

CenteringPregnancy®

in the time of CoVid:

**tips in building virtual groups, encouraging self care,
and integrating your EMR™**



**Departments of Midwifery and Women's Health
Created and Presented by:**

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Practice Manager at Jamaica Hospital Women's Health Center.

Ruth Guillaume, MS, CLC

Coordinator of Centering Pregnancy

Background

For years, Jamaica Hospital has been running well-attended, successful CenteringPregnancy® groups out of our Women's Health Center.



The rapid spread of CoVid 19 brought about social distancing and a sudden end to our live CenteringPregnancy® groups



The Problem:

How do we continue to serve the women in our community with this invaluable program in a safe way that satisfies ACOG and CenteringPregnancy® guidelines while also being a financially viable option for our organization?

The Solution:

Create a remote CenteringPregnancy® model that integrates our Epic EMR with the Patients' portal MyChart

Initial recruitment parameters are as pre-pandemic

- Dependent on gestational ages of the participants
- Run a report of OB patients to find those within the gestational range
- Remove those with high-risk concerns, language barriers, preference to specific providers, preference to be seen in person
- Collect email with which to disseminate information

CenteringPregnancy[®]

In Person

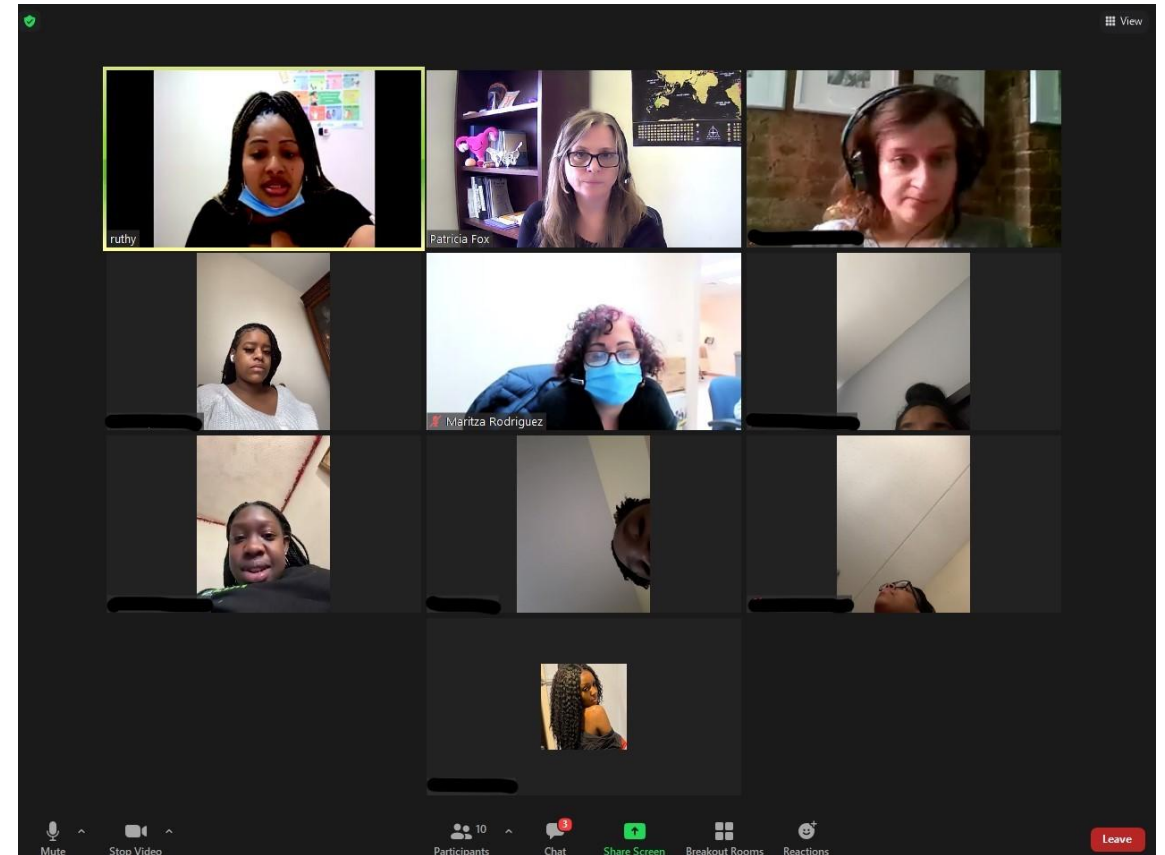
- Participant must be on time in the facility for their session.
- Participants get to see each other physically and make social interactions and connections with one another.
- Able to receive snacks upon entering the group.
- Able to speak with provider while in sessions in centering room
- Able to express concerns and give feedback in groups based on subject/topics of the day with their centering books.
- Able to provide other services on the same day if possible such as labs, sonograms, vaginal procedures.

Virtual

- Participants must tune in on time
- Participants are engaged but within the confines of their personal space can speak to other if they choose to.
- Cook/Eat whatever they want while at home.
- Able to speak with providers in break out room one to one with providers
- Able to express concerns and give feedback in groups based on subject/topics of the day with their centering books.
- Able to schedule same day visitation for services needed such as labs, sonograms, and vaginal procedures.

Why a Remote Model?

- Participants are encouraged to be proactive with their prenatal care while being in a space of their choosing (at home, work, etc..)
- They maintain social distancing which decreases concerns about CoVid, as well as exposure to other illnesses
- Can avoid inclement weather
- Allows those with school age children to be present while they participate in remote learning
- Provides the participants, a network and support system in the prenatal stage, the birthing stage, and for post partum period.
- Participants often bond with each other easing the feeling of isolation that often comes with pregnancy and is made worse by the pandemic



The Home Self-Care kit includes:

- Fetal Heartrate Doppler
- Blood Pressure Kit
- Scale
- Thermometer
- Urine dipsticks/cups
- Measuring tape
- Centering Pregnancy® patient notebook
- Community services information
- Gloves



Orienting Participants to the Virtual Model

Participants come to clinic for in-person orientation where they:

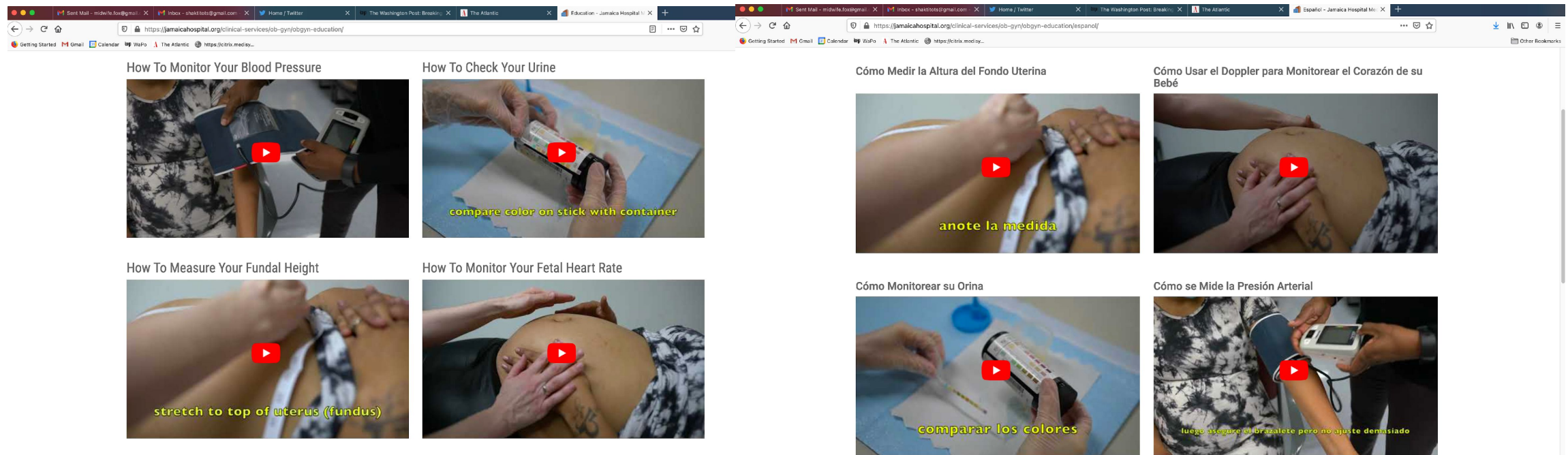
- receive in-depth education regarding the program
- sign the consent forms and contracts
- receive their Self-Care bag
- learn how to properly use the equipment in the bags and demonstrate adequate understanding - can teach back equipment use.
- download virtual platform (we use Zoom) and MyChart to phone and ensure functionality



Equipment Educational Videos

English

Spanish



The screenshot displays two browser windows side-by-side, each showing a grid of educational video thumbnails. The left window is in English, and the right window is in Spanish. Each thumbnail features a red play button icon and a yellow text overlay.

English Video Title	Spanish Video Title
How To Monitor Your Blood Pressure	Cómo Medir la Altura del Fondo Uterina
How To Check Your Urine	Cómo Usar el Doppler para Monitorear el Corazón de su Bebé
How To Measure Your Fundal Height	Cómo Monitorear su Orina
How To Monitor Your Fetal Heart Rate	Cómo se Mide la Presión Arterial

English Video Descriptions:

- How To Monitor Your Blood Pressure:** A person is shown using a blood pressure cuff on another person's arm.
- How To Check Your Urine:** A person is shown using a urine dipstick test. Text overlay: "compare color on stick with container".
- How To Measure Your Fundal Height:** A person is shown measuring the height of a pregnant woman's uterus.
- How To Monitor Your Fetal Heart Rate:** A person is shown using a Doppler device on a pregnant woman's abdomen.

Spanish Video Descriptions:


- Cómo Medir la Altura del Fondo Uterina:** A person is shown measuring the height of a pregnant woman's uterus. Text overlay: "anote la medida".
- Cómo Usar el Doppler para Monitorear el Corazón de su Bebé:** A person is shown using a Doppler device on a pregnant woman's abdomen.
- Cómo Monitorear su Orina:** A person is shown using a urine dipstick test. Text overlay: "comparar los colores".
- Cómo se Mide la Presión Arterial:** A person is shown using a blood pressure cuff on another person's arm. Text overlay: "luego asegure el brazalete pero no ajuste demasiado".

Videos posted on the Hospital Women's Health page


Education - Jamaica Hospital

https://jamaicahospital.org/clinical-services/ob-gyn/education/

Positions of Labor




Breastfeeding Techniques



Nutrition During Pregnancy

Pregnancy Nutrition Vitamins & Minerals Checklist

- ✓ Folic Acid
- ✓ Calcium
- ✓ Vitamin D
- ✓ Iron
- ✓ Omega 3s




Jamaica Hospital welcomes pregnant women in the community to join in our virtual group prenatal visits. To learn more about how to participate, please contact our Women's Health Center at

Jamaica Women's Health Center


https://jamaicahospital.org/clinical-services/ob-gyn/women-health/

Women's Health Resources



What To Expect During Your Third Trimester




What To Expect During Second Trimester




Healthy Mother/ Healthy Baby- First Trimester


The Importance of Exercise for Pregnant Women




Food To Avoid During Pregnancy



Important Questions About Prenatal Vitamins



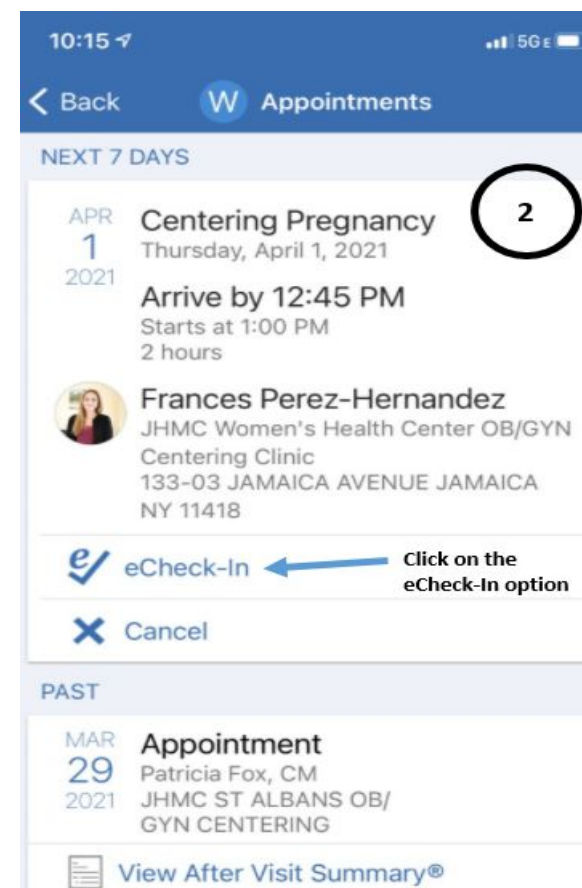
Morning Sickness



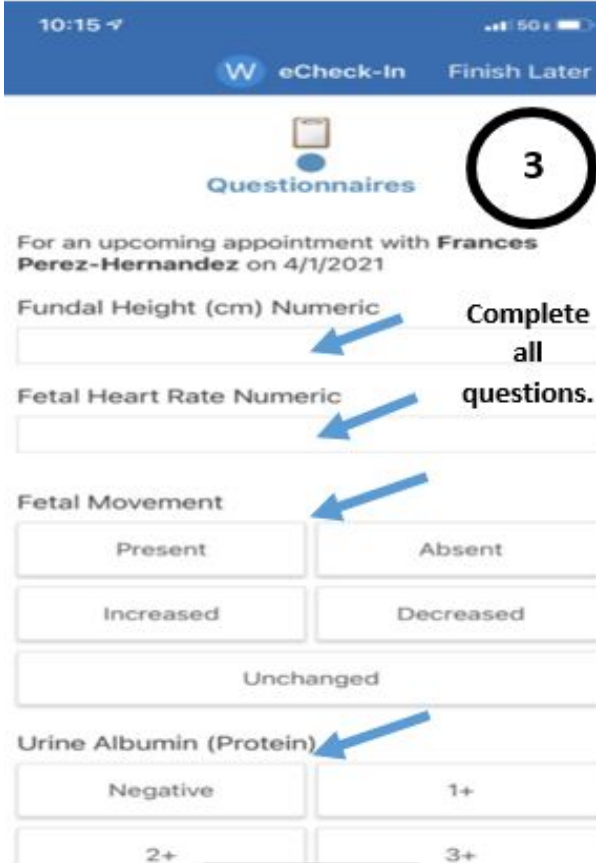
Bladder Health

Read More

MyChart Documentation Entries



All values obtained by equipment provided are entered into the questionnaire



10:15 5G

W eCheck-In Finish Later

Questionnaires **3**

For an upcoming appointment with Frances Perez-Hernandez on 4/1/2021

Fundal Height (cm) Numeric **Complete all questions.**

Fetal Heart Rate Numeric

Fetal Movement

Present Absent

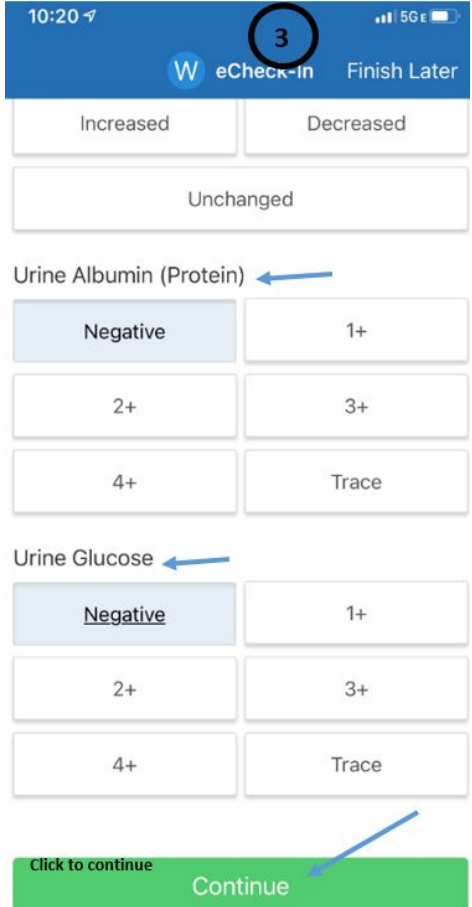
Increased Decreased

Unchanged

Urine Albumin (Protein)

Negative 1+

2+ 3+



10:20 5G

W eCheck-In Finish Later **3**

Increased Decreased

Unchanged

Urine Albumin (Protein)

Negative 1+

2+ 3+

4+ Trace

Urine Glucose


Negative 1+

2+ 3+

4+ Trace

Click to continue Continue

Complete Mental Health questionnaire and Review and Submit Summary



10:22 5G

W eCheck-In Finish Later

4

Trouble concentrating on things, such as reading the newspaper or watching television

0 - not at all	1 - several days
2 - more than half the days	3 - nearly every day

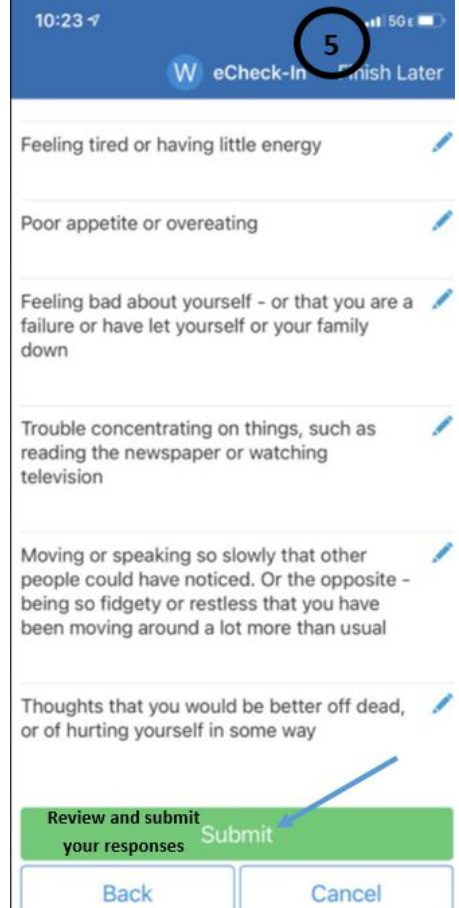
Moving or speaking so slowly that other people could have noticed. Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual

0 - not at all	1 - several days
2 - more than half the days	3 - nearly every day

Thoughts that you would be better off dead, or of hurting yourself in some way

0 - not at all	1 - several days
2 - more than half the days	3 - nearly every day

Click to continue Continue



10:23 5G

W eCheck-In Finish Later

5

Feeling tired or having little energy

Poor appetite or overeating

Feeling bad about yourself - or that you are a failure or have let yourself or your family down

Trouble concentrating on things, such as reading the newspaper or watching television

Moving or speaking so slowly that other people could have noticed. Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual

Thoughts that you would be better off dead, or of hurting yourself in some way

Review and submit your responses Submit

Back Cancel

Complete Domestic Violence Questionnaire and Review and Submit Summary



10:21 5G

W eCheck-In Finish Later

Personal Info Insurance Questionnaires

For an upcoming appointment with **Patricia Fox, CM** on 3/29/2021

Are you afraid of anyone in your household?

No Yes

Past year, threatened or hurt?

No Yes


Past year, forced to have unwanted sex?

No Yes

Click to continue

Order of Protection?

No Yes



10:21 5G

W eCheck-In Finish Later

Personal Info Insurance Questionnaires

ABUSE/DOMESTIC VIOLENCE ASSESSMENT

For an upcoming appointment with **Patricia Fox, CM** on 3/29/2021

Please review your responses. To finish, click **Submit**. Or, click any question to modify an answer.

Are you afraid of anyone in your household? No

Past year, threatened or hurt? No

Past year, forced to have unwanted sex? No

Order of Protection? No

Pt self check in Arrived on our end when they enter group Providers chart as TeleHealth visit

E Hyperspace - JHMC STA OB/GYN CENT - PRD - PFOX

Epic In Basket Patient Station Today's Pts Encounter Orders Only Media Manager Telephone Call Documentation Only Schedule Departmental Calendar Remind Me Sign My Visits About Me

Schedule

Open Slots Print AVS Change Prov No Show Scans Show Orders Charting Snapshot Review Open Case SmartSets Dictations Answer Pt-Qnr Answer Pt-Qnr (Captive)

FOX, PATRICIA Mar 03, 2021 Filter by Status Total: 7

Time	Status	Patient	Type	Notes	Provider
1:00 PM	Signed Checked in: 1:01 PM	[REDACTED] 25 y.o. / F	CENTERINGPREGNANCY	pre reg april gp 2021	Patricia Fox, CM
1:00 PM	Signed Checked in: 1:11 PM	[REDACTED] 24 y.o. / F	CENTERINGPREGNANCY	april gp 2021	Patricia Fox, CM
1:00 PM	Signed Checked in: 1:04 PM	[REDACTED] 26 y.o. / F	CENTERINGPREGNANCY	april gp 2021	Patricia Fox, CM
1:00 PM	Signed Checked in: 1:22 PM	[REDACTED] 20 y.o. / F	CENTERINGPREGNANCY	april gp 2021	Patricia Fox, CM
1:00 PM	Signed Checked in: 1:13 PM	[REDACTED] 24 y.o. / F	CENTERINGPREGNANCY	april gp 2021	Patricia Fox, CM
1:00 PM	Signed Checked in: 1:02 PM	[REDACTED] 22 y.o. / F	CENTERINGPREGNANCY	april gp 2021	Patricia Fox, CM
1:00 PM	Signed Checked in: 12:58 PM	[REDACTED] 28 y.o. / F	CENTERINGPREGNANCY	april gp 2021	Patricia Fox, CM

Providers' view of patient input

Prenatal Vitals

Enc. Date	GA	Weight	BP	Temp	Temp src	Urine Albumin	Urine Albumin (Protein) Read-only	Urine Glucose	Urine Glucose Read-only	Fundal Height (cm)	Presentation	Fetal Heart Rate	Fetal Movement	Pr Lal
01/20	29w5	138 lb (62.6 kg)	119/71			Trace		Negative		27cm		153	Increased	
02/03	31w5	143 lb 8 oz (65.1 kg)	105/58			Negative		Negative		30cm		163	Present	^
02/17	33w5	147 lb (66.7 kg)	126/69			Negative		Negative		30cm		147	Present	
03/03	35w5	149 lb (67.6 kg)	133/62			1+		1+		34cm		160	Present	v
03/08	36w3	151 lb (68.5 kg)	124/67	97.9	Oral		100		Negative	35cm	Vertex	158	Present	

Pregravid Wt: 114 lb (51.7 kg) TWG: 37 lb (16.8 kg) Number of Fetuses: 1 Height: 5' 6" (167.6 cm) Pregravid BMI: 18.41 Maternal Growth Charts [Flowsheets](#)

Abuse/Domestic Violence Assessment

4/1/2021 11:37 AM
EDT - Filed by Patient

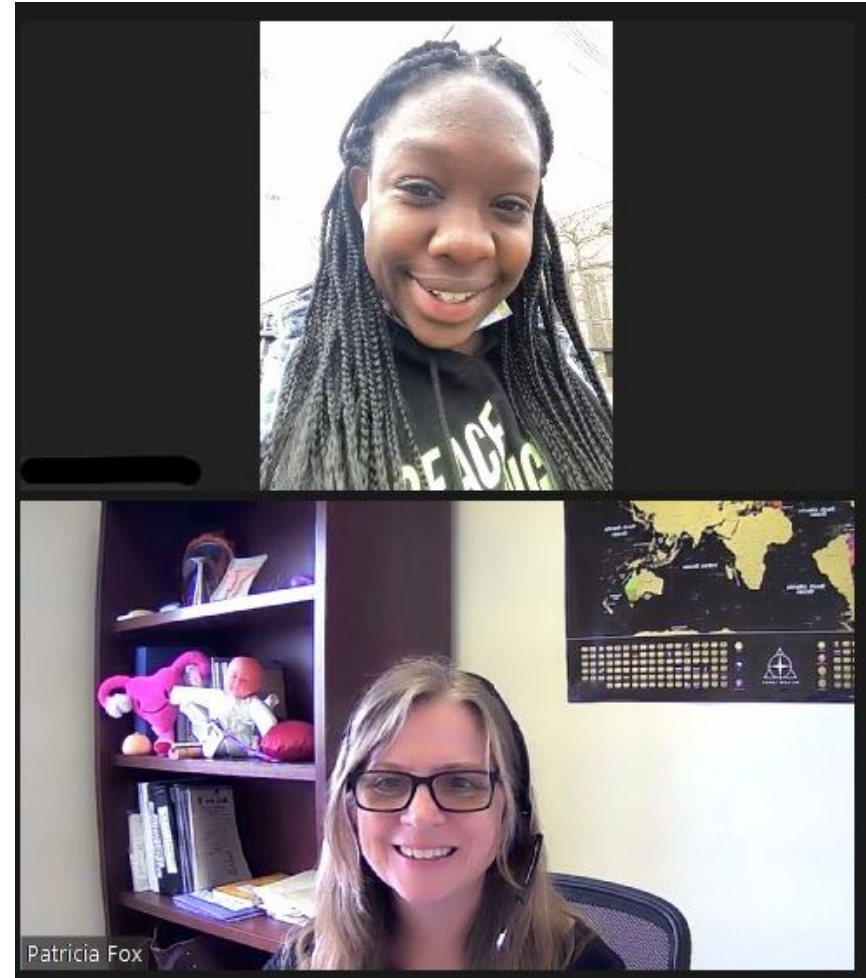
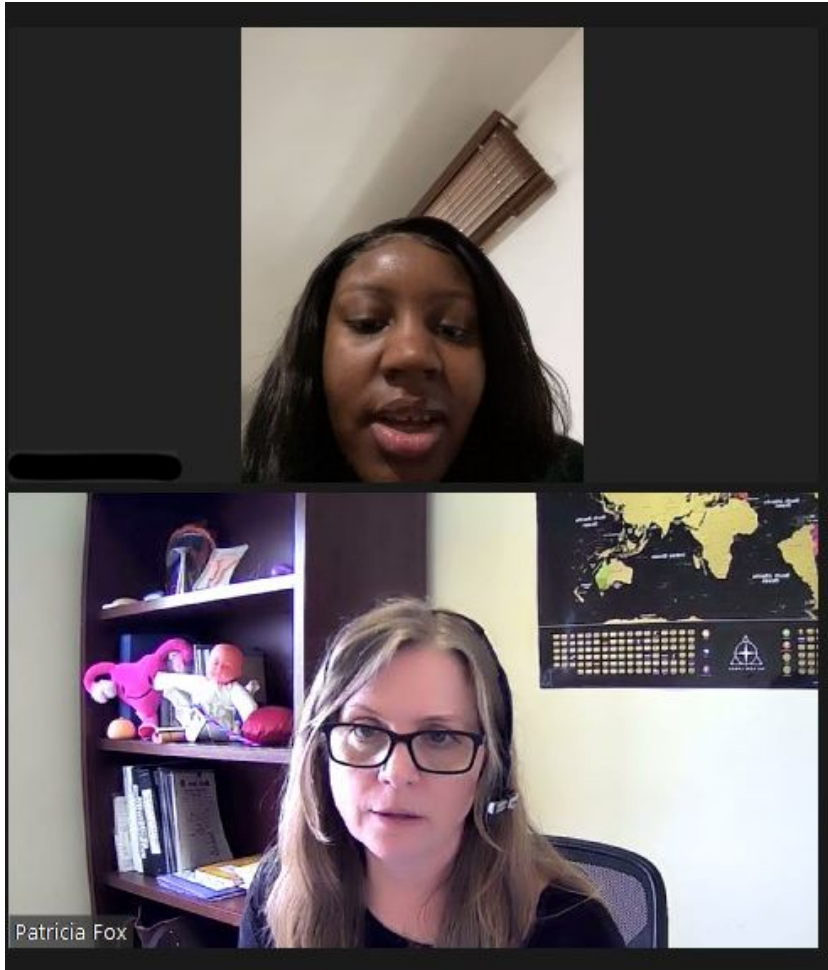
Question	Answer
Are you afraid of anyone in your household?	No
Past year, threatened or hurt?	No
Past year, forced to have unwanted sex?	No
Order of Protection?	No

Ms Mychart Depression Screening

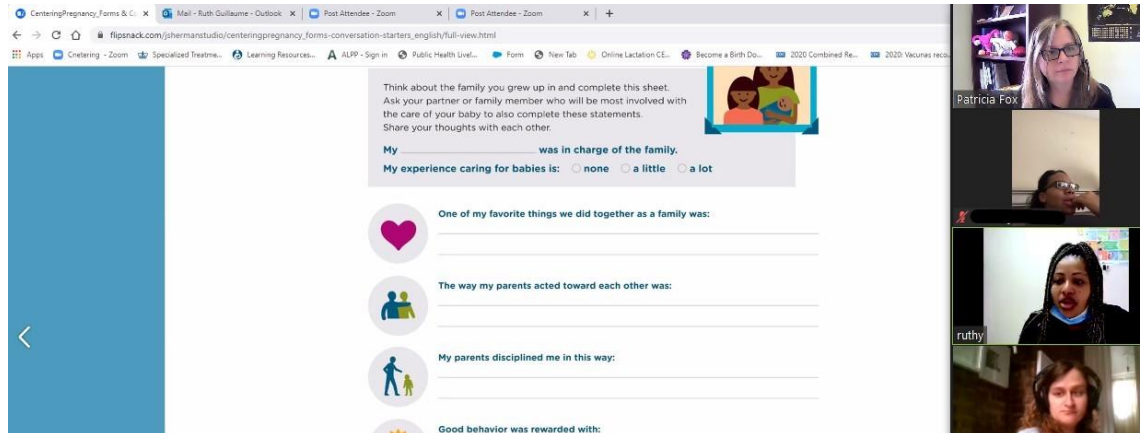
4/1/2021 11:53 AM
EDT - Filed by Patient

Question	Answer
Little interest or pleasure in doing things	0 - not at all
Feeling down, depressed, or hopeless	0 - not at all
Trouble falling or staying asleep, or sleeping too much	0 - not at all
Feeling tired or having little energy	0 - not at all
Poor appetite or overeating	0 - not at all
Feeling bad about yourself - or that you are a failure or have let yourself or your family down	0 - not at all
Trouble concentrating on things, such as reading the newspaper or watching television	0 - not at all
Moving or speaking so slowly that other people could have noticed. Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual	0 - not at all
Thoughts that you would be better off dead, or of hurting yourself in some way	0 - not at all

Breakout rooms for one on one



Co-facilitator goes through the Centering session



CenteringPregnancy_Forms & C: X Mail - Ruth Guillaume - Outlook X Post Attendee - Zoom X Post Attendee - Zoom X +

flipsnack.com/jshermanstudio/centeringpregnancy_forms-conversation-starters_english/full-view.html

Think about the family you grew up in and complete this sheet. Ask your partner or family member who will be most involved with the care of your baby to also complete these statements. Share your thoughts with each other.

My _____ was in charge of the family.

My experience caring for babies is: none a little a lot

One of my favorite things we did together as a family was:

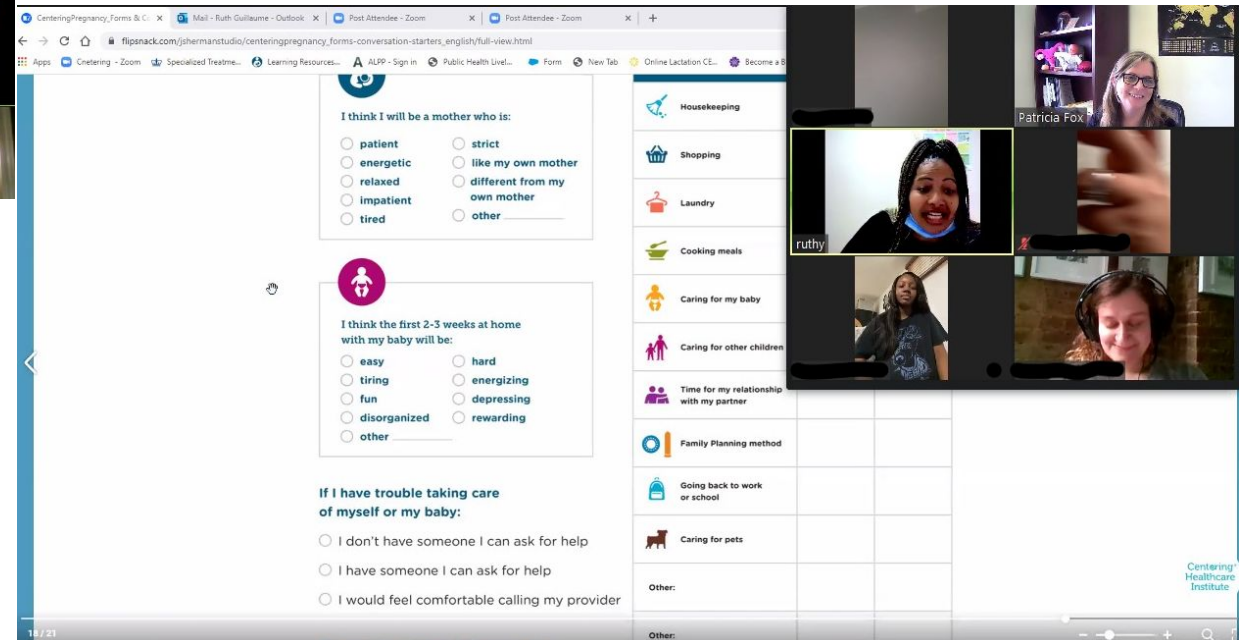
The way my parents acted toward each other was:

My parents disciplined me in this way:

Good behavior was rewarded with:

Patricia Fox

ruthy



CenteringPregnancy_Forms & C: X Mail - Ruth Guillaume - Outlook X Post Attendee - Zoom X Post Attendee - Zoom X +

flipsnack.com/jshermanstudio/centeringpregnancy_forms-conversation-starters_english/full-view.html

I think I will be a mother who is:

patient strict

energetic like my own mother

relaxed different from my own mother

impatient other

tired other

I think the first 2-3 weeks at home with my baby will be:

easy hard

tiring energizing

fun depressing

disorganized rewarding

other

If I have trouble taking care of myself or my baby:

I don't have someone I can ask for help

I have someone I can ask for help

I would feel comfortable calling my provider

Housekeeping

Shopping

Laundry

Cooking meals

Caring for my baby

Caring for other children

Time for my relationship with my partner

Family Planning method

Going back to work or school

Caring for pets

Other:

Other:

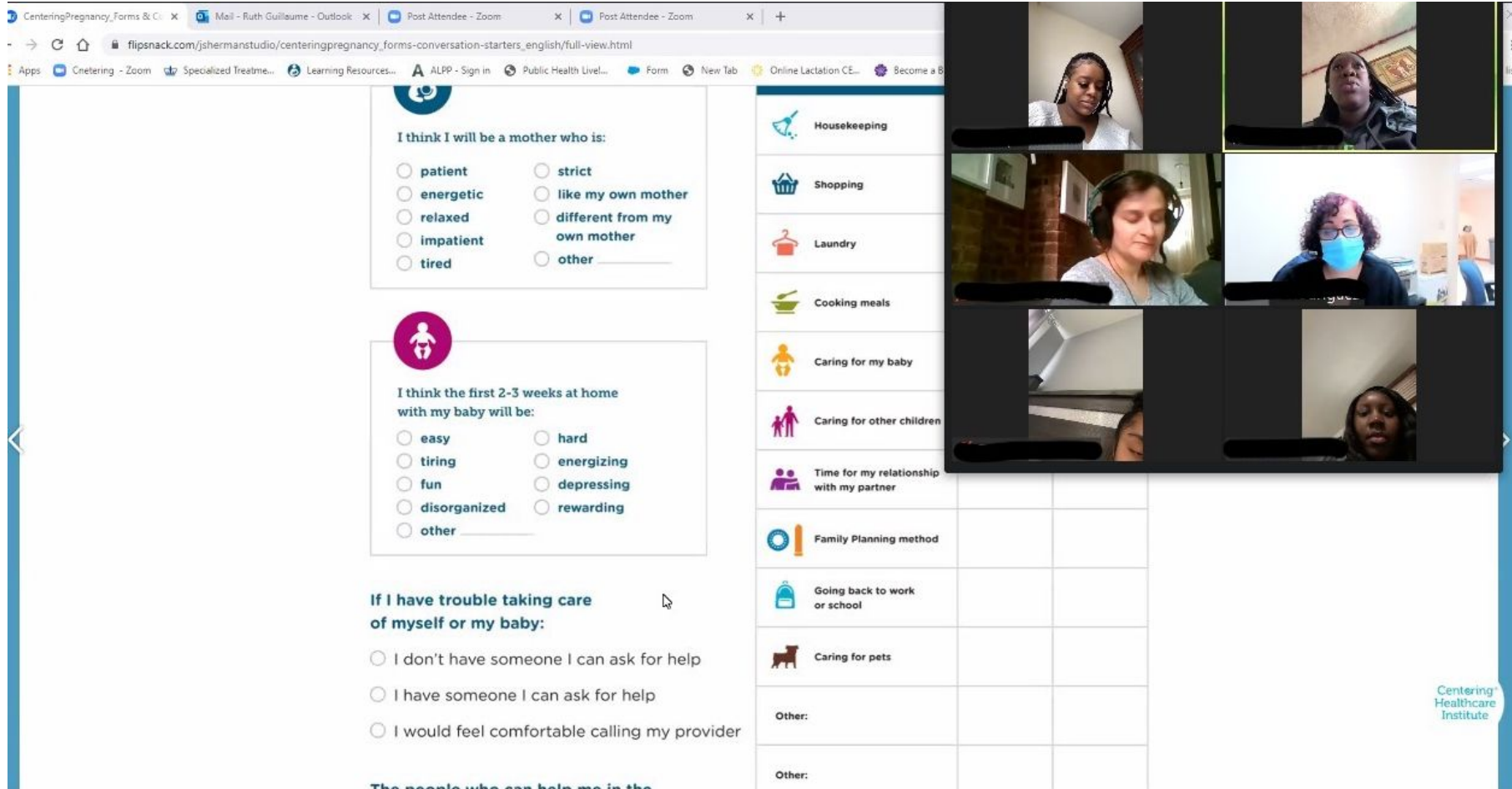
Patricia Fox

ruthy

Centering Healthcare Institute

18 / 21

Encourage interaction within the group



The screenshot shows a Zoom meeting interface. On the left, a survey form is displayed with the following questions and options:

I think I will be a mother who is:

- patient
- energetic
- relaxed
- impatient
- tired
- strict
- like my own mother
- different from my own mother
- other _____

I think the first 2-3 weeks at home with my baby will be:

- easy
- tiring
- fun
- disorganized
- other _____
- hard
- energizing
- depressing
- rewarding

If I have trouble taking care of myself or my baby:

- I don't have someone I can ask for help
- I have someone I can ask for help
- I would feel comfortable calling my provider

The people who can help me in the

On the right side of the screen, there is a grid of six video thumbnails showing participants in a Zoom meeting. Below the survey form, there is a list of topics for discussion:

- Housekeeping
- Shopping
- Laundry
- Cooking meals
- Caring for my baby
- Caring for other children
- Time for my relationship with my partner
- Family Planning method
- Going back to work or school
- Caring for pets
- Other:
- Other:

The Zoom meeting interface includes a top bar with browser tabs and a bottom bar with the Centering Healthcare Institute logo.

Virtual tour of Labor and Delivery and Mother Baby units



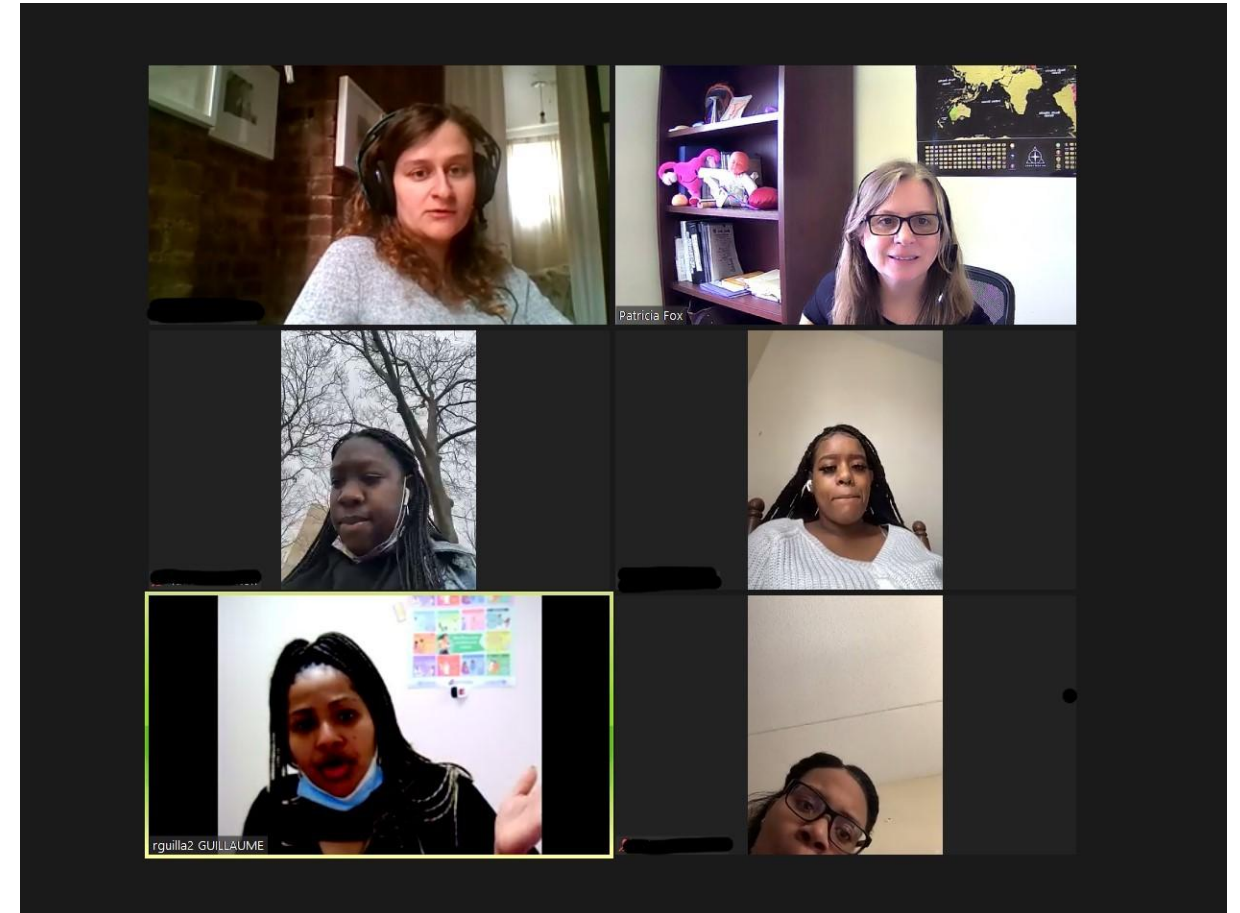
In Conclusion:

The Participants

- Feel less isolated, make “mom friends”
- Understand more about their bodies and taking agency in their own prenatal care
- Empowerment that will last a lifetime

The Organization

- Provides a valuable service to our community
- Stays within ACOG and Centering guidelines
- Financially viable



Questions?

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Pregnancy®

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