS-based clinicians!



Upcoming Trainings:

- (15-hour) Memorial Hospital Gulfport – March 14th – 16th
- (4-hour) Merit Health Central – Feb 22nd
- (4-hour) Singing River – March 27th
- (4-hour) Highland Community Hospital – March 28th

Check our website for updates and to register: cheerequity.org/trainings.html

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Mississippi CHAMPS Conference



Wednesday, April 11th, 2018, Courtyard by Marriott Gulfport Beachfront



Keynote Speaker:

Camara Phyllis Jones, MD, MPH, PhD

A conference for all Mississippi CHAMPS hospitals and their community partners to learn, collaborate, network, and share experiences. Includes "Train-the-Trainer" sessions on the CHAMPS 4-hour competency training for nursing staff.

Free to CHAMPS hospital teams and community partners.

Register online at: <https://mschampsconference.eventbrite.com>

Questions? Email the CHAMPS Team at CHAMPSbreastfeed@gmail.com

Funded by: The W.K. Kellogg Foundation & The Bower Foundation

Organized by: Communities and Hospitals Advancing Maternity Practices (CHAMPS), a program of the Center of Health Equity, Education, & Research (CHEER)



BlueCross BlueShield of Mississippi
It's good to be Blue.



Photography by Alex North

Upcoming Wednesday Webinars

Webinars are held in collaboration with the Mississippi State Department of Health and are scheduled on Wednesdays from 12p-1p (CST)

Spring 2018 Schedule

- **March 14th:** *Jump Starting your Baby-Friendly Journey – Hospital Experiences*
 - *Becky Knapp, RN, MPH, CHEER Project Manager, & CHAMPS Hospitals*

ALL ARE WELCOME TO ATTEND! For log-in information, visit:
<http://www.cheerequity.org/webinars.html>

Slides and recordings are posted on the CHEERequity.org website.

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Experts in
Group Healthcare

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Introduction to Centering Group Care

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Objectives

- Introduce the **Centering** care framework
- Discuss **CenteringPregnancy**[®], **CenteringParenting**[®] and **CenteringHealthcare**[®] group care models
- Discuss the **evidence** behind Centering and its **impact** on health outcomes
- Describe how Centering Healthcare Institute supports **dissemination**, **implementation** and **sustainability** of the Centering care models
- Describe Centering **model fidelity** and **quality assurance** processes
- Review CHI grants program to support



How would it feel to...? **COPYRIGHTED**



What is Centering?

- An **evidence-based, patient-centered framework** for providing healthcare in a **group** format
- Clinical intervention **implemented by healthcare providers** that uses the healthcare visit as the touchpoint for **engaging** patients in their own care and **connecting** them to other patients and support services
- **Replaces individual appointments** with group appointments , however individual appointments can always be used to supplement group appointments
- Defined by a standard set of guiding principles referred to as the **Essential Elements** of Centering and adheres to quality and practice standards established by **Centering Healthcare Institute**

What is Centering?

Centering is a framework for group visits, implemented by healthcare providers, that engages and connects patients, and adheres to the Essential Elements.

Core Components of Centering



HEALTH
ASSESSMENT
HAPPENS IN
THE GROUP
SPACE

PATIENTS ENGAGE
IN SELF-CARE
ACTIVITIES

EACH SESSION
HAS A PLAN,
BUT EMPHASIS
MAY VARY

GROUPS ARE
FACILITATED TO BE
INTERACTIVE

THERE IS TIME
FOR SOCIALIZING

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

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 is holding the baby. The scene is set in a clinical or hospital environment. A blue circular graphic with white text is overlaid on the top left of the image.

HEALTH
ASSESSMENT
HAPPENS IN
THE GROUP
SPACE

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A woman with dark hair tied back, wearing a blue t-shirt with a purple and white pattern, is seated at a computer workstation. She is looking at a monitor on the left. A green blood pressure cuff is wrapped around her left upper arm. The cuff has the brand name 'CRITIKO' and 'DURA-CUFF' printed on it. A red circular graphic with a white border is overlaid on the image, containing the text 'PATIENTS ENGAGE IN SELF-CARE ACTIVITIES'.

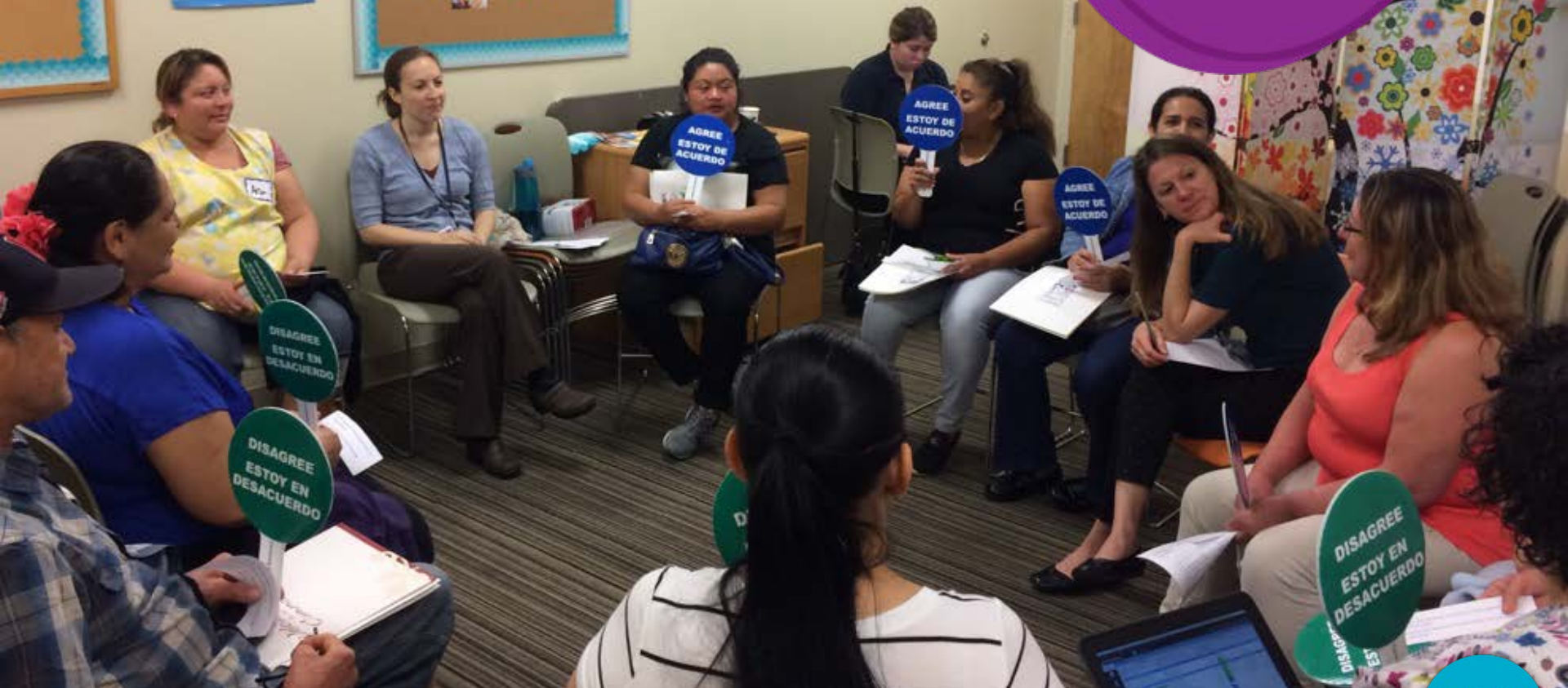
**PATIENTS ENGAGE
IN SELF-CARE
ACTIVITIES**

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WELCOME



EACH SESSION HAS A PLAN, BUT EMPHASIS MAY VARY



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**GROUPS ARE
FACILITATED TO BE
INTERACTIVE**

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**THERE IS TIME
FOR SOCIALIZING**

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Group Guidelines

Centering Healthcare

**GROUPS ARE
CONDUCTED IN
A CIRCLE**



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

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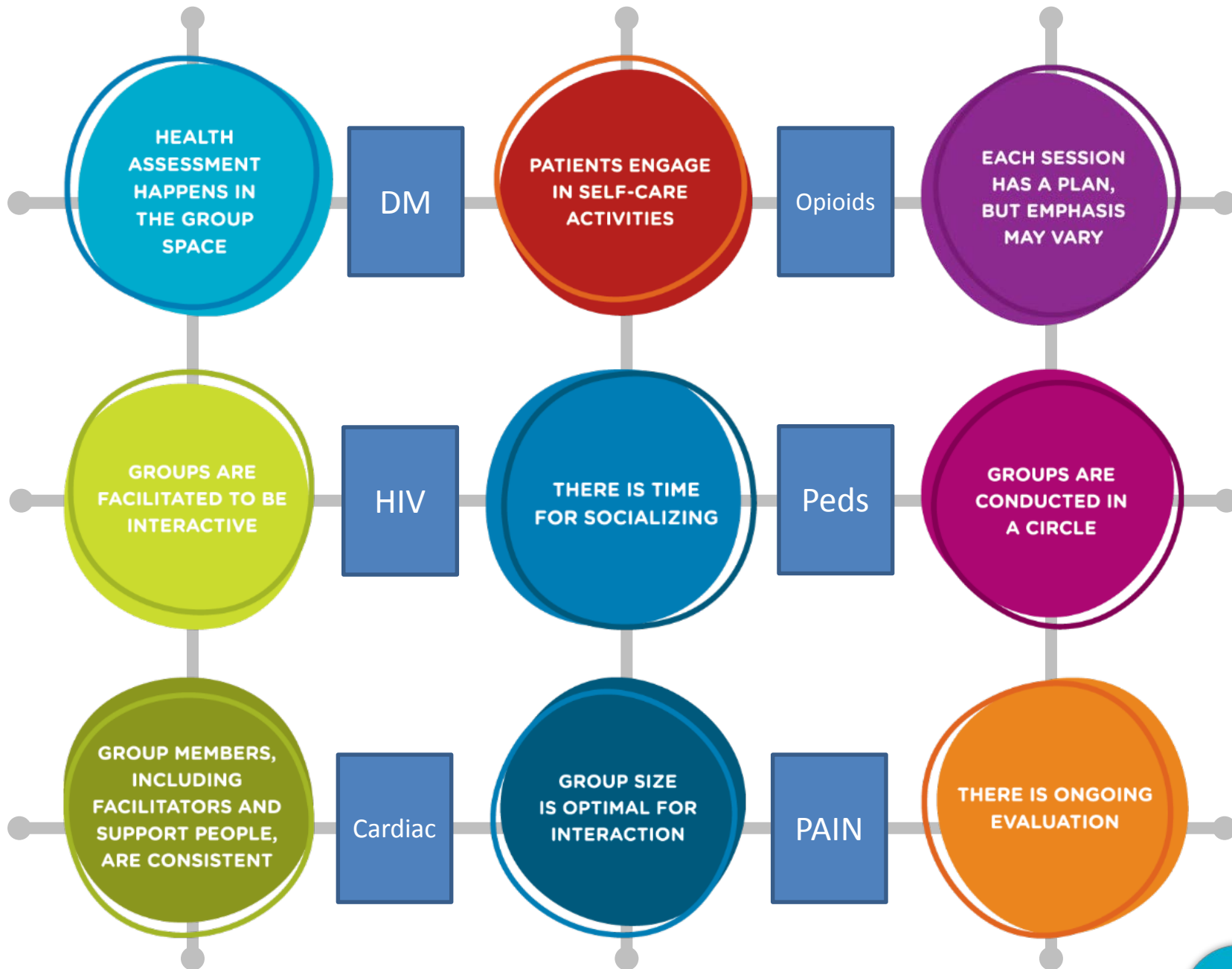
**GROUP SIZE
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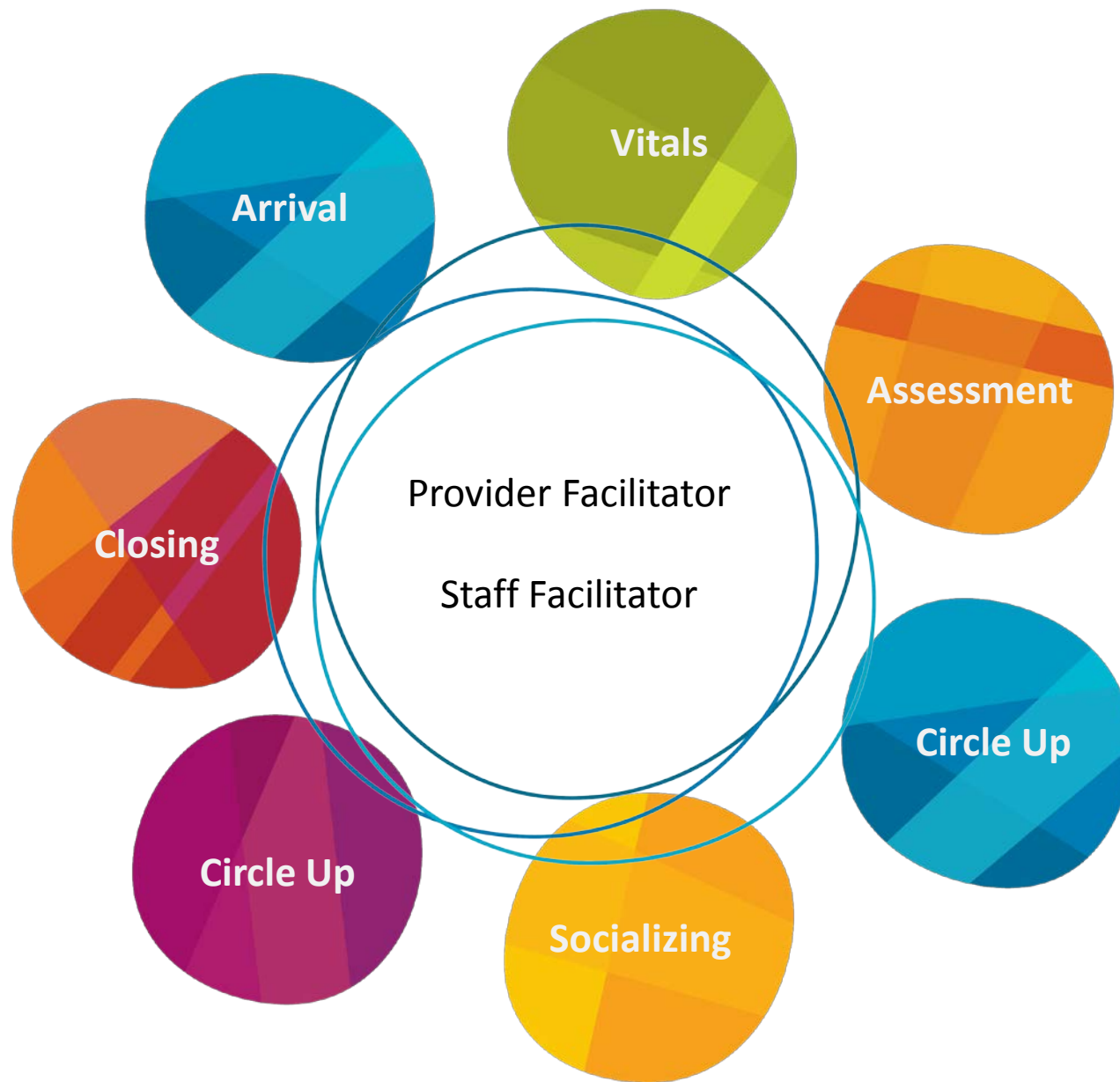


**THERE IS ONGOING
EVALUATION**

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Provider Benefits

Groups start and end on time

More meaningful time with patients

Reduced repetition of messages

Deeper conversations

Stronger bonds with patients

Patients do most of the work

Changes the pace of practice; reduces stress

Fun and energizing



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Patient Benefits

No waiting, no lines

Prescheduled appointments

Up to 10x more time with healthcare team

Chance to meet and share with others with the same questions and needs

Centering time is 100% productive

Sessions are informative and fun

Snacks!



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Practice Benefits

Very high patient satisfaction ratings

Improved quality outcomes

Improved staff satisfaction

Innovative care alternative

Possible enhanced payments*



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Payor Benefits

Better health outcomes /HEDIS

Lower costs of care

Value-based purchasing

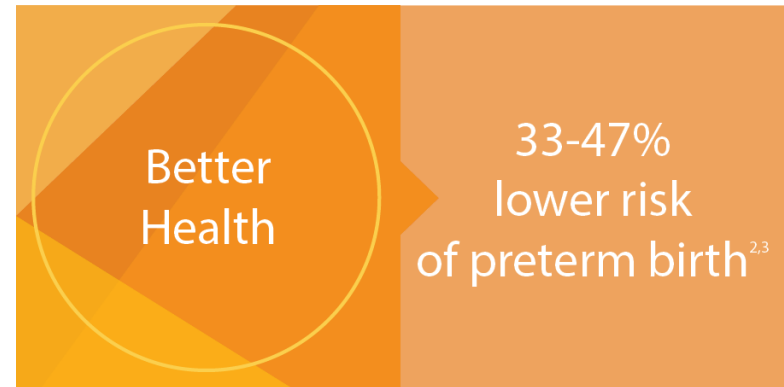
Supported by body of evidence

Validated by an independent 3rd party

Payors know what they're buying

Meets Quadruple Aim of

- Better health outcomes
- Better patient experience of care
- Lower costs of care
- Better provider experience of care







Support Centering through research

Bibliography
Stay up to date with current Centering research.

[Download](#)

Interested in pursuing Centering research?
Contact us for more information on our research priorities and experience.

[Connect with us](#)

PTB risk reduction

- 33%

Matched cohort study
Ickovics, et al 2007

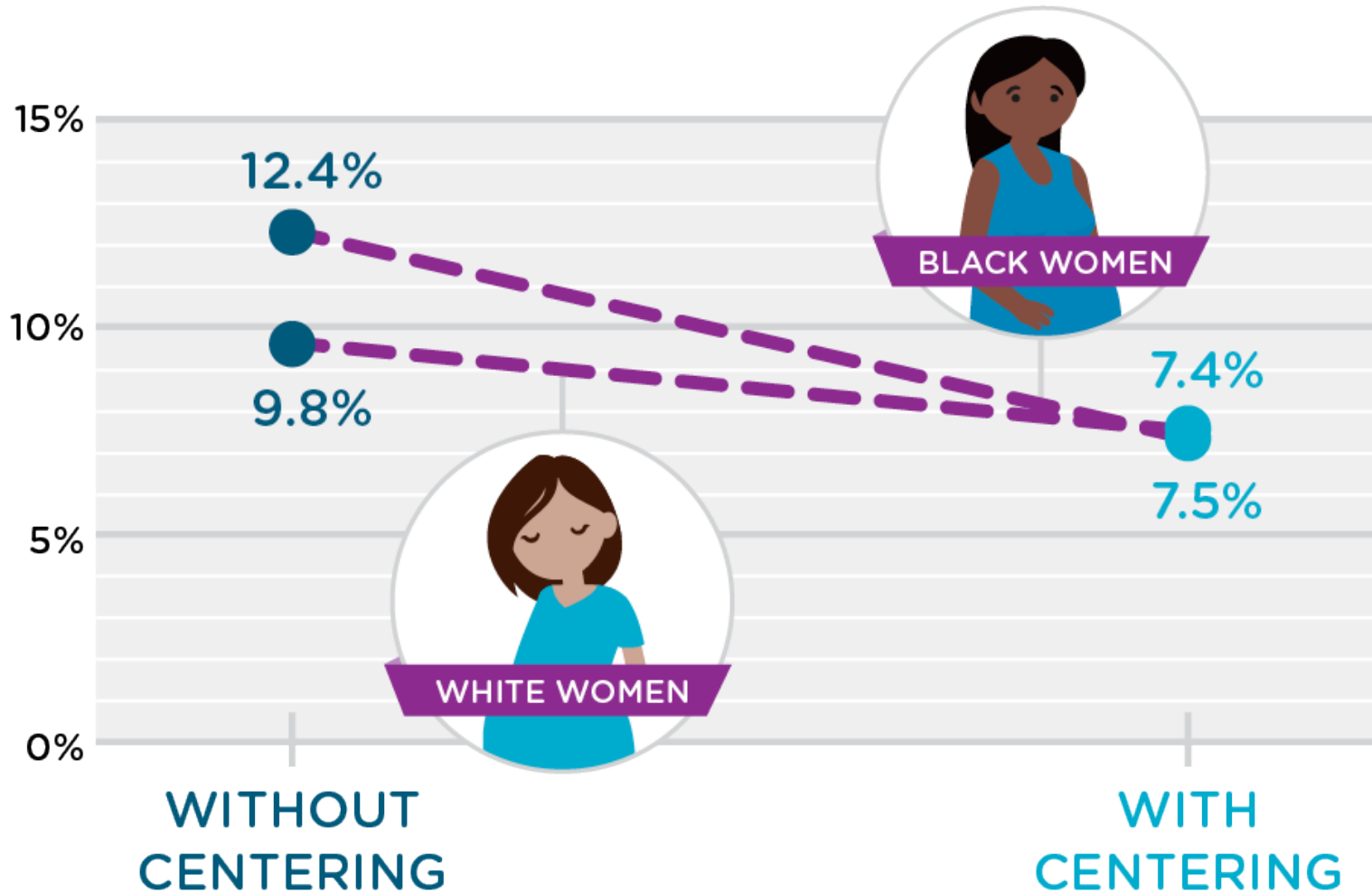
A multi-site randomized control study of 1,047 women found a 33% reduction in risk of preterm births in Centering patients compared to those receiving only individualized prenatal care. The reduction among African Americans was even higher at 41%.

- 47%

Retrospective cohort study
Picklesimer, et al 2012

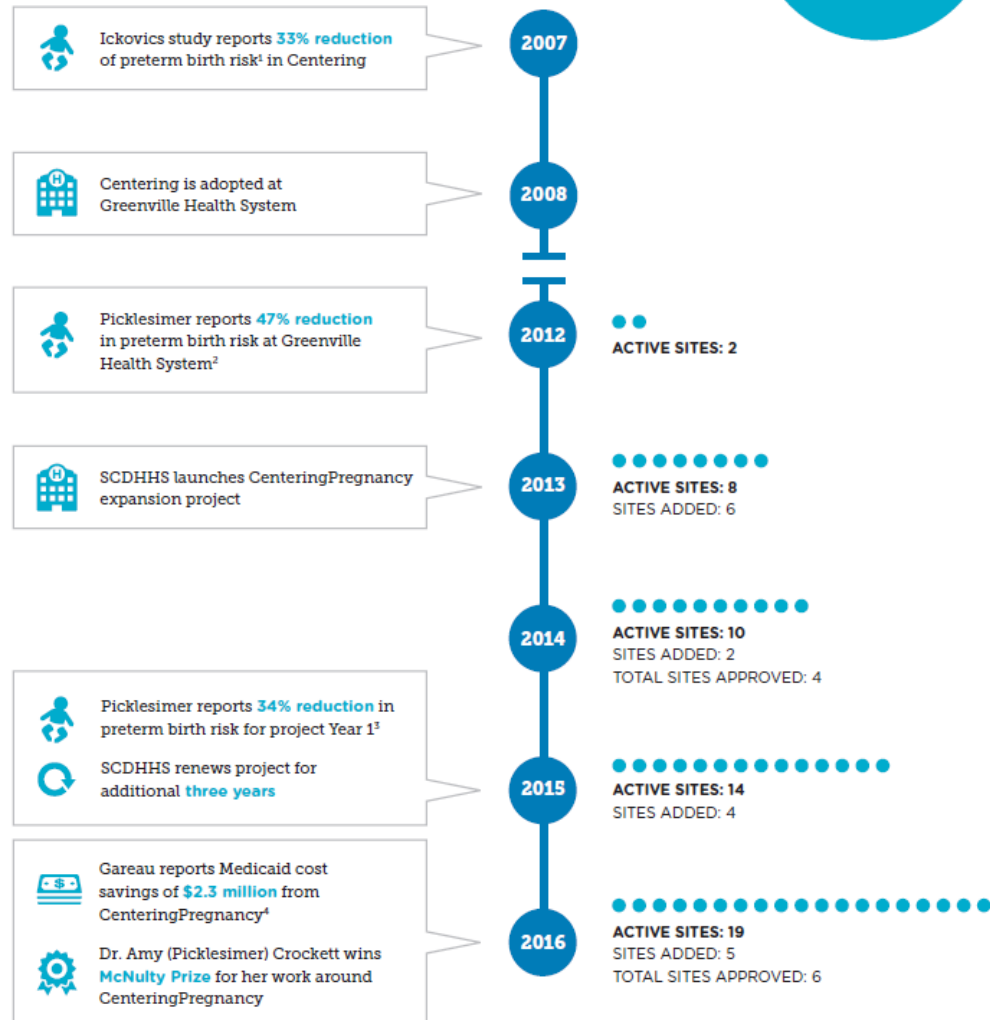
A 2012 retrospective cohort study compared 316 women in Centering to 3767 in traditional care and found a 47% reduction in risk of preterm birth in Centering patients compared to those receiving only individualized care.

Preterm Birth <37 Weeks By Race



Retrospective cohort study Picklesimer, et al 2012

CenteringPregnancy® Milestones in South Carolina



1 Ickovics JR, Kershaw T, Westdahl C, Magriples U, Massey Z, Reynolds H, Rising, S. (2007) *Group Prenatal Care and Perinatal Outcomes: A randomized controlled trial.* *Obstetrics and Gynecology*,110(2), Part 1: 330-39.

2 Picklesimer A, Billings D, Hale J, Blackhurst, D., and Covington-Kolb, S. (2012)

3 Picklesimer A, Herberlein E, Covington-Kolb S. (2015) *Group Prenatal Care: Has its time come? Clinical Obstetrics and Gynecology*, 58(2): 380-391.

4 Gareau, S., López-De Fede, A., Loudermilk, B. L., Cummings, T. H., Herberlein E, Picklesimer, A. H., ... & Covington-Kolb, S. (2016). *Group Prenatal Care*

Group Prenatal Care Results in Medicaid Savings with Better Outcomes: A Propensity Score Analysis of CenteringPregnancy Participation in South Carolina

Sarah Gareau, et al, 2016

CenteringPregnancy Reduces HC Costs

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Preterm Birth Rate

36% reduction (p 0.05)

Average direct medical cost savings = \$22,667

Low Birth Weight Rate

44% reduction (p 0.05)

Average direct medical cost savings = \$29,627

NICU Admission Rate

28% reduction (p 0.05)

Average direct medical cost savings = \$27,249

Overall savings = \$3,989,214

n = 1262, \$3,161 per patient in Centering

- Provider and staff buy-in
- Leadership support & organizational commitment
- Space
- Patient scale – promotion / education
- Fidelity to the model – ongoing QA and training
- Measurement and documentation of outcomes and process
- Continual education of staff and leadership
- Payer support

- Drift away from the model / Lack of ongoing training
- Turnover of staff and administrators
- Loss of resources
- Inappropriate productivity measures and expectations
- Lack of resources and time to scale



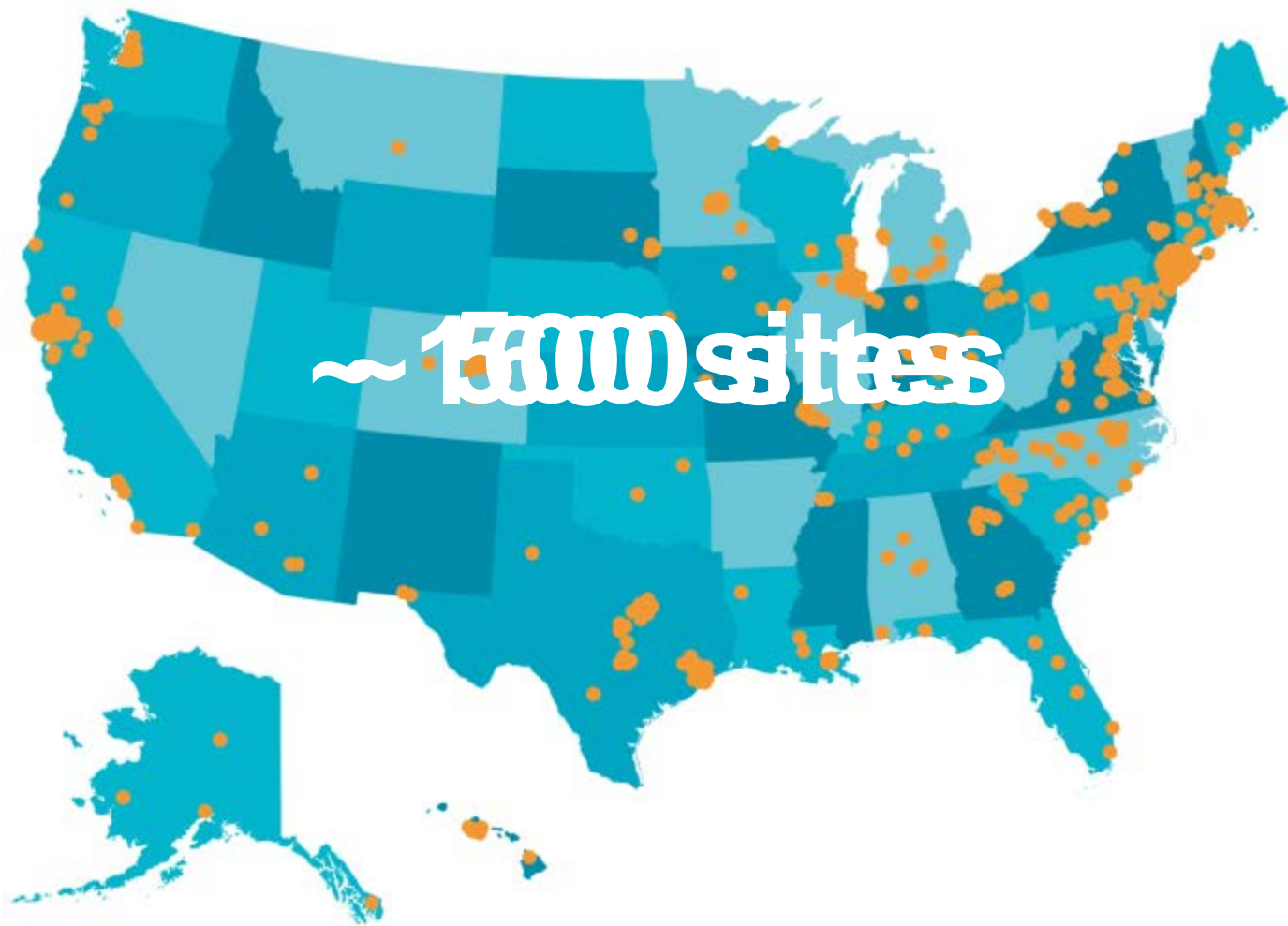
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Standards Organization for the Centering Care Models

- Implementation Support Services and Practice Management and Quality Assurance Tools
- Centering Facilitation Skills Training
- Site Accreditation and Facilitator Certification
- Curriculum, Promotional & Support Materials
- Advocacy, Payment Reform, Community Outreach



~ 15,000 sites



WHAT WE DO ▾

WHY CENTERING? ▾

ABOUT US ▾

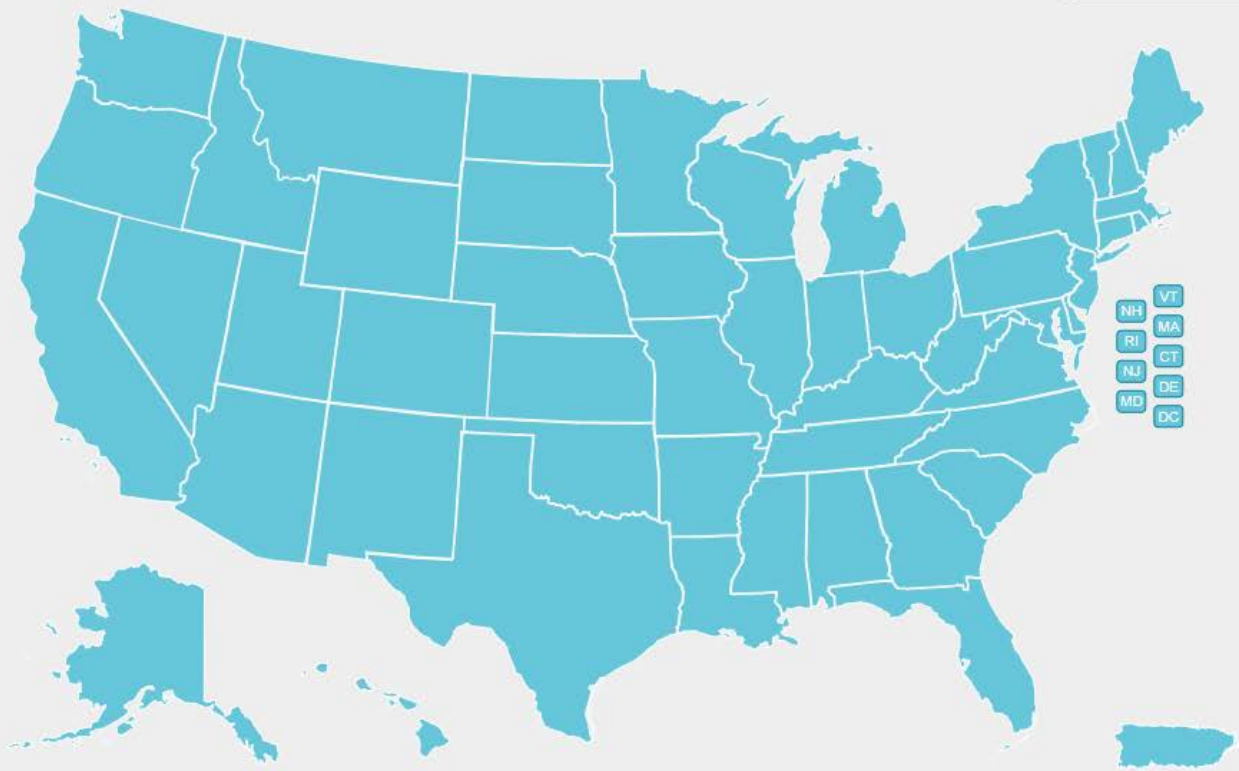
Is your practice ready for Centering?

Locate Centering Sites

Mississippi (MS)

CenteringPregnancy sites: 0

CenteringParenting sites: 0



Who is Centering in Mississippi?

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WHAT WE DO ▾

WHY CENTERING? ▾

ABOUT US ▾

Is your practice ready for Centering?

[Let's Get Started](#)

Centering CenteringPregnancy CenteringParenting **Implementation Grants** Innovations

Implementation Grants

Request for Proposals

WHAT CHI IS OFFERING

- Implementation support for up to 24 months
- Free basic facilitation training for your care teams
- One day site visit from CHI consultant to meet with leadership and staff
- Free site accreditation (within 24 months of grant award)

VALUE = up to \$30,000





[WHAT WE DO](#)

[WHY CENTERING?](#)

[ABOUT US](#)

Is your practice ready for Centering?

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Implementation Grants

Request for Proposals

WHAT CHI ASKING

- Leadership commitment to success – including staffing and budget support
- Commitment to implement CenteringPregnancy and CenteringParenting
- Commitment to achieving accreditation within 24 months
- Pay \$250 annual license fee for each Centering location





Implementation Grants

Request for Proposals

WHO SHOULD APPLY?

- Community Health Centers; Rural Health Centers
- Practices that can expand to multiple Centering care models
- Academic and teaching practices with student / resident integration
- Integrated health systems





[WHAT WE DO](#)

[WHY CENTERING?](#)

[ABOUT US](#)

Is your practice ready for Centering?

[Let's Get Started](#)

[Centering](#) [CenteringPregnancy](#) [CenteringParenting](#) [Implementation Grants](#) [Innovations](#)

How to Apply

The [Request for Proposals](#) outlines in detail the services awarded and requirements to apply.

Proposals are comprised of three components:

1. [Proposal Narrative](#)
 2. [Sustainability budget](#)
 3. Commitment to the conditions of the project [Memorandum of Understanding \(MOU\)](#)
- Proposals can only be submitted online
 - No hard copies will be accepted

Questions & Additional Help

CHI is available to answer questions regarding the application process through the [CenteringConnects online forum](#). You do not need to register to view questions and responses. To pose a question, please register and login.

CHI will also host live webinars to answer your questions about the initiative and the application process. You can view and register for these Q&A opportunities by clicking on the date below:

- [Friday, February 9th, 2018, 2-3pm \(ET\)](#)
- [Thursday, March 1st, 2018, 2-3pm \(ET\)](#)



WITH EXTREME GRATITUDE WE THANK



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Experts in
Group Healthcare

centeringhealthcare.org

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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](#)?

Your Site License Number: **M1362**
Site License Status: **Current**
Your Practice Services Manager is: **Tanya Munroe**

Resources

- [Tutorials & Quick Tips](#)
- [Organizational Map: A Guide to Contacting CHI](#)
- [Centering Brand Book](#)
- [Centering Logos](#)
- [Centering Brand Graphics](#)
- [Centering Photography Gallery](#)
- [Patient Recruitment and Enrollment Toolkit](#)
- [Centering Start Up Materials](#)

Orders

PENDING (2)

COMPLETED (5)

| ORDER # | ORDER PLACED | TOTAL | |
|-----------|--------------|------------|--|
| A8-7B-72A | Apr 5, 2017 | \$1,575.00 | |
| 1C-8B-E14 | Mar 20, 2017 | \$900.00 | |

[VIEW ALL](#)

My Downloads

DOWNLOADS

WEBINARS (2)

| WEBINAR | LENGTH | |
|--|---------|--|
| Circle Up: Connecting with Others in the Centering Community | 47 mins | |
| Circle Up Webinar: Scheduling | 50 mins | |

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Get Started

| | Board | Threads | Posts | Last Post |
|--|---|---------|-------|---|
| | Important Information for New Users and Members Tips for getting the most from CenteringConnects | 6 | 68 | New Member Introductions by John Craine May 4, 2017 at 3:35pm |

General Discussion

| | Board | Threads | Posts | Last Post |
|--|--|---------|-------|--|
| | Frequently Asked Questions New to Centering? This is a good place to start. | 9 | 9 | Where can I find a Centering practice in my area? by John Craine Mar 19, 2016 at 11:18am |
| | Starting and Sustaining Centering Discuss successes and challenges of starting and running a Centering practice including budgeting, funding, systems changes, staff buy-in, space, supplies, and more. | 47 | 239 | Centering Intake Groups - a strategy to boost enrollment by Marena Burnett May 5, 2017 at 2:04pm |
| | Centering Facilitation - 1 Viewing Discuss Centering facilitation skills, group activities, and training for all Centering models. | 29 | 116 | Great Activities for Goals, Nutrition and Icebreakers by John Craine Mar 31, 2017 at 11:58am |
| | CenteringPregnancy® Discuss patient populations and groups, group scheduling, patient materials, and billing and coding for CenteringPregnancy. | 68 | 223 | Centering Group Bad Hygiene Advice by tschaub May 3, 2017 at 10:18am |
| | CenteringParenting® Discuss patient populations and groups, group scheduling, patient materials, and billing and coding for CenteringParenting. | 39 | 80 | Recommendations of Apps for Patients? by judyin2son May 4, 2017 at 11:39am |



Any questions?

- Thanks for joining today!
- Upcoming webinars:
 - March 14th: Jump Starting your Baby-Friendly Journey – Hospital Experiences

- These slides and a recording of the webinar will be uploaded on our website.

CHEERequity.org/webinars