Women Centered Care
Overview of the introduction of CenteringPregnancy in The Netherlands

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What is CenteringPregnancy (CP): an innovative model of prenatal care from the US in which one-to-one appointments are replaced by group sessions of 8 to 12 women. Groups are led by a midwife supported by a co-worker. This model offering pregnant women maternity care, education and peer support, aims to make women the advocates of their own pregnancy and birth process.

CP was proposed (and funded) as a primary care innovation project to improve prenatal care in the Netherlands.

We investigated if:
1. CP in the Netherlands yields similar results to international studies
2. What are the possible advantages to regular care
3. Are further implementation efforts worthwhile

Methods & Setting:
- Cohort study in 8 midwifery practices
- Questionnaire amongst pregnant women
- Trial in 14 midwifery practices

Other results:
No difference in neonatal outcomes
More use of antenatal care amongst vulnerable women
Midwives very positive

Combined results

CenteringPregnancy
More primips
Less problematic obstetric history
More non-western background
Less knowledge about pregnancy
Higher depression scores
More health care use prior introduction of CP

Regular individual care
Less primips
More problematic obstetric history
Less non-western background
More knowledge about pregnancy
Lower depression scores
Less health care use prior introduction of CP

Women in CP (when compared to women in individual care):

Primips:
↑knowledge of pregnancy
↑importance of breastfeeding
↑health behaviour
↑antenatal care
↑stopped smoking
↓pain relief in labour
↓feeling prepared for parenthood

Multips:
↑preparation for labour
↑homebirth
↓alcohol use
↓physical activity

Both:
↑satisfaction with health care
↑start breastfeeding
↑involved in care

Conclusion:
• Most remarkable outcome: vulnerable women in the CP group attended prenatal care more often and were thus better reached than the vulnerable women who received traditional one-to-one care.
• The CP model of prenatal care seems to answer the needs and/or demands of pregnant women in the Netherlands for a more client centered approach to care.
• The Dutch model appears to yield similar results when compared to international studies on the same topic.
• The results of this pilot study show that it is worth pursuing the further introduction of this model into Dutch maternity care.

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