



NFP Slides Courtesy of David Olds, PhD

The Evidence for Intensive Nurse Home Visitation: The Nurse-Family Partnership Program

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Objectives

- To review the Nurse-Family Partnership (NFP) Program
- To summarize research evidence for the NFP Program
- To provide update re NFP Feasibility Study in Hamilton, Ontario



NFP: THREE GOALS

1. **Improve pregnancy outcomes**
2. **Improve child health and development**
3. **Improve parents' economic self-sufficiency**



FAMILIES SERVED

- **Low income pregnant women**
 - Usually teens
 - Usually unmarried
 - Before 29 wks gest.
- **First-time parents**

Elements of the Program

- ~ 52 visits until child is two years old
- Program must be delivered with fidelity (18 elements)
- Goal-driven
- Comprehensive client teaching resources
- Theory-based: self-efficacy, attachment, human ecology
- Evidenced-based assessment & intervention tools
- Balanced content in each visit across 6 domain:
 - personal health, environmental health, friends and family, the maternal role, use of health care and human services, & maternal life course development

Comprehensive Training Program

- 3 volumes of program guidelines
- Motivational interviewing
- Client engagement techniques
- Develop competence using 3 theories
- Training/certification re assessment tools
e.g. NCAST

TRIALS OF PROGRAM

**Elmira, NY
1977**



N = 400

- **Low-income whites**
- **Semi-rural**

**Memphis, TN
1987**



N = 1,138

- **Low-income blacks**
- **Urban**

**Denver, CO
1994**



N = 735

- **Large portion of Hispanics**
- **Nurse versus paraprofessional visitors**

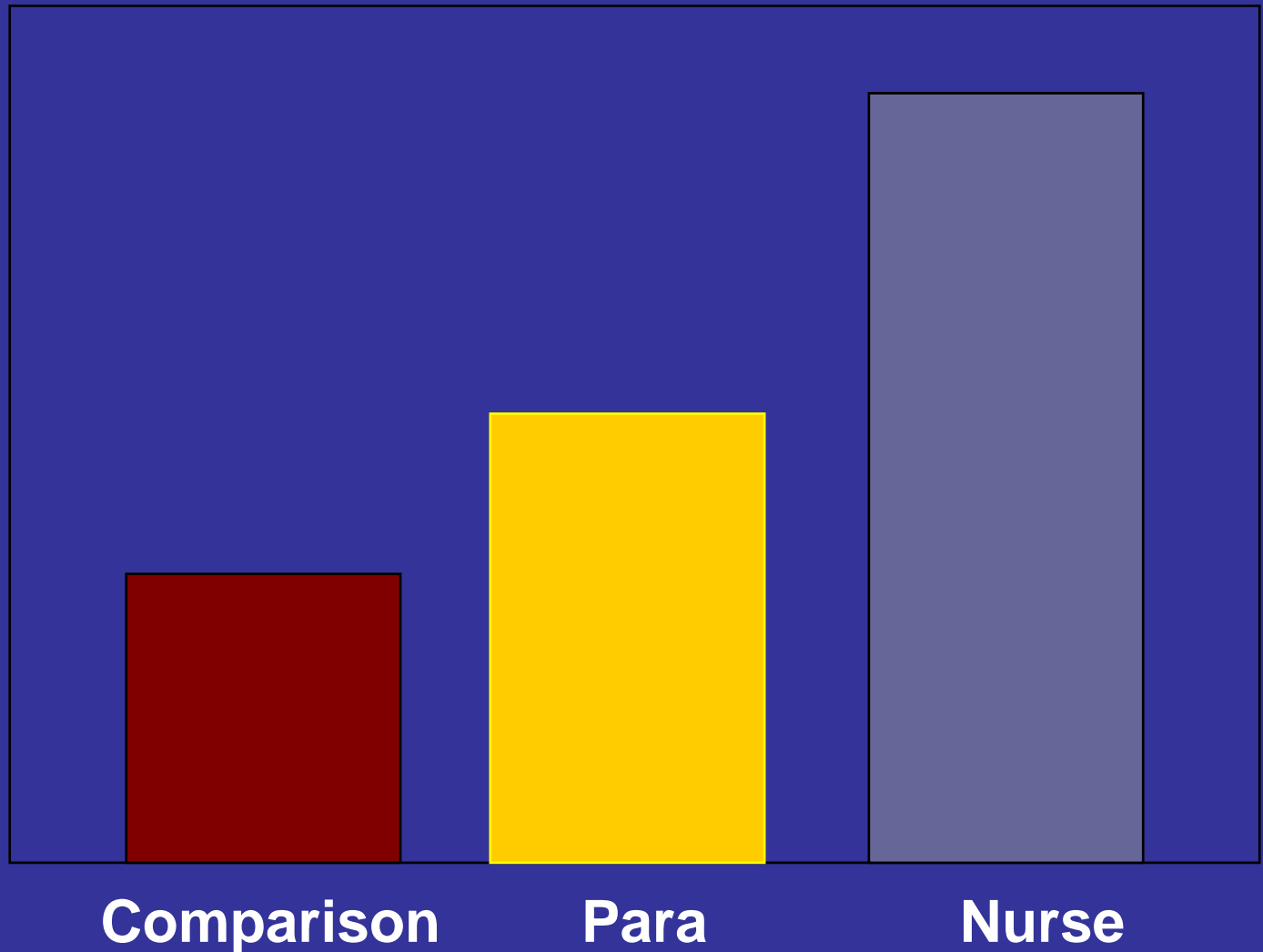
CONSISTENT RESULTS ACROSS TRIALS

- Improvements in women's prenatal health
- Reductions in children's injuries
- Fewer subsequent pregnancies
- Greater intervals between births
- Increases in fathers' involvement
- Increases in employment
- Reductions in social assistance
- Improvements in school readiness
- Program effects greatest among those most susceptible



Pattern of Denver Program Effects

Maternal
and
Child
Functioning



Benefits Minus Costs of Child Welfare & Home Visiting Programs *

Nurse Family Partnership	\$17,180
Home Visiting for at-risk mothers/children	\$6,197
Parent-child interaction therapy	\$3,427
System of care/wrap around programs	-\$1,914
Family Preservation Services Programs	-\$2,531
Healthy Families America	-\$4,569
Comprehensive Child Development Program	-\$37,397
Infant Health and Development Program	-\$49,021

* US Data

Key messages re NFP & HBHC

- NFP model is for a specific targeted population
- NFP enhances prenatal component of HBHC
- NFP does not replace HBHC

- Hamilton is the first Canadian site to pilot the Nurse-Family Partnership
- Six international sites: Australia, Canada, Germany, Great Britain, the Netherlands, and Scotland.



NFP Feasibility/Acceptability Study in Hamilton

Feasibility:

- Will agencies, health care professionals refer clients?
- Will US data collection and assessment tools work?

Acceptability:

- Will clients consent to participate and remain in the program?
- Will community partners be satisfied with the program?
- Will PHNs be satisfied with their role in delivering the program?

NFP Hamilton - 2008

- 6 PHNs recruited & trained
- NFP curriculum materials adapted
- Data collection tools tested
- June 2008: Client recruitment initiated
- Extensive outreach & relationship development with community stakeholders

NFP Hamilton - 2009

- Focus groups with PHNs
- Individual interviews with clients
- Interviews with community partners
- Collaborations with other provincial researchers (Manitoba & BC)
- Meetings with provincial decision-makers
- September 30, 2009: recruitment completed (n= 101)

Next Steps

- Feasibility Study:
 - All registered mothers continue to receive home visits until child is 2 years of age
 - Stakeholder interviews with key community partners
- Disseminate findings from the Hamilton NFP pilot study
- Establish a NFP Canadian Centre of Excellence

Next Steps Continued

- Proposals submitted for bridge funding:
 - Public Health Agency of Canada Innovations Fund
 - Human Resources and Skills Development Canada Social Development Partnerships Program
- **Randomized Control Trial:**
 - Plan is for 2-3 provinces to participate (Ontario, Manitoba & BC)
 - Funding proposal submitted to MCYS for Ontario arm



Nurse-Family Partnership

Helping First-Time Parents Succeed

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