PENNSTATE HERSHEY
Obstetrics and Gynecology

Centering Healthcare Institute
Group Care Across the Lifecycle

Women's Health at Hershey Medical Center is pleased to announce the inauguration of a new model for prenatal care: CENTERINGPREGNANCY. Pregnant women coming to Hershey Medical Center will now have the opportunity to receive their prenatal care in groups of 8-12 women with similar due dates. Groups will meet each month or twice monthly with their CARE PROVIDER, which allows extra time for learning about pregnancy/childbirth/child care and getting to know one another.

Each group session, which lasts two hours, begins with a private physical assessment of each woman. After some time for snacks and socializing, the group will discuss topics important to the participants. Women have opportunities to discuss their experiences and challenges, working together with their provider to find good solutions, and have fun getting to know each other. According to one group participant, "The entire program was really tailored to the individual. We talked about everything from physical concerns to what we were feeling emotionally."

This program was developed in 1993 by Sharon Schindler Rising, CNM. MSN and is now used by sites all over the country. Research shows it to be a very effective way to receive prenatal care. PARTICIPATING IN CENTERINGPREGNANCY GROUP CARE ALLOWS MOST PATIENTS TEN TIMES MORE TIME WITH THEIR PROVIDER, A COMMUNITY OF FRIENDS, AN OPPORTUNITY TO ACTIVELY PARTIPATE IN HEALTH DECISIONS, PLENTY OF TIME TO DISCUSS QUESTIONS, AND AN ENJOYABLE FUN PRENATAL VISIT. The sessions are all scheduled in advance with a start time and end time. This allows better planning for you and it eliminates waiting for appointments to start.

To find out more about enrolling in this program, please contact Saudia DeCarlo, RN, CCES, at 717-531-1298.

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