



# Comprehensive Perinatal Services Program

# CPSP

PROFILE



**L**ow-income women are at higher risk for problems related to pregnancy and delivery, including the delivery. A major challenge is the delivery of low-birth-weight infants. These infants have an increased risk of death and permanent disability, involving major costs to society<sup>1</sup>. The Comprehensive Perinatal Services Program (CPSP) is a Medi-Cal program that provides a set of services for eligible low-income pregnant and postpartum women. Services are delivered by enrolled CPSP providers. Pregnancy and birth

outcomes improve when pregnant women receive CPSP-enhanced services of nutrition, psychosocial and health education, in addition to routine obstetric care.

Case coordination is provided to CPSP clients to ensure enhanced services are appropriate for their needs and delivered in an efficient manner. This approach allows the client to receive integrated care addressing her total needs and promoting her involvement in her health care.

**OUR GOAL:** To decrease the incidence of low birth weight in infants and improve the outcome for every pregnancy through enhanced perinatal care, thus giving every baby a healthy start.

**WE SERVE:** CPSP services are designed for low-income Medi-Cal eligible pregnant and postpartum women.

**SERVICE DELIVERY:** CPSP-enhanced services are offered in physician offices, hospitals, community clinics, hospital outpatient clinics and alternative birth centers.

**OUTCOMES:** CPSP was developed from the Obstetrical Access Project, a perinatal demonstration project for 7,000 low-income women that operated 1979-1982 in 13 California counties. Comprehensive services were shown to reduce low birth weight rate by one-third and to save approximately \$2 in short-term neonatal intensive care unit costs for every \$1 spent<sup>1</sup>.

**FINANCING:** CPSP services are reimbursed by Medi-Cal. Perinatal Services Coordinators (PSCs) are funded by Title V through the California Department of Public Health or Federal Title XIX Medi-Cal funds under Federal Financial Participation.

## WHERE WE ARE

Perinatal Services Coordinators (PSCs) provide technical assistance to CPSP providers. Every Local Health Jurisdiction has a PSC. Visit <http://www.cdph.ca.gov/programs/CPSP/Pages/default.aspx> for the name and phone number of the PSC in your community.

## RESOURCES

### Comprehensive Perinatal

### Services Program:

<http://www.cce.csus.edu/CPSPTraining>

### CPSP Provider Training Manuals:

<http://www.cdph.ca.gov/programs/CPSP/Pages/ProviderTrainingManuals.aspx>

### Every Woman California:

[http://everywomancalifornia.org/categories\\_display.cfm?categoriesID=61](http://everywomancalifornia.org/categories_display.cfm?categoriesID=61)

## BECOME A CPSP PROVIDER

To become a CPSP provider or learn more, visit <http://www.cdph.ca.gov/programs/CPSP/Pages/default.aspx>. The application approval process may take up to 60 days from the date that CDPH receives a completed application.

## PROGRAM SERVICES

Medi-Cal eligible women who receive CPSP services are provided care that goes beyond routine obstetric services and includes case coordination. A woman's CPSP care involves:

**Client Orientation:** Orient the client to comprehensive obstetric services.

**Initial Assessments:** Determine the client's strengths, risks and needs with four initial assessments—obstetric, nutrition, health education and psychosocial.

**Individualized Care Plan (ICP):** Develop an ICP in consultation with the client that builds on strengths to determine client-driven goals and interventions.

**Trimester Reassessment:** Reassess client needs in each trimester to identify changes or new developments since the last assessment.

**Postpartum Assessment:** Assess the mother and infant, addressing various issues that may arise, such as breastfeeding difficulties, postpartum depression, bonding challenges, and birth control and birth spacing.



## THE CPSP PHILOSOPHY OF CARE

- ◆ Health care services are client-centered
- ◆ Services are individualized for the client
- ◆ Client strengths are incorporated into the care plan
- ◆ Multi-disciplinary approach addresses a client's full needs
- ◆ Services are culturally sensitive
- ◆ A client's choices and rights are respected
- ◆ Services are based on protocols approved by nutrition, health education and psychosocial consultant
- ◆ Linkages to services enhance the client's care
- ◆ Client participation is voluntary

## WHO CAN ENROLL AS A CPSP PROVIDER?

A variety of providers offer CPSP-enhanced services, including:

- ◆ *General practice physicians*
- ◆ *Family practice physicians*
- ◆ *Obstetrician/Gynecologists*
- ◆ *Pediatricians*
- ◆ *Certified Nurse Midwives*
- ◆ *Physician's groups*
- ◆ *Organized outpatient clinics*
- ◆ *Any clinic holding a Medi-Cal provider number and approved to provide comprehensive perinatal services*

## REFERENCE

<sup>1</sup> *OB Access Project Findings.* <http://www.ncbi.nlm.nih.gov/pubmed/10312118>.

## CONTRACTING OUT CPSP SERVICES

Providers may employ or contract with other practitioners to deliver the comprehensive services. Contracting options include:

- ◆ *Physicians*
- ◆ *Certified Nurse Midwives*
- ◆ *Nurse Practitioners*
- ◆ *Physician Assistants*
- ◆ *Registered Nurses*
- ◆ *Public Health Nurses*
- ◆ *Bachelor's prepared Social Workers*
- ◆ *Health Educators*
- ◆ *Registered Dietitians*
- ◆ *Registered Dietitian Nutritionists*
- ◆ *Comprehensive Perinatal Health Workers*
- ◆ *Licensed Midwives (Coming soon. Check Medi-Cal website for effective date.)*

## WHO TO CONTACT IN YOUR AREA:



1615 Capitol Avenue  
Building 173  
Sacramento, CA 95814  
916 650 0300  
[mchinet@cdph.ca.gov](mailto:mchinet@cdph.ca.gov)  
[www.cdph.ca.gov/programs/MCAH](http://www.cdph.ca.gov/programs/MCAH)