Comprehensive Perinatal Services Program

The Comprehensive Perinatal Services Program (CPSP) provides a wide range of culturally competent services to Medi-Cal pregnant women, from conception through 60 days postpartum. In addition to standard obstetric services, women receive enhanced services in the areas of nutrition, psychosocial, and health education. The Legislature enacted CPSP in 1984 in response to the OB Access Project, which found that a comprehensive approach reduced both low birth weight rates and health care costs in women and infants. CPSP became a Medi-Cal benefit in 1987. Medi-Cal providers who provide services to pregnant women may apply to become a CPSP provider. Medi-Cal Managed Health Care Plans are required to provide access to CPSP services for pregnant Medi-Cal eligible recipients.

Program Goals
1. To decrease the incidence of low birthweight in infants
2. To improve the outcome of every pregnancy
3. To give every baby a healthy start in life
4. To lower health care costs by preventing catastrophic and chronic illness in infants and children

Comprehensive Perinatal Services Program Model

Scope of Services
- **Initial Assessments:** Complete assessments in the four components: obstetric, nutrition, health education, and psychosocial using approved assessment forms.
- **Client Orientation:** Orient the client to comprehensive perinatal care at entry of care and throughout the pregnancy as needed.
- **Individualized Care Plan (ICP):** Complete the ICP with the client following the initial assessments. Prioritize problems and actions planned to resolve them.

- **Interventions:** Provide services, classes, counseling, referrals and instructions as appropriate to the needs and risks identified on the ICP.
- **Reassessments:** Reassess in each trimester to identify changes or new developments since the previous assessment and to provide continued support for the client's strengths. Revise and update the ICP as needed.
- **Postpartum Assessment and Care Plan:** Assess the mother and infant postpartum and update the ICP.
- **Referral:** Referral to services such as Child Health and Disability Prevention (CHDP), Family Planning, Genetics, Women, Infants, and Children (WIC), and Dental.

Steps to take for primary care physicians and obstetrician

1. Confirm a diagnosis of pregnancy for the Medi-Cal Managed Care (Medi-Cal) member.
2. Introduce the member to the Comprehensive Perinatal Services Program (CPSP). Advise what services are available and document acceptance or refusal.
3. If the patient accepts CPSP, you can provide the services or refer the patient to a provider who offers CPSP. **Keep copies of CPSP assessments in the patient's medical record.**
4. *Health and Safety Code Section 125107 requires prenatal care providers to offer HIV counseling and testing to pregnant women.* Per the law, documentation that patients were offered HIV counseling, testing and information is required. Therefore, document counseling, testing and results in patient medical records. See Assembly Bill (AB) 682 (Berg) for more information.
5. Providers should refer all pregnant and breastfeeding members enrolled in Medi-Cal to the Women, Infants, and Children (WIC) Special Supplement Nutrition Program in their area.
6. For Regal Medical Group / Lakeside Community Healthcare (RMG/LMG) members, refer the patient to the hospital that the patient is delivering or delivered at for support about prenatal, breastfeeding or childbirth classes in your area.
7. If you are an OBGYN, you may submit a referral to report prenatal and postpartum care to RMG/LMG.
8. Offer influenza and tetanus, diphtheria and pertussis (Tdap) vaccines to pregnant members to protect the mother and baby.
9. If the patient's pregnancy becomes high-risk at any time during her prenatal care, please submit a referral to RMG/LMG.
10. If patients have general questions about lactation or breastfeeding, please refer them to the hospital that the patient delivered at or the patient's health plan.

Resources: https://mediproviders.anthem.com/ca/pages/prenatal-resources.aspx
Office of AIDS, California Department of Public Health:
https://www.cdph.ca.gov/Programs/CID/DOA/Pages/OA_prev_hivhcv.aspx