

Comprehensive Perinatal Services Program

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CPSP Goal

- ❖ Improve the health of low-income pregnant women and give their babies a healthy start in life



CPSP Program Goals

- ❖ Decrease incidence of low birth weight
- ❖ Improve outcome of every pregnancy
- ❖ Give every baby a healthy start in life
- ❖ Lower health care costs by preventing catastrophic and chronic illness in infants and children

CPSP: The Basics

- Background
 - Historical Overview
 - Codes and Requirements
 - Program Goals
 - Models of Care
- CPSP Services
 - Providers and Practitioners
 - Assessments
 - Individualized Care Plan
- Tools for Providers

History of CPSP

- OB Access Project, 1979-1982
 - CA Department of Health Services
 - 13 Counties
 - 6,774 women enrolled

OB Access Project

- Provided a comprehensive package of services:
 - OB exams
 - Nutrition, psycho-social, health education assessments and interventions
 - Vitamin and mineral supplements

OB Access, continued

- Multidisciplinary approach
- Case conferences
- Referrals to consult for high-risk

OB Access findings

- 84 % of women received continuous care through delivery and postpartum
- There was a decrease in the low birth weight rate by 33%
- \$2.00 was saved for every \$1 spent
- 87.2% of women enrolled during their 1st or 2nd trimester

CPSP Program

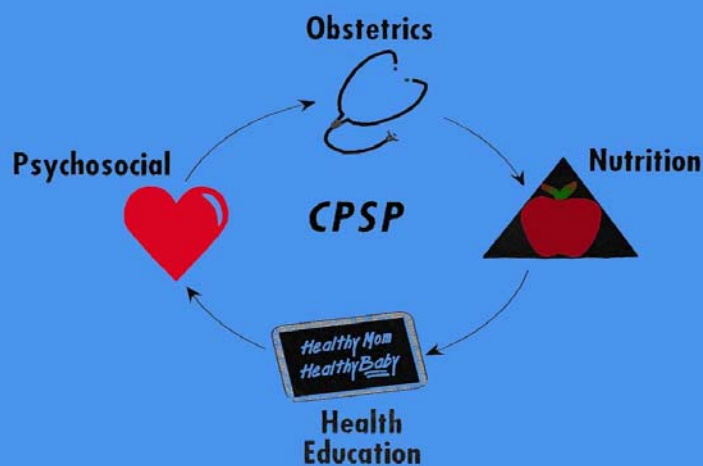
- 1984 AB 3021, Margolin
 - Medi-Cal reimbursement for services
 - Title 22 Regulations
 - Defines services and providers
 - 1987 Final Regulations adopted
 - Medi-Cal Managed Care
 - Policy Letter 96-01
 - Requires all Plans to provide services; CPSP “like”

CPSP Model of Care

- Client centered
- Identify strengths
- Multi-disciplinary
- Services based on protocols
- Culturally competent
- Community referrals
- Voluntary participation

Comprehensive Perinatal Services

- Obstetrical Services
- Support Services
 - Nutrition
 - Health education
 - Psychosocial services
- Vitamin and mineral supplements



Referrals to Related Services

- WIC
- Genetic screening
- Dental care
- Family planning
- CHDP

Over 1500 CPSP Providers

- Medi-Cal Providers in these categories:
 - MD
 - Group Medical Practice
 - CNM
 - PPO
 - Clinic
 - Alternative Birth Center
 - NP

Santa Cruz County CPSP Providers

North County:

Dominican Hospital
Prenatal Clinic

Santa Cruz Women's
Health Center

Westside Planned
Parenthood

Labor of Love Midwifery

South County:

Planned Parenthood

Salud Para La Gente

Watsonville Community
Hospital

CPSP Practitioners

- The following *with one year experience in maternal and child health*:
 - MD, CNM, NP or PA
 - RN or LVN
 - MSW or MFCC*
 - Master's prepared Health Educator*
 - Registered Dietician*
 - Certified childbirth educator
 - CPHW

*required for protocol approval

Scope of Services

CPSP Services



Client
Orientation



Initial
Assessments



Individualized
Care Plan (ICP)



Interventions



Reassessments



Postpartum
Assessment and
Care Plan

Client Orientation

■ Initial Visit

- CPSP services
- prenatal visits
- tests & procedures
- danger signs
- client concerns

■ Follow Up

- additional tests
- referrals
- hospital services
- postpartum

Initial Assessments

■ Baseline Data

■ Identify strengths and risks

■ Face-to-face

- CPSP practitioner
- confidential, client-oriented
- identify problems and resources
- summarize for ICP
- risk assessment and referral

OB Initial Assessment

- OB Provider
 - Review support service assessments
 - Participate in case coordination
- Data base
 - EDD
 - OB & Gyn history
 - Medical history
 - Genetic screening
 - Physical exam
 - Lab tests
 - Education

Nutrition Initial Assessment

- Anthropometric
 - pre-pregnant weight
 - weight history
- Clinical
 - medical problems
 - OB problems
- Biochemical
 - lab results
- Dietary
 - inadequate or excess nutrition
 - physical environment

Nutrition Initial Assessment

- ❖ Weight gain grid
- ❖ 24-hour diet recall
- ❖ Cultural awareness
- ❖ Identify risks
- ❖ Identify resources, referrals
- ❖ Breastfeeding

Health Education Initial Assessment

- Health practices
- Prior pregnancy experience
- Education and reading level
- Language
- Learning methods
- Disabilities
- Religious and cultural beliefs
- Mobility/residency

Psychosocial Initial Assessment

- Support system
- Adjustment to pregnancy
- Pregnancy history
- Personal goals
- Emotional status and history
- Substance use
- Housing
- Education
- Employment
- Financial resources

Individualized Care Plan

- ❖ Tool for coordinating perinatal care
- ❖ Identified strengths
- ❖ Prioritized risk conditions/problems
- ❖ Goals for interventions
- ❖ Referrals
- ❖ Covers all 4 components

The ICP should build on the client's strength's , not simply identify her deficits

Reassessments

- ❖ Once each trimester and postpartum
- ❖ Revisit care plan
- ❖ Review risks/ interventions
- ❖ Reinforce behavior changes
- ❖ Initiate referrals
- ❖ Update ICP

Tools for Providers

- CPSP Provider Handbook
- Steps to Take Manual
- DHS Trainings and Handouts
- Perinatal Services Coordinator

Incentives to becoming a provider:

- \$56.63 – Early entry into care bonus
- \$113.26 10th visit bonus (straight M/C only reimburses for 8 additional prenatal visits after the initial visit)
- \$85.37 Case Coordination fee

**An FQHC provider does not
receive these bonuses**

Additional Reasons

- Better patient care
- Improved outcomes
- Involved and motivated patient

CPSP policy is found in:

- AB 3021
- California Code of Regulations Title 22 (sections 51179, 51249, 51348)
- Program and Policy Letters (i.e., 94-01, 97-02, FQHC letter Oct 5, 1995)
- Medi-Cal Manual and Bulletins
- CPSP Provider Handbook

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The End

