

Does Centering Pregnancy Affect Perinatal Maternal & Fetal Outcomes?

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Centering is a model of prenatal care in a group setting that has been studied and implemented across the country. Group prenatal care has the benefits of improved patient education, social support while maintaining standard risk screening and physical exam assessment. Research has shown a reduction in costs, reduction in low birth weight, reduction in the risk of preterm births, reduction in NICU admissions; increased rates of breastfeeding; improved knowledge of childbirth and family planning. While individual prenatal care remains standard care, Centering can be useful and should be offered in especially in populations where racial and ethnic disparities persist as may be useful in addressing specific disparities in perinatal outcomes such as preterm birth among black women, for example. In our study we examined how outcomes of pregnant people compared between Centering model and individual visits to see if there was any differences.