Centering Healthcare – A Snapshot

Centering is an outcome-driven, cost-effective, patient-centered model of care that is changing the face of healthcare through innovative design for system change. Centering demonstrates better outcomes for patients and providers through high quality research, evidence, and program evaluation.

- Centering participants receive care in a group setting with patients who have similar health concerns. Each group receives care through regularly scheduled two-hour sessions facilitated by a credentialed health provider.
- The group care session allows time for sharing and support that enables Centering patients to establish trust and discuss their healthcare concerns, values, and choices. The Centering model promotes care that meets the cultural and language needs of the participants.
- There are more than 100 approved Centering sites across the country. The Centering model is expanding rapidly, both in the number of sites and the variety of health populations using the model. The Centering model is currently used for prenatal care, well-woman and well-baby care, and diabetes.

The 13 Essential Elements that define the Centering model

1. Health assessment occurs within the group space.
2. Participants are involved in self-care activities.
3. A facilitative leadership style is used.
4. The group is conducted in a circle.
5. Each session has an overall plan.
6. Attention is given to the core content, although emphasis may vary.
7. There is stability of group leadership.
8. Group conduct honors the contribution of each member.
9. The composition of the group is stable, not rigid.
10. Group size is optimal to promote the process.
11. Involvement of family support people is optional.
12. Opportunity for socializing within the group is provided.
13. There is ongoing evaluation of outcomes.