

Family Nurse Partnership West Area Committee December 2014



Background

Family Nurse Partnership (FNP) is an evidenced based programme developed and rigorously tested in Randomised Control Trails (RCT's) throughout the States over 30 years, Targeting teenage parents the programme is based on theories of Attachment, Self Efficacy and Human Ecology the programme shows significant outcomes in improved maternal outcomes in pregnancy, improved economic sufficiency and outcomes in school readiness. The programme also influences short term health outcomes of increased breast feeding rates and reduction in smoking together with spacing of second pregnancies. Longer term outcomes were evidenced through reductions criminal activity and intervention through the criminal justice system. It is one of only two programmes evidence to be effective in Safeguarding Children as cited by The Lancett.

FNP was adopted by the Department of Health in 2007 as an early intervention preventative programme and has been developed to include the delivery of the Healthy Child Programme and sits at the targeted end of Health Visiting. Expansion nationally of FNP has taken place to date and the FNP programme is now being delivered in over 100 sites in the country. Results from National research is due to be released in the spring 2015.

The Local Picture

FNP has been provided by CityCare across Nottingham City over the past 7 years with over 350 clients completing the programme. Expansion has taken place and now 2 teams of Family Nurses (10 wte) work out of Children's Centres in Broxtowe and Best wood,

Currently commissioned to offer the service to 225 young women under 19 in their first pregnancy. This reaches approximately 40% of the eligible population. Recent Big lottery funding will fund a further 2 Nurses to increase coverage to 100% in some areas of the city including West Area. Currently 26 clients in West Area are participating in the programme.

In October 2015 commissioning responsibilities will transfer from NHS England to Public Health in the Local Authorities.

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How does it work?

Specially trained Family Nurse practitioners offer intensive home visiting weekly and fortnightly from early pregnancy until the child is 2 years old. Working alongside maternity services in pregnancy. From birth to 2 years the FNP programme integrates the HCP and the Family Nurse replaces the role of the Health Visitor for clients on the programme.

The programme is based on a therapeutic relationship between the Nurse and the client. The Nurse uses a strength based communication style to keep clients engaged and motivated. Partners/Fathers and family members are encouraged to join in the programme where possible. Materials are targeted at Dads as well as Mum. The motivation for change comes from parents wanting to do the best for their child.

The programme covers a variety of themes which include:

Healthy Relationships (40% of clients on the programme identified being physically hurt by someone close to them)

Diet

Smoking

Infant Feeding

Attachment – what does good parenting look like – how does it feel from the baby's point of view

Aspirations and goals for the future and pathways into work.

Play and Boundary setting.

Is it working?

Data is recorded into a National Data base managed by the FNP National Unit.

Nottingham is meeting all fidelity measures (targets) in line with National goals and exceed them in some areas, 58% of clients initiate breastfeeding at birth. 26.3% sustain breastfeeding at 6 weeks which exceeds the national average.

100% of clients on the programme make a reduction in smoking and a small number quit smoking.

By the time the child is two years old any clients have engaged in some kind of education, training or employment.

Families are supported to take up the two year placement offer as they leave the programme.

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A recent caseload analysis using the Children's Partnership Family Support Pathway identified of 152 clients 62.5% sat within the remit of additional support 31% in Extensive support and 6.5% in protection. Demonstrating that the service works with a variety of complexity in the caseloads.

Areas of need identified most for the clients were:

Housing, employment and finance
Family and Social Relationships
Emotional and Behavioural Development
Family History and Functioning
Basic Care and Protection.

Working partnerships with other agencies are vital to the success of the clients and their children and work takes place with midwifery, GP's, Housing, the voluntary sector, children's centres and social care before transfer back to universal health visiting services at the child's 2nd birthday.

The Clients

The Clients are fundamental in the development of the programme. We engage their expertise when recruiting Family Nurses. They are active members on our advisory board and they have been involved in ministerial visits.

Quarterly clients surveys are facilitated and client feedback reports:

'It's amazing support to have'

'It is very helpful and helps young mums with a lot of information they may not know'

'I have seen changes in my partner we're happier'

'To keep the peace at home, I talk to my Family Nurse'

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