

## Whittington Health Family Nurse Partnership Programme

### An Overview

- **What is it?** A preventive programme delivered throughout early pregnancy until the child is aged 2 years old. It is an integral part of wider maternity and children's services. Licensed with fidelity measures and core model elements, to ensure replication of the original research – developed over 35 years ago in the US
- **Who can be referred?** All City & Hackney, Haringey, and Islington residents who are first time parents, 19 years old, and under, at last monthly period and who are between 10 – 28 weeks of gestation.
- **What is the format of the programme?** A positive, optimistic and strength based structured, intensive home visiting programme, delivered by Family Nurses (drawn from health visiting, midwifery, nursing; mental health, sexual health and paediatrics).

### The Programme

- Based on theories of human ecology, attachment and self-efficacy
- Each visit covers 6 domains and uses materials and activities on relationships, attachment, life goals, baby care giving, behavior change, social resources
- Therapeutic relationship between nurse and client, supported by intensive supervision; weekly FNP Supervision, monthly Psychology Consultation and 3 monthly Safeguarding supervision (additional ad-hocs required)

### FNP Goals

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. (components of the HCP delivered within the programme)
3. To improve women's life course by planning subsequent pregnancies, finishing their education and finding employment.

### Content of visits covers 6 domains

- **Personal health** – women's health practices and mental health
- **Environmental health** – adequacy of home and neighbourhood
- **Life course development** – women's future goals and aspirations
- **Maternal role** – skills and knowledge to promote attachment, health and the development of their child
- **Family and friends** – helping to deal with relationship issues and enhance social support
- **Health and human services** – linking to other services

### Why is FNP Different?

- Therapeutic relationship with same practitioner over 2.5 years
- Positive, optimistic and strength-based
- Uses tools and methods that are new
- Practical activities – more than 'sofa conversations'
- Focus on pregnancy and development of client's relationship with baby
- Has been rigorously tested

### **Formative Evaluation in England**

- 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 are 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 general population.
- [www.fnp.nhs.uk](http://www.fnp.nhs.uk)

### **Behaviour Changes**

- Closer involvement of fathers with infants
- Clients more confident as parents, doing activities with children which are likely to enhance cognitive and social development
- Health related changes; reduction in smoking and substance misuse, increase in breastfeeding rates.
- Feel less judged and excluded, thinking about the future with more optimism, gives them an expectation that formal services could be helpful.