



## The Comprehensive Perinatal Services Program

# CPSP



### Goals of the Program

- ◆ Decrease and maintain the decreased level of perinatal, maternal and infant mortality and morbidity
- ◆ Support methods of providing comprehensive prenatal care that prevent prematurity and the incidence of low birth weight infants.

[cdph.ca.gov/programs/cpsp](http://cdph.ca.gov/programs/cpsp)

# What is the CPSP Program?

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- CPSP is a comprehensive program that provides a wide range of culturally competent services to pregnant women, from the date of conception through 60 days after the month of delivery.
- The program was developed from the OB Access Project, a successful perinatal demonstration project for 7,000 low income women that operated from 1979 to 1982 in 13 California counties.
- Comprehensive services were shown to reduce the low birthweight rate by one-third and to save approximately \$2 in short-term Neonatal Intensive Care Unit (NICU) costs for every \$1 spent.
- Because of these positive results, CPSP was legislated in 1984 and included as part of the Medi-Cal program in 1987.
- Medi-Cal Managed Care health plans are required to provide access to CPSP services for all Medi-Cal eligible enrollees.

## What are the CPSP services?

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CPSP Services include:

- Client orientation to comprehensive perinatal services
- Initial assessment, trimester reassessments, postpartum assessment, interventions, and follow-up services in:
  - ◆ Obstetrics
  - ◆ Nutrition
  - ◆ Health Education
  - ◆ Psychosocial Services
- Individual Case Coordination
- Prenatal Vitamin/Mineral Supplements
- Nutrition Program (WIC), genetic screening, dental care, family planning, and pediatric care, domestic violence, and more.

## Who can become a CPSP provider?

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Any of the following can be a CPSP provider, as long as they are an active Medi-Cal provider and have an active National Provider Identifier (NPI) number, and are in good standing with their licensure board:

- Physician (obstetrician/gynecologist, family practitioner, general practitioner, or pediatrician)
- Medical Group, any of whose members is one of the above physicians
- Certified Nurse Midwife
- Nurse Practitioner (family or pediatric)
- Preferred Provider Organization (PPO)
- Clinic (hospital, community, county)
- Alternative Birth Center

# Who can deliver CPSP services?

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The CPSP provider may employ or contract with any of the following practitioners to deliver services appropriate to their skill level:

- Physicians
- Certified Nurse Midwives
- Physician assistants
- Registered Nurses with one year experience in maternal and child health
- Nurse Practitioners
- Licensed Vocational Nurses
- Social Workers with a minimum of a bachelor's degree in Social Work and one year experience in the field of Maternal and Child Health
- Practitioners with a master's degree in psychology or marriage, family and child counseling and one year of experience in maternal and child health
- Family Therapists (MFT)
- Registered or registration eligible Dietitians, with one year experience in perinatal education
- Health Educators with a minimum Bachelor's degree in Community or Public Health education and one year experience in maternal and child health
- Certified Childbirth Educators -an RN with one year experience in a program that complies with the ACOG Guidelines for Childbirth Education, or a Certified Childbirth Educator who has completed training from the American Society for Psychoprophylaxis in Obstetrics (ASPO)/Lamaze, Bradley, International Childbirth Education Association (ICEA)
- Comprehensive Perinatal Health Workers (CPHW)
  - ◆ At least 18 years old
  - ◆ High School Graduate or equivalent
  - ◆ Minimum one one year full-time paid experience providing perinatal care
  - ◆ Must work under the direct supervision of a physician

## Models of CPSP service delivery

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- Approved CPSP providers can be found in solo practice, group practice, health departments, hospitals, community clinics, managed care plans, Federally Qualified Health Center (FQHC), Indian Health Services (IHS), Rural Health Clinics (RHCs), and residency programs.
- In most cases, obstetrical services are provided in the provider's office with other services provided elsewhere, under subcontract, or by a second CPSP provider. In other cases the entire CPSP program is offered within a single location.
- Flexibility of program design and implementation allows for the use of a wide range of professional and paraprofessional personnel.

## How does CPSP work in FQHC, RHC & IHS

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- TARs (Treatment Authorization Request) are not used in FQHCs or RHCs – however, all CPSP claims must meet the same justification necessary to obtain a TAR.
- CPSP visits in these health care delivery settings are paid at a flat fee per visit, for on-site and off-site services, as defined in their individual scope of practice.

## How does CPSP work in Medi-Cal Managed Care?

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- All Medi-Cal Managed Care health plans are required to ensure that their pregnant enrollees have access to CPSP comparable services.
- Plans must inform beneficiaries of childbearing age of the availability of comprehensive perinatal services and how to access such services as soon as pregnancy is determined
- It is the plan's responsibility to ensure that its contracted providers have the appropriate credentials.

# Reimbursement schedule fee-for-service Medi-Cal

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## Obstetrical Services

Reimbursement for obstetrical services is the same for all providers (CPSP and non-CPSP). Obstetrical services may be billed as a global charge or fee-for-service.

SERVICES	REIMBURSEMENT
Initial Pregnancy-Related Exam	\$ 126.31
Antepartum Exam (\$60.48/visit x 8 visits)	\$ 483.84
Delivery (vaginal or cesarean)	\$ 544.72
Postpartum Exam	\$ 60.48
<b>Subtotal</b>	<b>\$1,215.35</b>

## Special Bonuses

Additional reimbursement for approved CPSP providers:

Early entry into care [within 16 weeks of the last menstrual period (LMP)]	\$ 56.63
10th Antepartum visit	\$ 113.26
<b>Available Bonuses</b>	<b>\$ 169.89</b>

# Reimbursement schedule fee-for-service Medi-Cal

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## Support Services

- Support service reimbursement for health education, nutrition, and psychosocial services is available only to approved CPSP providers.
- Support services provided individually are reimbursed at \$33.64/hour up to 23 hours. Group classes are reimbursed at \$11.24/patient/hour up to 27 hours.
- A Coordination fee of \$85.34 is available if all three, support service assessments are provided within four weeks of entry into care.
- Pregnant women can receive vitamin/mineral supplements (300-day supply) which are reimbursed at \$30.00 distributed only by approved CPSP providers.
- Billing is on an itemized basis, using regular Medi-Cal billing forms. CPSP reimbursement codes are available for use by approved CPSP providers.
- Total available support service reimbursement: \$1,192.54\*  
In high-risk circumstances, additional support service reimbursement can be obtained through the treatment authorization request (TAR) process.

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**Total maximum OB/CPSP reimbursement  
(Before TAR): \$2,577.78**

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- All Medi-Cal pregnant women who are enrolled in a Medi-Cal Managed Care plan are entitled to receive CPSP services. Reimbursement under managed care depends on the contractual agreement between the provider and health plan or Independent Practice Association (IPA) or Medical Group.

# CPSP Application Process

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- Contact the CPSP Perinatal Services Coordinator (PSC) at your local health department for an application. Please go to the CPSP web page at [cdph.ca.gov/programs/cpsp](http://cdph.ca.gov/programs/cpsp) for the name and phone number of the PSC in your county.
- The completed application will be reviewed by the local PSC and submitted to the California Department of Public Health (CDPH) Maternal, Child and Adolescent Health Division for final review.
- The application approval process may take up to 60 days from the date that CDPH receives a completed application.

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**For all questions about CPSP services please contact the Perinatal Services Coordinator at your local health department.**

For additional information you may access the CPSP Website:  
[Comprehensive Perinatal Services Program](http://www.cdph.ca.gov/programs/CPSP)  
([www.cdph.ca.gov/programs/CPSP](http://www.cdph.ca.gov/programs/CPSP))

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