

# Exporting CenteringPregnancy: Lessons from the Developing World

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# Components of Centering Care



**HEALTH CARE**



**INTERACTIVE LEARNING**

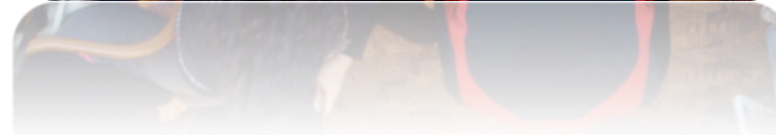


**COMMUNITY BUILDING**

# 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”*



# Centering Pregnancy

## Essential Elements

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



# Proof of Concept

## Will CenteringPregnancy work in Africa?

**Acceptable to women & providers?**



**Feasible to implement?**



# Preparing for CenteringPregnancy in Africa

- Create a model that fits
- Create a model that is sustainable
- Create a model that improves outcomes for mothers, babies and communities
- Involve all stakeholders



CP Africa Training

# Challenge: Moving from this...to this

**ANC Waiting area in Tanzania**



**Centering group in Malawi**



# CenteringPregnancy Africa

## Design

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

## Group

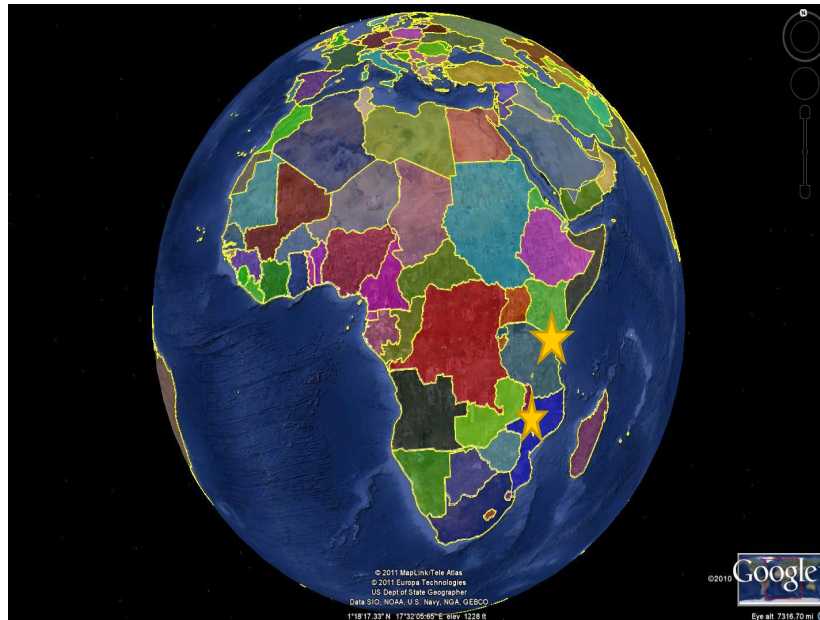




# CP Africa

## Full Scale Pilot in Tanzania & Malawi

### Baseline Characteristics N=218



	Percentage
Religion	76% Christian, 24% Muslim
Relationship Status	92%, Yes in a relationship 8%, No relationship
Completed Primary School	65%
Completed High School	25%
Housewife	46.5%, Yes
Primigravida	31.2%

# Basics at Enrollment

	Mean (SD)	Range
Age, years	27.2 (6.6)	15-31
Health status	94%, average +	6% fair to poor
Weeks pregnant	20.35 (2.2)	13-28
Gravidity	3.1 (1.6)	1-8
Parity	2.0 (1.4)	0-7



# Results

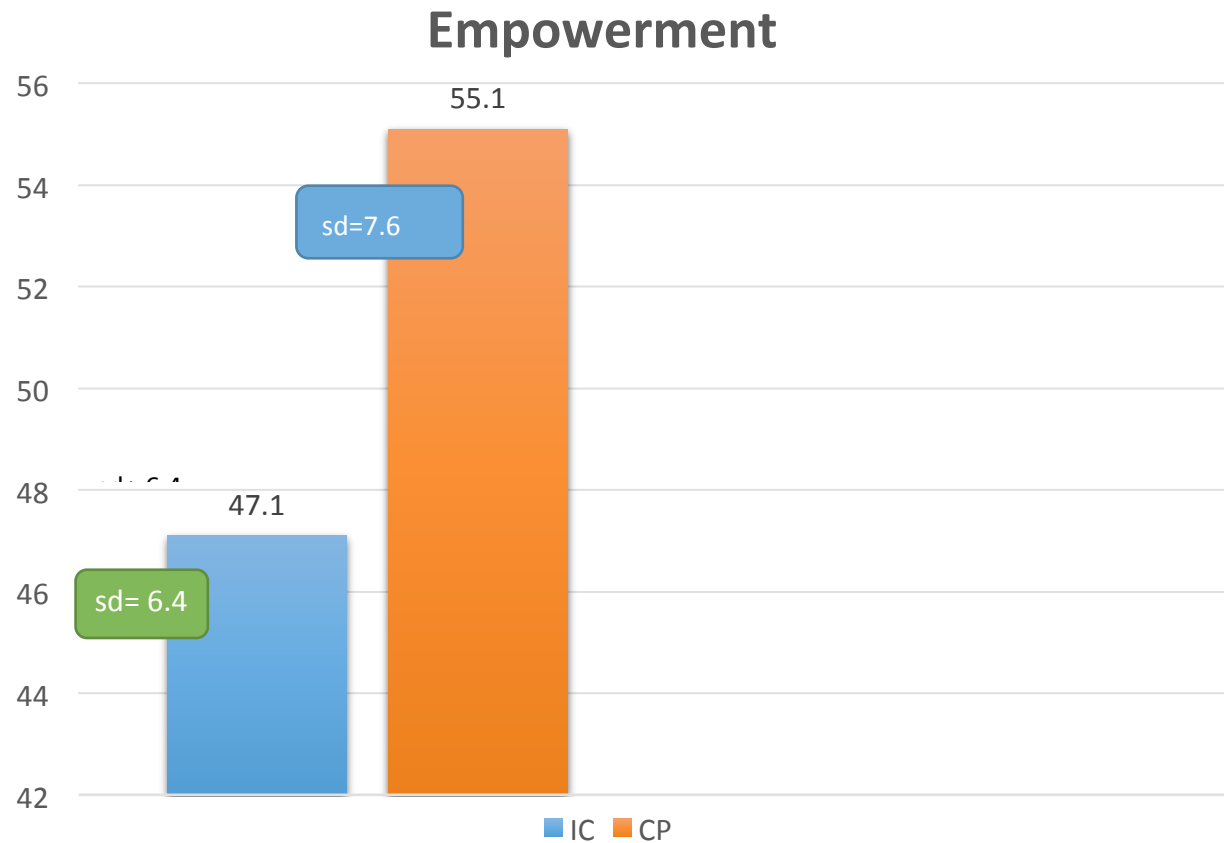
Empowerment

Satisfaction with care

Healthy Pregnancy Knowledge



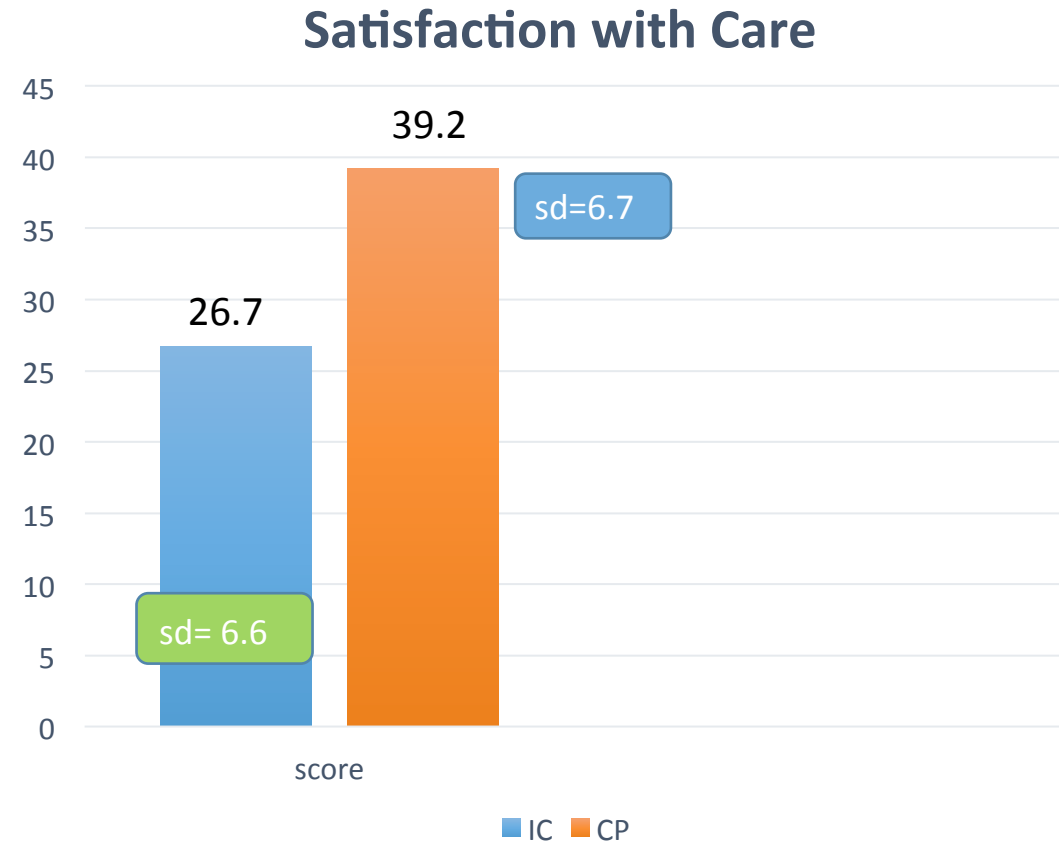
# Empowerment N=192



- Pregnancy Related Empowerment Scale--16 items
- Score Range 16-64
- Significant at  $<.0001$
  
- Cronbach Alpha's 0.96

# Satisfaction with Care N=192

- Revised Handler Prenatal Satisfaction Scale
- Score Range 10-50
- T-Test  $p < .0001$
- No one in CP rated care as poor
- No one in IC rated care as excellent
- Cronbach's Alpha 0.98



# Healthy Pregnancy Knowledge



Question Topic	% Correct T1 (n=211)	% Correct T2 (n=192)
Cycle – pregnancy?	31.8%	39.1%
6+ contractions	41.7%	50%
Fetal activity	60.2%	83.3%
Burning during urination	82.0%	91.1%
Prevent STIs	83.9%	90.1%
Skip ANC visit	94.3%	96.4%
Protein servings	86.7%	94.3%
Meds and midwife	91.9%	92.2%
Pelvic pressure	52.1%	55.2%
Spotting	97.2%	96.4%
Water, hydration	89.1%	92.7%
Breastfeeding, protective	88.6%	95.8%
Clinic for premature labor	92.9%	94.8%
Fluid leaking	84.4%	90.6%

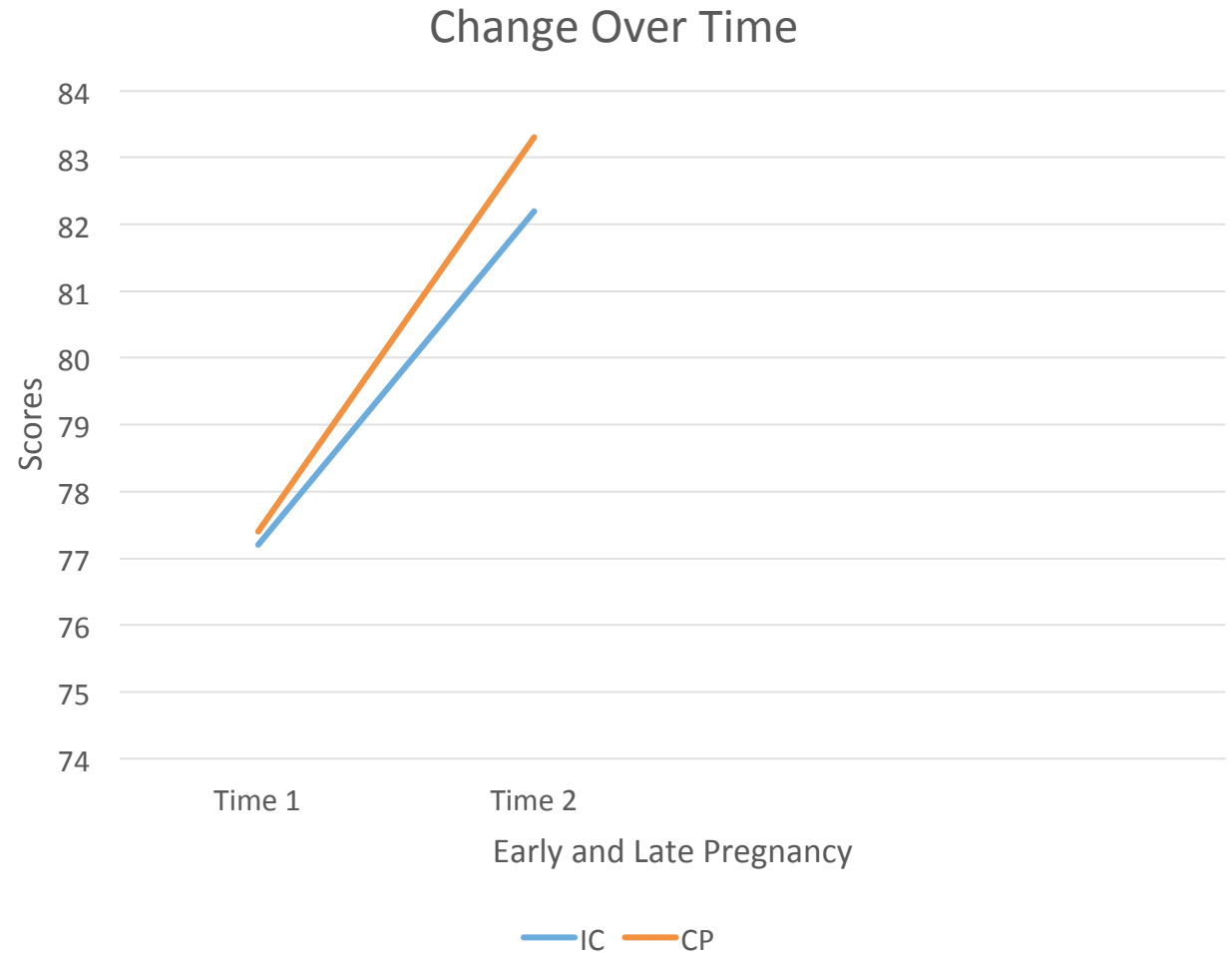
# Health Pregnancy Knowledge Change over time

## Time 1

- Equivalent to 77% on the test
- Range: 43% - 100%

## Time 2

- Equivalent to 83% on the test
- Range: 29% - 100%



# 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”*



# 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.”*



# Community Building

- Sense of “love”
- Respect
- Group learning

“Being my first pregnancy, I have learned how to approach my husband.”



# The Future of Africa

Starting with healthy mothers & babies, creating parents who are empowered to care for themselves and their families and having educated families making good health choices.

Centering reunion in Tanzania



# The impact is great, the challenge is to change...

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*

