

PROPOSAL ABSTRACT

PROPOSAL NUMBER: (assigned by PGHF staff)

ORGANIZATION: Eastern Virginia Medical School
Department of Family and Community Medicine

PROGRAM TITLE: Centering Pregnancy/Centering Parenting Programs

FUNDING CATEGORY: Early Children's Health

AMOUNT REQUESTED: \$59,738

PROGRAM BUDGET: \$94,388

PREVIOUS FUNDING FROM PGHF FOR THIS PROGRAM: 2006: \$64,413
2007: \$64,413

TOTAL AMOUNT PGHF HAS FUNDED THE AGENCY: \$333,390

PROGRAM DESCRIPTION: The **Centering Pregnancy** program will include three ongoing groups of ten defined 2-hour sessions that begin around 12-16 weeks of pregnancy and conclude with an early postpartum meeting. Women are recruited at the Portsmouth Health Department during their initial prenatal visit. The women are then invited to join a group between 8 to 12 other women with similar due dates for regular prenatal health care and educational sessions. Within the group, women engage in self-care activities such as weight and blood-pressure assessment. The women record their own data and are able to track their progress throughout the pregnancy. They receive a targeted individual physical assessment from the participating physician and then they meet together as a group to discuss pregnancy, childbirth and parenting issues. Participants set goals for themselves and problem solve with other group members to develop solutions. The group discussion is facilitated by the physician and/or nurse practitioner, and is stimulated by self-assessment sheets completed by the women.

The **Centering Parenting** program occurs much like the Centering Pregnancy. Following the mother's delivery, the new mothers are invited to join Centering Parenting groups of 5-6 teams which meet for approximately ten sessions. These sessions include physical assessments including well baby and some well woman care. Mothers (or fathers) weigh and measure their babies. They complete growth charts and self-assessment sheets. They participate with the provider in the development exam and contribute directly to the individual physical assessment with the provider. In a circle, with the babies in the middle, they talk together about the content of the first year of life using self-assessment sheets as a stimulus for discussion. Provider expertise is needed for both mother and baby because core content revolves around three major areas of health, safety, and development with mother, baby, family attachment as a thread throughout the sessions.

Budget Request: Partial support for three physicians, an administrative assistant, staff training, patient incentives, office and medical supplies.

Other Sources of Funding: EVMS also received a grant for \$34,650 from the March of Dimes.

RECOMMENDATION: (determined by PGHF staff)