



# **Making a Promise to Make a Difference: The Nurse-Family Partnership Home Visitation Program**

## **The Nurse Experience**

**The Nurse-Family Partnership Team  
Hamilton Public Health Services  
OPHA November 2009**

NFP Slides Courtesy of David Olds, PhD

# Objectives

- To provide an overview of the Nurse-Family Partnership Program.
- To describe the nurses' experience implementing NFP in Hamilton.

# THREE GOALS

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





# FAMILIES SERVED

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

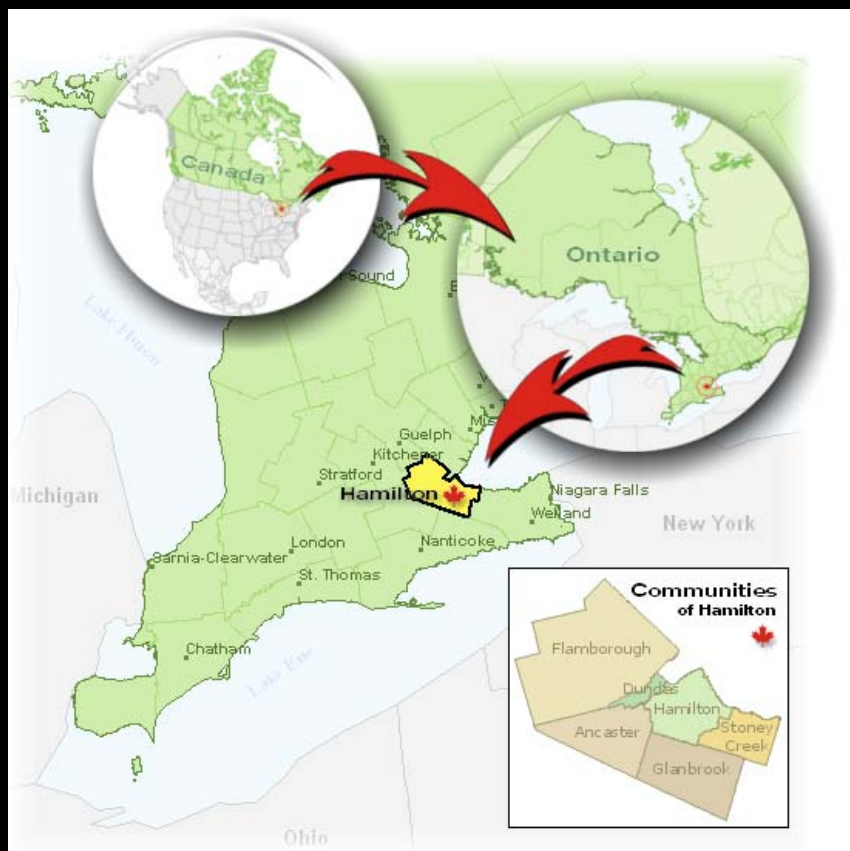
# NURSE-FAMILY PARTNERSHIP

- **Program with power**
  - \* Nurses visit families from pregnancy through child age two
  - \* Makes sense to parents
  - \* Solid empirical & theoretical underpinnings
  - \* Focuses on parental behaviour and context
- **Rigorously tested**
- **Must be delivered with fidelity to the model evaluated in the RCT**



# Hamilton, Ontario

## First Canadian Site to Pilot NFP



### Research Objectives:

To test the feasibility and acceptability of the NFP program with Hamilton Public Health Nurses (PHNs), mothers, extended family members and community stakeholders

# NFP Hamilton: Our First Steps 2008-2009

- 6 PHNs recruited & trained
  - Denver April 2008
  - Pennsylvania June 2008
  - PIPE October 2008
  - NCAST x2 2009



# NFP Hamilton: Our Next Steps

- Integration of Canadian standards and guidelines into NFP curriculum
  - Injury Prevention,
  - Nutrition
  - Breastfeeding
- Community Partnership Outreach
  - Doctors
  - Midwives
  - Child Protection Services
  - Maternity Homes
  - School Board
  - Ontario Works

# Nurse Activities

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- **Goal-driven**
- **Motivational Interviewing**
- **Self-efficacy theory - behavioral change**
- **3 volumes of program guidelines**
- **Not a cookbook**
- **Adapted to families' needs and concerns**
- **Professional judgment**
- **Essential for participant engagement**
- **Balance between protocol- and family-driven**

# NFP Visit Guidelines

- A map for the 2 ½ year intervention
  - *Getting to know you* weekly visits for 1<sup>st</sup> 4 weeks
  - *Pregnancy* visits every other week until birth
  - *Postpartum* weekly visits for 6 weeks
  - *Infancy and Toddler* every other week until baby is 21 mths
  - *Wrapping It Up* once a month until baby's second birthday
- Prompts for assessments and suggested teaching topics
- A routine that becomes easy and predictable

# Feedback: Challenges

- Clients are most in need, but difficult to reach...
  - *Chaotic lifestyle*
  - *Mental Health Issues*
  - *Unstable housing*
  - *Negative social network*
  - *Trust issues*
  - *Adjustment to pregnancy*

# Feedback

- **From Clients**

- “you don’t tell me what to do...you are here to help me...I wish I could share you with my friends who have babies.”
- “I have bad people in my life...I need to prove I can be a good mom for my baby.”

- **From Community Partners**

- “I usually only hear about complaints, but the client was excited to tell me about your visits...she is really enjoying them.”
- “What a service for young moms and their babies!...a worthwhile project with lasting advantages and savings.”

# Feedback from colleagues

- “This program helps break down the barriers for clients who are isolated, live in rural communities...we can give them all the information they need to be ready for their babies.”
- “The structure of the program has given us standardized tools for assessment and teaching at levels we didn’t feel capable of before.”
- “Persisting in the chase is worth it....The intensity of the home-visiting schedule in the first few weeks is key to establishing the relationship.”

# Final Key Messages

- Strong evidence to support intervention
- Targeted program is an **ENHANCEMENT** to universal programs
- Makes Sense to Parents
- “ We are the intervention ”
- Back to the basics of the therapeutic relationship

# For More Information

## Contact:

Harriet MacMillian

macmilnh@mcmaster.ca

Susan Jack

jacksm@mcmaster.ca

Debbie Sheehan

debbie.sheehan@hamilton.ca

The Nurse-Family Partnership

[www.nursefamilypartnership.org](http://www.nursefamilypartnership.org)



