



SAINT LUKE'S HEALTH SYSTEM

saintlukeshealthsystem.org

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For Immediate Release

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Saint Luke's Teen Clinic achieves "Centering Pregnancy" site approval

Innovative model facilitates healthier pregnancy, enhances experience

KANSAS CITY, Mo. – The Teen Clinic at Saint Luke's Women's Care Center, located at Saint Luke's Hospital, has been recognized as an official Approved Centering Site by the Centering Healthcare Institute. CenteringPregnancy® is a multifaceted model of group care that integrates three major components of health care: assessment, education, and support, into a unified program within a group setting.

The Women's Care Center has offered the Teen Clinic through Saint Luke's Hospital's Community Service Clinics since 2003, which has provided essential services to pregnant teens to ensure a healthy delivery, reduce the number of repeat teen pregnancies, and provide a support system to encourage patients to complete their high school educations. In addition to routine obstetrics care, the Women's Care Center and Teen Clinic offer family centered education, life skills training, and holistic care.

CenteringPregnancy® brings eight to 12 women with similar gestational ages together to learn care skills, participate in a facilitated discussion, and develop a support network with other group members. Each centering group meets for a total of 10 sessions throughout pregnancy and early postpartum. The practitioner, within the group space, completes standard physical health assessments.

The site approval is an official recognition that a site has met the standards specific to the Centering model of care.

A study published in the *American College of Obstetricians and Gynecologist's Green Journal* in August 2007 showed that the Centering model of prenatal care improved pregnancy outcomes in the area of reducing preterm births and increasing breastfeeding initiation, psychosocial function, and patient satisfaction.

The State of Missouri classifies teen pregnancies as high-risk because they are more likely to deliver pre-term, raising the probability of a host of medical complications for the baby. Pregnant teens are also at risk for many pregnancy-induced conditions such as hypertension, anemia, and poor nutrition.

This unique Centering model of care presents pregnant women and teens with an opportunity to connect with others in their situation. Each prenatal visit includes a planned group session to learn, discuss, and support each other, and take a more proactive role in their health care.

“The group setting provides a dynamic atmosphere for learning and sharing that is impossible to create in a short, one-to-one typical clinic visit,” said Saint Luke’s Community Service Clinics Director Jodi Faustlin.

The CenteringPregnancy® program is supported in part by a \$44,880 two-year grant from the March of Dimes Greater Kansas Chapter.

“The March of Dimes is thrilled to partner with Saint Luke’s to implement CenteringPregnancy® at the Teen Clinic,” said Diane Daldrup, State Director of Program Services at March of Dimes. “This model of prenatal care provides education and a support network for all participants and is particularly effective with teens.”

Enhancing the delivery of prenatal care fits strategically with the March of Dimes mission. Through the chapter community grants program, the March of Dimes can provide financial support to organizations implementing this model.

“We’re grateful to the March of Dimes for their support of our ongoing work to address the needs of this unique, at-risk population,” said Faustlin.

For more information on the Centering model of care, visit centeringhealthcare.org.

The March of Dimes is a national voluntary health agency whose mission is to improve the health of babies by preventing birth defects, premature birth and infant mortality. Founded in 1938, the March of Dimes funds programs of research, community services, education, and advocacy to save babies and in 2003 launched a campaign to address the increasing rate of premature birth. For more information, visit the March of Dimes Web site at marchofdimes.com or its Spanish language Web site at nacersano.org

Saint Luke's Community Service Clinics are part of Saint Luke's Health System, which consists of 11 area hospitals and many primary care practices, and provides a range of inpatient, outpatient, and home care services. Founded as a faith-based, not-for-profit organization, our mission includes a commitment to the highest levels of excellence in health care and the advancement of medical research and education. The health system is an aligned organization in which the physicians and hospitals assume responsibility for enhancing the physical, mental, and spiritual health of people in the metropolitan Kansas City area and the surrounding region.

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