Family Nurse Partnership Programme in England:
- An introduction

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“Changing the world – one baby at a time”
FNP Goals

Connecting with families to:

1. To improve the outcomes of pregnancy by helping women improve their prenatal health

2. To improve children's subsequent health and development by enabling parents to provide more competent care for their children

3. To improve women's life course by planning subsequent pregnancies, finishing their education and finding employment.
Where is FNP offered?

As of March 2013, the Family Nurse Partnership Programme is being delivered in over 90 areas in England, offering over 11,000 places at any one time. Areas delivering the Family Nurse Partnership in England are shown on the map below. The percentage of the eligible population reached in each area varies. The Government has committed to increasing the number of Family Nurse Partnership places to 16,000 by April 2016.

The programme is also offered in the United States, Canada, Australia, the Netherlands, Scotland and Northern Ireland.

The Family Nurse Partnership is offered in the following areas:

- Barking and Dagenham
- Barnet
- Barnsley
- Bath and North East Somerset
- Birmingham
- Harrow
- Hartlepool
- Herefordshire
- Hounslow
- Kingston upon Hull
- Luton
- Redcar and Cleveland
- Rotherham
- Sandwell
- Sheffield
- Slough

FNP Coverage
The FNP Programme

- From early pregnancy until the child is 2 years old
- Offered if age 19 and under at LMP
- Weekly – fortnightly – monthly home visits
- Each visit 60-90 minutes
Family Nurse Partnership programme

• A voluntary, structured, intensive home visiting programme delivered by Family Nurses and FNP Supervisors

• Clients have the same Family Nurse throughout the programme

• Benefits children and families who have the poorest outcomes i.e. mothers with low psychological resources (low educational achievement, limited family support and poor mental health)

• High degree of intensity and depth and skill

• Family Nurses deliver FNP and the Healthy Child Programme
The Programme.

- Is underpinned by 3 Theories:
  - Human Ecology
  - Attachment
  - Self Efficacy

- The guideline content has these woven throughout
Trials of the NFP in USA

Elmira, NY 1977
- Low-income whites
- Semi-rural
N = 400

Memphis, TN 1987
- Low-income blacks
- Urban
N = 1,138

Denver, CO 1994
- Large portion of Hispanics
- Nurse versus paraprofessional visitors
N = 735
Consistent results across 3 trials in USA

- Improvements in women’s antenatal health
- Reductions in children’s injuries
- Fewer subsequent pregnancies
- Greater intervals between births
- Increases in fathers’ involvement
- Increases in employment
- Reductions in welfare dependency
- Reduced substance use initiation and later problems
- Improvements in school readiness
Why FNP in the UK?

- Evidence base of programme – it is possible to make a difference
- Advances in neuroscience and infant development
- Scientific consensus that origins of adult disease often found in pregnancy and infancy
- Social and economic benefits of effective prevention and early intervention
Formative Evaluation in England

- High quality replication of the programme
- 87% enrolment, fathers engaged and low rates of attrition
- There are early signs that clients now have aspirations for the future and cope better with pregnancy, labour and parenthood
- Reduction in smoking during pregnancy
- Breast feeding initiation rate higher than national rate for same age group
- Significantly improved mastery, a form of self esteem linked to positive behaviour change, at the end of the programme compared to the start.
Evidence in England to date

• Clients were returning to education and employment, making regular use of effective birth control methods and spacing subsequent pregnancies.

• FNP children also appear to be developing in line with the population in general which is very promising as this group usually fare much worse.

• Graduates of the programme very positive about their parenting capability reporting high levels of warm parenting, low levels of harsh discipline and levels of parenting stress similar to that in the normal population.

• RCT underway
Key Elements of FNP
Contact Details

- FNP Team 1: Pontefract General Infirmary 01977 747217

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