

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

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
↑prenatal 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

Other results:

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



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.

Methods & Setting:

- Cohort study in 8 midwifery practices
- Questionnaire amongst pregnant women
- Trial in 14 midwifery practices

More information: www.centeringhealthcare.nl

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