

Centering®

A better way to get care

Components of Centering Care



HEALTH CARE

INTERACTIVE LEARNING

COMMUNITY BUILDING

Health Care



Self Assessment
Personal visit time with clinician

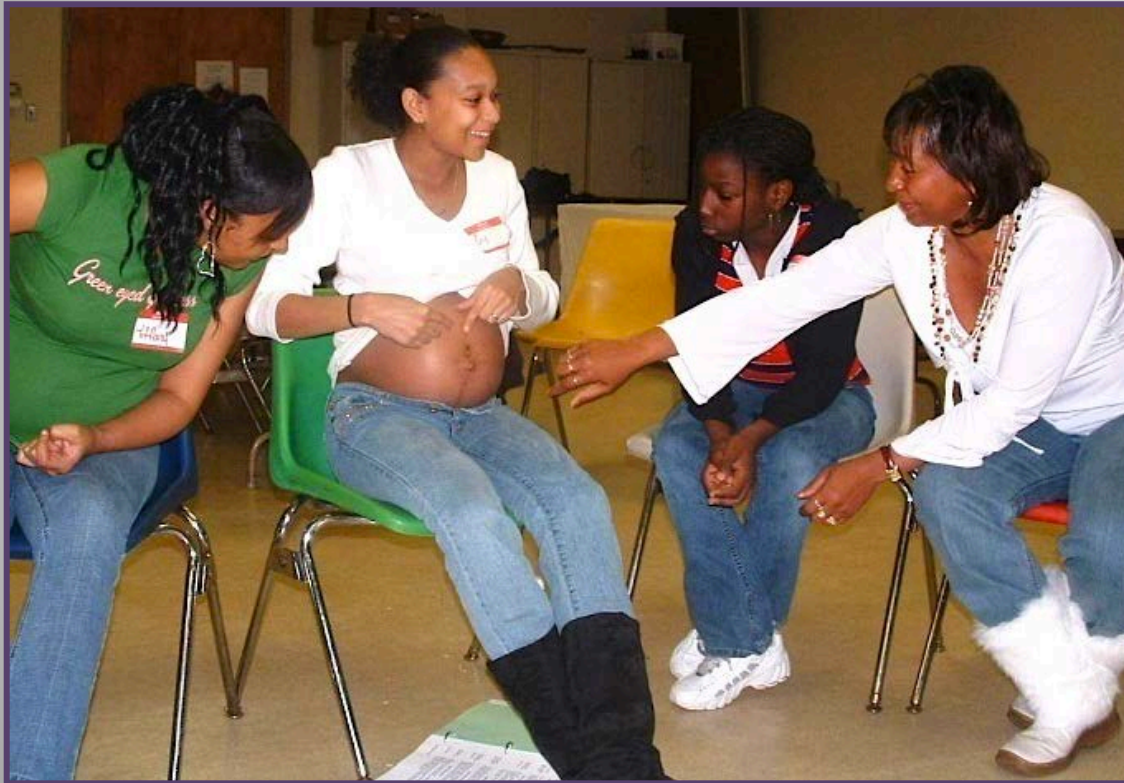
Interactive Learning

Communication

Sexuality

Family Planning

Birth preparation



Nutrition and infant feeding

Comfort measures

Family Issues

Stress reduction

Community Building



Group Stability

Trust

Shared Learning

Peer Support

Friendship



Centering Pregnancy: Essential Elements

- Check up occurs in group space
- Women involved in self-care; collect own health data
- Continuity of provider
- Facilitative leadership style, not didactic class
- Each session has an overall plan, content emphasis varies

“We came at the same time and left at the same time and something happened the whole time we were there”



Essential Elements

Conducted in an open circle
Opportunity for socializing
Every person's contribution
is important
Outcome evaluation plan



Integrating HIV Prevention/Care into Innovative Antenatal Care in Malawi & Tanzania

Proof of Concept

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A billboard in Malawi...





Proof of Concept

Will CenteringPregnancy work?

Acceptable to women & providers?



Feasible to implement?



CenteringPregnancy Africa

Design

- Initial intake remains the same
 - History, physical, tests
- Group
 - 12 women
 - Similar due dates
 - 4 sessions

Group



CenteringPregnancy Africa: Session structure

Schedule

- 5 sessions
 - 4 antenatal
 - 1 postpartum
- 30-40 minutes
 - Check-in, individual “mat time” with provider
- 60-75 minutes
 - Formal circle-up, facilitated discussion, closing

“Mat time”



Preliminary work

Materials

Global partnerships

METHODS

Model Training

2 day CP provider training
in Malawi

1 administrator

7 nurse-midwives

5 community health
workers



Methods

- 2 CP sessions piloted at each of 2 sites in Malawi
 - District hospital
 - District clinic



Data sources:
Direct observations,
semi-structured interviews,
participant observation

Training

Pilot 2 of 4 sessions

Perspectives: Providers & Pregnant
Women

RESULTS



Training Success

Closing activity



Celebration



Healthcare



- *“We were very eager to do the assessment today because that was a totally new thing to us.”*
- *“Now I know what the numbers on my card mean”*

Healthcare

“...the women are getting the chance to be independent...They were very eager to help one another.”

“...surprised by their ability. Today I found out...”



Interactive Learning

Women

“...explained to us very clearly...we now know the truth about HIV...”

“On STIs...we have learned today that we should be going to the hospital...”

“We are happy to be doing everything together.”



Interactive learning

- Relaxed environment
- Taught “*with patience*”
- Friendly
- Asking questions
- Exchanges

“*we never get bored, we are learning from each other and we...*”



Community Building

- Day 1 to day 2 changes
 - Sense of “love”
 - Respect
 - Group learning
- “Being my first pregnancy, I have learned how to approach my husband.”



Community Building

- Surprised
- Sharing

“I was surprised, I was thinking [to myself], how will we make the women start?”



Challenges

PREPARE FOR AN RCT

NIH supported R-21 for a randomized
pilot study

FUTURE



Randomized Pilot study

- Implementation Summer 2014
- Lilongwe, Malawi & Dar es Salaam, Tanzania
- Compare outcomes & experiences in CP and current model of care
- 2 groups in each site

Acknowledgments

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 - Chicago Developmental Center for AIDS Research
 - UIC Departments of Anthropology and Women, Children and Family Health Sciences
 - Centering Healthcare Institute

Centering is nice

Yes, yes, yes

Centering is good

Yes, yes, yes

CP has brought unity, built relationships and taught us a lot

Yes, yes, yes

Women show how proud you are

Let's go, yes, yes, yes. Centering, Centering, Centering.

When walking in a centering group, we belong. We show our pride in centering group. When dancing in a centering group, we belong.

Our hospital, the whole of Malawi!

When walking, centering group we belong. When showing our pride, centering we belong, when dancing, centering we belong.

-----*Song sung to close the sessions*