

Healthy Start CenteringPregnancy

Frequently Asked Questions

How is my privacy protected in a group setting?

At the first group session, each person signs a confidentiality agreement and it is emphasized that particular concerns should not be discussed outside the group setting. Ground rules are agreed upon and posted in the group space. The decision to share information with the group is made by each participant; no one ever is pressured to disclose personal concerns.

Individual time with your provider will be conducted in a private area of the Centering room. Should you require an exam or have issues that require additional privacy, you will be seen in an exam room outside the Centering appointment.

What is the cost of this type of care?

Your charges and/or copays for CenteringPregnancy and CenteringParenting care are the same as traditional care and are determined by your insurance coverage. If you have questions about your coverage and estimated out-of-pocket expenses, talk with the healthcare practice administrator.

I am not sure I can leave my job for a two-hour appointment.

Centering group care is your healthcare visit. And while two hours may seem like a long time for your prenatal or well-child visit, remember there is no waiting for your appointment to start – when you arrive you will go right to the Centering room to get started. There is no need to check out after either, or to spend valuable time scheduling your next visit. You will receive a schedule of all your appointments when you enroll in Centering so that you can make arrangements for time off in advance.

I'm afraid that my provider won't really get to know me in a group setting.

Most patients and providers find they get to know one another better through Centering groups. This is because you spend so much more time together! In Centering, you get both private time to ask questions and talk with your provider, as well as group time that is fun and informative.

Can my partner or other support person attend my groups with me?

We encourage you to bring your partner or support person – they will benefit from being a part of the group too! We ask that you bring the same person to each session for continuity and confidentiality. Support people sit in the circle and fully participate in the all of activities and discussions.

I won't feel comfortable sharing information in a group setting.

That's a common concern. Rest assured that there is no pressure to share anything with the group that you are not comfortable sharing. However, most participants find that the group

quickly feels like a group of friends who are all going through similar things, and the benefits they receive from sharing their experiences are tremendous.

Two hours seems like a long time for a healthcare visit. What happens during the two hours?

At the start of a CenteringPregnancy session, you will complete your self-care and have an individual assessment and time with your provider. You may complete a “Conversation Starter” in your Centering notebook about a topic you’ll discuss later, enjoy snacks and chat with other group participants while each patient meets with the provider individually. When the group “circles up” together, there is facilitated discussion and activities. There is time to practice skills, such as breathing and relaxing or holding and comforting a baby.

The format is similar in a CenteringParenting group. You will weigh and measure your baby and then meet with your provider for the individual well-child assessment, screenings, and questions. Immunizations may be given at this time, during a break, or at the end of the group visit. At every visit mothers participate in their own self-assessment; tracking your weight and blood pressure (optional), completing postpartum screening tools, and recording your progress in meeting your own self-care goals in your Centering notebook. After the well-child checks are complete, the group “circles up” to explore a broad range of health, safety and parenting topics.

Groups are lively, interactive, focused on the topics that are most important to you and FUN!

Will I still get my ultrasounds and lab tests that I expect in prenatal care?

CenteringPregnancy is your prenatal care. Your provider is responsible to see your care meets all the standards for prenatal care. Labs, prescriptions and ultrasounds will be ordered for you, as appropriate. Results of the lab tests and ultrasounds will be shared privately with you.

The reason for and significance of testing and medications is often a topic for group discussion. Women in Centering tell us they better understand lab testing and medications prescribed during pregnancy after the group conversations.

How does this work during the pandemic?

During the pandemic your appointment will be split into 2. You will have a 15 minute session with Dr. Amanda Casagrande and Denise Baker at PCHS on a Wednesday and you will have a 90 minute group session with Dr. Casagrande, Denise Baker and Demia Horsley on a Friday. Both appointments are part of your prenatal care. If you need a doctors excuse for both sessions, please let us know.

Where will I give birth?

Dr. Casagrande is a provider with UPMC and is not contracted with any other medical systems. Births will take place ta Magee with a member of Dr, Casagrande’s team.

If I have problems with childcare. May I bring my older children to my group visits?

While it is not preferred we understand that circumstances sometimes require you to bring your child/ children. To keep everyone safe during the pandemic, if you drive to your appointment you will be asked to remain in your car until your appointment time. At that time, your family will go to an exam room together. If you do not drive, you will wait in an unoccupied exam room until it is time for your appointment.

You will know the schedule of visits in advance and have confidence that each group visit will start and end on time. We hope this will make it easier for you to make child care arrangements in advance.

Any other questions

I will contact Demia Horsley who manages the CenteringPregnancy program with your question. She will get back to you with a response. If you want to contact her directly with your question, her number is 4122247040.