

Comprehensive Perinatal Services Program

The Comprehensive Perinatal Services Program (CPSP) was implemented in 1987 as a Medi-Cal fee-for-service program for low income pregnant women. Effective July 1, 1997, with the implementation of the Two-Plan Model for Medi-Cal Managed Care in Los Angeles County, all pregnant women enrolled in Medi-Cal Managed Care must have access to comprehensive perinatal services.

CPSP integrates nutrition, psychosocial, and health education assessments, interventions, and perinatal education with basic obstetrical care. Provider participation in the program requires a formal application process and certification by the State Department of Health Services.

The goals of the program are:

- To decrease the incidence of low birth weight in infants
- To improve the outcome of every pregnancy
- To lower health care costs by preventing catastrophic and chronic illness in infants and children

The scope of services include:

- Client Orientation ... Orient the client to comprehensive perinatal care at entry of care and throughout the pregnancy as needed.
- Initial Assessment ... Complete assessment in four areas: obstetric, nutrition, health education, and psychosocial, using approved assessment forms.
- Individualized Care Plan ... Develop an individualized care plan with the client which includes appropriate interventions to resolve problems identified in the assessment. Update/ revise the care plan at least each trimester.
- Interventions ... Provide individual counseling, classes, and referrals to the client as appropriate to meet the needs and risks noted on the individualized care plan.
- Reassessments ... Reassess the client's health education, nutrition, and psychosocial status each trimester to identify changes or new developments since the previous assessment and to provide continuous support for the client's strengths.
- Postpartum Assessment and Care Plan ... Assess the health education, nutrition, and psychosocial status of the postpartum mother and update the care plan. Provide individual or group interventions and referrals as needed.

Provider Qualifications

Any physician, certified nurse midwife, nurse practitioner, hospital, community clinic, or medical group who provides prenatal care, has a valid Medi-Cal provider number, and is in good standing with state licensing and regulatory agencies can submit a CPSP application. Once finalized at the local CPSP office, the application is forwarded to the State Dept. of Health Services for final approval.

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Reimbursement for CPSP:

- CPSP Services provided to women who are eligible for fee-for-service Medi-Cal are reimbursed via the regular Medi-Cal billing process. Services are reimbursed at \$30.32/hr. for individual services and \$10.12/patient/hr. for group classes. Additional bonuses are also available. Details are included in the Medi-Cal Provider Manual.
- Reimbursement for women enrolled in Medi-Cal Managed Care is determined by provider contracts with individual IPAs and health plans.

Advantages of becoming a CPSP provider:

- Fee-for-service Medi-Cal reimbursement for patients not enrolled in a health plan, including patients who have Pregnancy/Emergency Only Medi-Cal
- Ongoing technical assistance for program application and implementation
- Regularly scheduled trainings for staff
- Free copy of CPSP Provider Handbook and Steps to Take Guidelines
- Quarterly newsletter with CPSP, Medi-Cal, and clinical updates

CPSP Forms:

Contact your IPAs or health plans to obtain copies of the CPSP Initial Assessment/ Reassessment Tool, Individualized Care Plan, and boilerplate protocols. If you do not contract with any Medi-Cal Managed Care health plans or IPAs, contact the LA County CPSP Program office.

The CPSP Provider Handbook and Steps to Take Guidelines are sent to all providers upon CPSP certification.

For more information call the Los Angeles County CPSP Program office at (213) 639-6419.