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”

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**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

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**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
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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