




CenteringPregnancy[®]

Group prenatal care for
expecting parents

“CenteringPregnancy is a great way to get information, share stories, and get help from and with others. I think it was great! I wouldn’t have changed anything!”

- A CenteringPregnancy participant



See the back of this booklet for locations and contact numbers.

Why CenteringPregnancy®?

CenteringPregnancy group visits offer unhurried time with your clinician.

Centering clinicians and patients spend about 18 hours together in group visits. This is about 10 times more time than with traditional individual visits.

Dates and times of all the visits are set at the beginning of your pregnancy, making it easy to plan for work and childcare. Most sessions occur at the same time and on the same day of the week.

Many members who have participated in this type of care state how supportive and reassuring it was to connect with other members going through the same pregnancy experiences. The group setting also provides the chance for members to get to know other expecting members and the opportunity to form lasting friendships.

How does it work?

Expectant members meet for 9 sessions with a Centering nurse-midwife and a group of 8 to 12 other pregnant members who are due around the same time.

In a comforting environment, you'll get the information and tools you need to make healthy choices for you, your baby, and your whole family. And you'll get a chance to take part in your care by learning self-care techniques like monitoring your blood pressure.

Sessions begin about 12 to 16 weeks into your pregnancy and continue until you give birth. You'll meet monthly at first, then every 2 weeks as your due date approaches. There's no extra cost – only your regular copay, coinsurance or deductible will apply, and your CenteringPregnancy sessions take the place of traditional prenatal care visits.

What happens during a group session?

At every session, each member has a brief, private health assessment with a physician and certified nurse-midwife. The one-on-one assessments take place in a semiprivate space in the group room. No pelvic exams are done in group. If you need an exam, you will be seen in an exam room after group. Members and their support person enjoy conversation and healthy refreshments during the one-on-one assessments.

The remaining time is used to talk about pregnancy issues that are relevant to the group, such as exercise, nutrition, reducing stress, signs of labor, breastfeeding, new baby care, and after-delivery issues. Some sessions, such as preparing for the birth, may be of more interest to support people. Support people sit in the circle with the group and fully participate in the activities and discussions. Members are invited to share their questions and

personal experiences. Guest speakers such as lactation consultants, pediatricians, and social workers may join the group to talk about specific topics and answer your questions.

Frequently asked questions

Will I still get ultrasound and lab tests?

Yes, members still get all the same prenatal care in CenteringPregnancy as they would with one-on-one clinician visits. The lab tests, prescriptions, and ultrasounds are ordered by your CenteringPregnancy clinician, as appropriate.

May I bring my children to my CenteringPregnancy groups?

To avoid distractions for all those attending, we ask that you not bring your children to group. Knowing the date and time of all your prenatal visits in advance will help with childcare arrangements.

Who can participate in CenteringPregnancy?

Most members expecting a normal pregnancy can enjoy and benefit from group prenatal care. If specific health conditions emerge during the pregnancy, those conditions may be managed in group or may require extra visits to specialists. Ask your clinician if Centering is right for you.

How do I sign up?

During your pregnancy orientation, you will be given the option of choosing between CenteringPregnancy prenatal care or traditional prenatal care. If you have questions or want to enroll before or after your orientation visit, call the Centering coordinator at 971-245-9242.

Details

- 9 sessions, 2 hours each.
- Usually, 8 to 12 members in each group.
- Led by Kaiser Permanente physicians and certified nurse-midwives with support from medical assistants.
- All appointments are scheduled ahead of time so you can plan ahead for childcare, or around work and other responsibilities.
- A partner, family member, or close friend is welcome to come with you. No children, please.
- Private physical exams, lab tests, and ultrasounds.
- Confidential group discussion.¹

¹ All members of the group sign an agreement to help ensure that personal information isn't shared outside your group.

Top 10 reasons to choose CenteringPregnancy prenatal care

1. A time to talk with other pregnant members about pregnancy, birth, and parenting
2. Relaxed time with your Centering clinician
3. Time for lots of discussion!
4. A chance to take an active role in your prenatal care
5. Knowing the date and time of all prenatal visits ahead of time
6. Having fun at your prenatal visits!
7. No waiting
8. Food to snack on at group
9. A community of friends
10. One-stop shopping: all your prenatal care in one space



Contact us

CenteringPregnancy is offered at 3 Kaiser Permanente medical offices.

- **Kaiser Permanente
Interstate Medical Office Central**
3600 North Interstate Ave.
Portland, OR 97227
- **Kaiser Permanente
Mt. Talbert Medical Office**
10100 SE Sunnyside Road
Clackamas, OR 97015
- **Kaiser Permanente
Tanasbourne Medical Office**
10315 NE Tanasbourne Dr.
Hillsboro, OR 97124

For more information:

- Ask your clinician or call **971-245-9242**
- View the CenteringPregnancy video at k-p.li/centeringpregnancy-northwest



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