

# Fidelity to prenatal care model proves beneficial

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(HealthDay)—Maintaining fidelity to both facilitative group processes and content during administration of the *CenteringPregnancy* group prenatal model significantly reduces intensive utilization of care, according to a study published in the August Issue of the *American Journal of Obstetrics & Gynecology*.

Gina Novick, Ph.D., from Yale University in New Haven, Conn., and colleagues studied fidelity to process and content of the *CenteringPregnancy* group prenatal care model among 519 women receiving *CenteringPregnancy* group [prenatal care](#). Process fidelity was assessed by how involved facilitative leaders and participants were in each session. Content fidelity was based on whether recommended content was discussed in each session. A trained researcher rated each session. Outcomes were assessed using medical records and participant

self-reports.

The researchers found that, when controlling for important clinical predictors, greater process fidelity was associated with significantly lower odds of both preterm birth and intensive utilization of care. There were significantly lower odds of intensive utilization of care associated with greater content fidelity.

"Clinicians learning to facilitate group care should receive training in facilitative leadership, emphasizing the critical role that creating a participatory atmosphere can play in improving outcomes," the authors write.

One author is the chief executive officer of the nonprofit entity the Centering Healthcare Institute, which promotes the *CenteringPregnancy* model of care.

**More information:** [Abstract](#)  
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