



Nurse-Family Partnership

What's Love Got to Do With It?

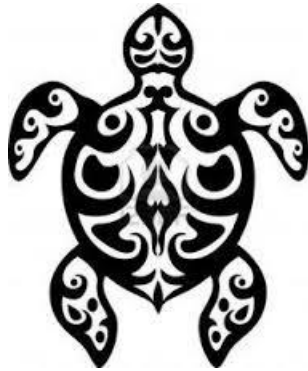
CHNC: June 22, 2017

Presenters:

Penny Liao-Lussier, Jo'Anne Guay, Donna Jepsen, Dianne Busser

Recognition of Traditional Territories

We would like to recognize the Six Nations of the Haudenosaunee Confederacy on whose traditional lands we are meeting upon today.



Objectives...

- Discuss the NFP model of home visitation and the tools used within the program and with young women and their children
- Inform about advanced nursing education and practice of NFP nurses
- Review the stages of scientific evaluation of NFP from pilot through RCT and process evaluation methodology to new initiatives
- Discuss status of NFP in Canada and Internationally



Nurse-Family Partnership is...



- Landmark primary prevention home visitation program
- Young, first-time mothers and their children work with nurses
- Home visits begin in pregnancy, and continue until children reach 2 yrs. of age
- Based on Theory and Core Model Elements informed by research
- 3 goals of NFP worldwide:
 - Improve pregnancy outcomes
 - Improve child health and development
 - Improve parents' economic self-sufficiency



NFP Video



Stephanie's Story:



<https://www.youtube.com/watch?v=0zAZ7tUC0uA>

Theory based...

- Human Ecology Theory
- Attachment Theory
- Self-Efficacy Theory



Human Ecology Theory ...



A mother's love for her baby instigates the desire to change

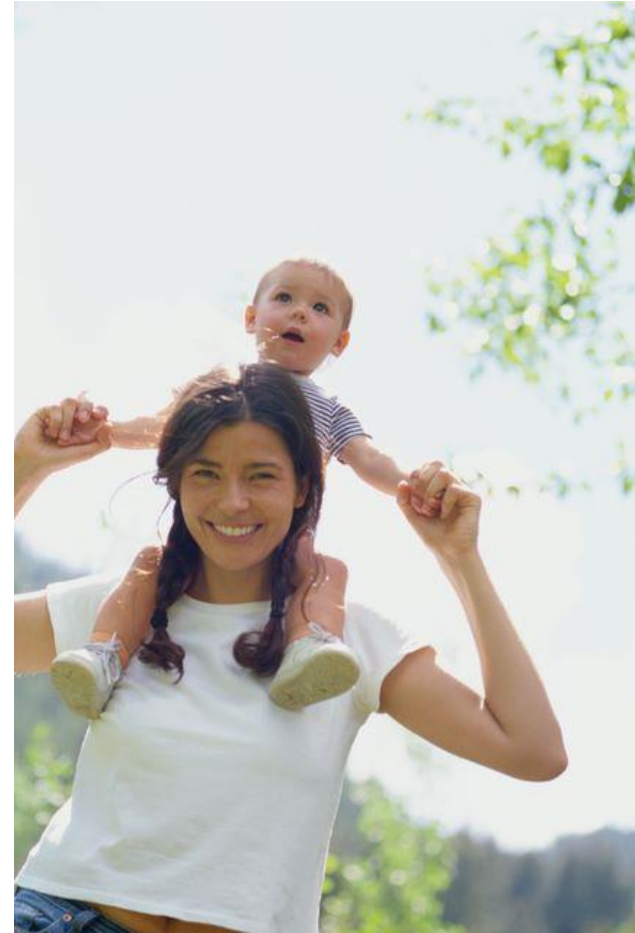
“ There is a magic window during pregnancy...it's a time when a desire to be a good mother and raise a healthy, happy child creates motivation to overcome incredible obstacles including poverty, instability or abuse with the help of a well-trained nurse.”

David Olds, PhD, Founder,
Nurse-Family Partnership



Attachment Theory...

- Imparts “love”: Nurse demonstrates emotional connectedness with the mother providing a model for mother to emulate with her baby
- Educates ways to “love” and importance of building attachment:
Reinforced through the NFP curriculum and hands on activities.



Self-Efficacy Theory...



“Self-efficacy beliefs are key to an individual’s motivation and personal achievement” (Albert Bandura, 1997)

- NFP nurse imparts unconditional acceptance so client continues to love and believe in herself rather than chastise herself.
- NFP helps clients build a strong sense of self-efficacy in relation to: mother’s healthy behaviour, optimal caregiving, family planning, economic self-sufficiency.



Client-Centered Principles of NFP are...



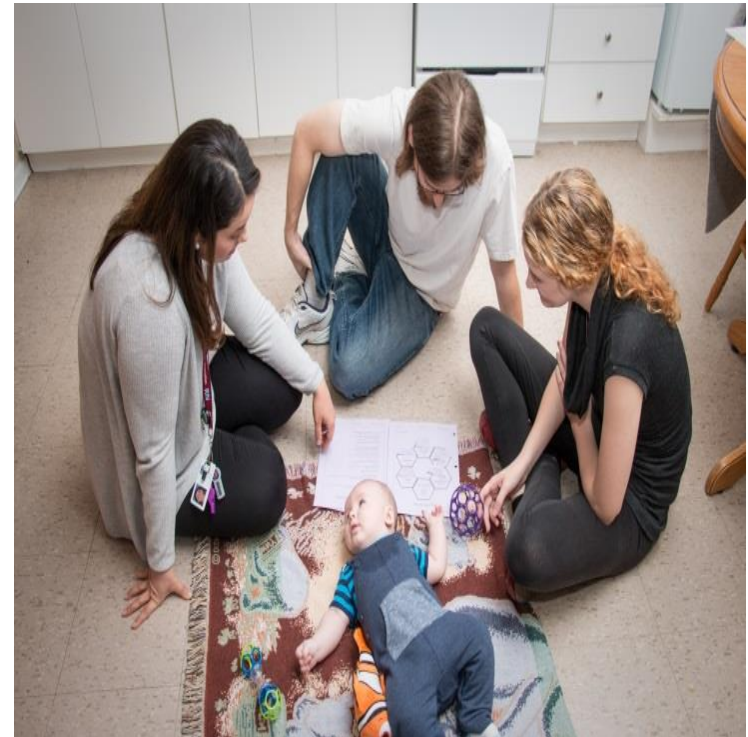
1. The client is the expert on her own life.
2. Follow the client's heart's desire.
3. Only a small change is necessary.
4. Focus on strengths
5. Focus on solutions



Client-Centered Principles ...

1. The client is the expert on her own life.

- Learn to love themselves in order to love their baby
- Balances negative influences with positive influences (nurse) to develop personal self-image and build self-efficacy



Client-Centered Principles ...



2. Follows Client's Heart's Desire

- NFP nurse builds trust, listens and cares so mother recognizes and begins to work towards her goals and heart's desire



Client-Centered Principles ...



3. Only a Small Change is Necessary

- NFP nurse affirms small accomplishments so young woman recognizes small changes, begins to love herself and believe in her ability to move forward



Client-Centered Principles ...



4. Focus on Strengths

- NFP nurse helps young women love themselves and recognize and believe in their strengths



Client-Centered Principles ...



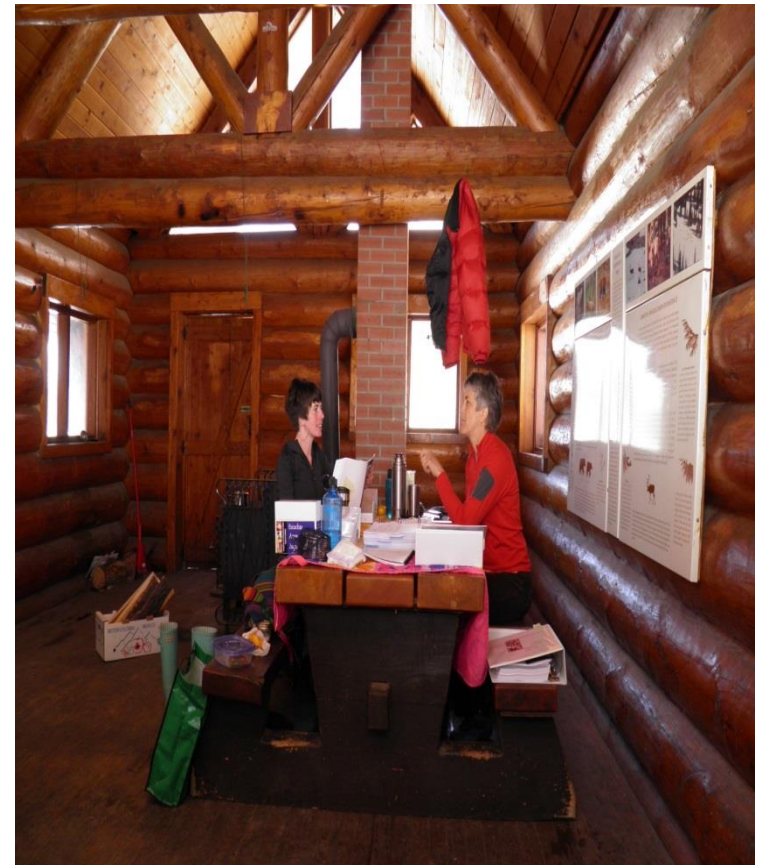
5. Focus on Solutions

- Encourage young women to be solution focused
- Assists young women to navigate systems to achieve goals
- Develop skills to advocate for themselves



Advanced NFP Nursing Education includes...

- Motivational Interviewing
- Stages of behaviour change
- Reflective practice/supervision
- Assessments and interventions
- Partners in Parenting Education
- Intimate Partner Violence protocol
- Dyadic assessment of naturalistic caregiver expression(DANCE)
- STAR framework




Why NFP?


Outcomes and Benefits...

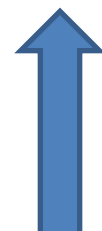



Prenatal Health

 Prenatal nicotine use

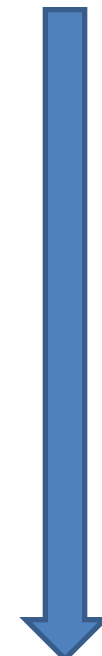
Child Wellbeing

 Child injuries

 Improved parenting
Improved child behaviour
Improved cognitive development

 Child protection reports

Maternal Wellbeing

 Subsequent pregnancies/ greater intervals between*

IPV victimization for mother

Dependence on social assistance*

Substance use*

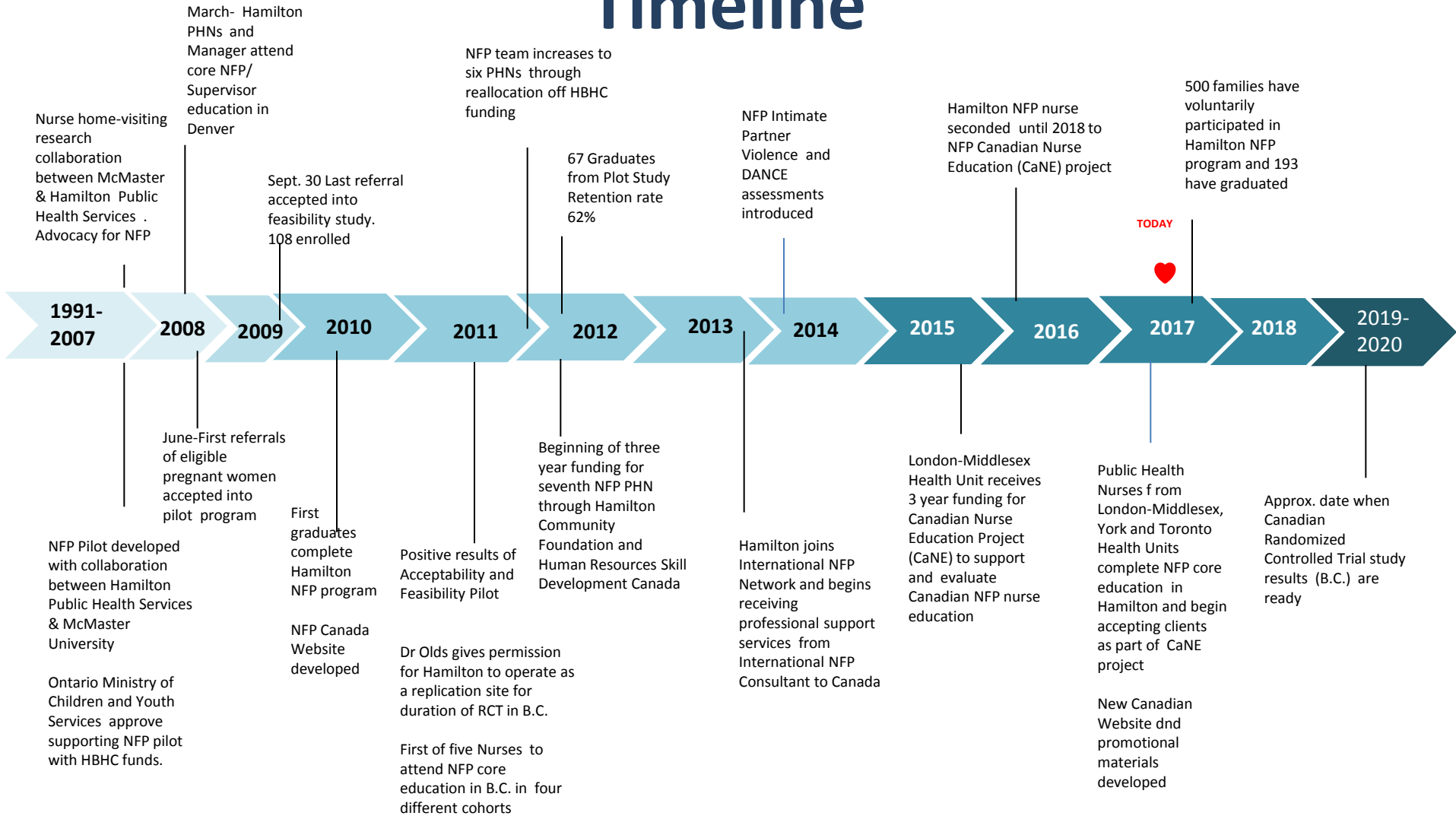
Involvement with justice sector*

NFP Internationally



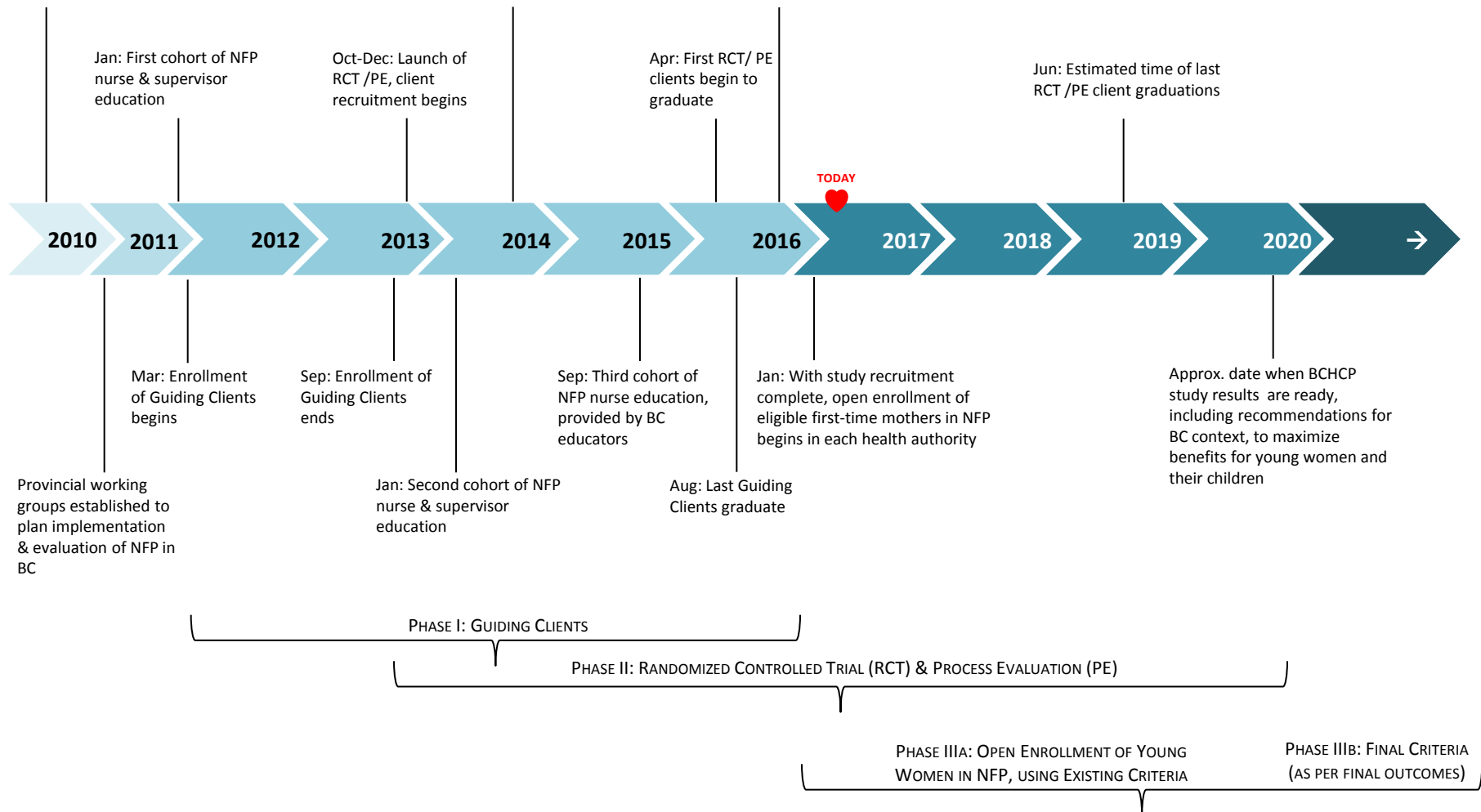
9 Countries	Dates Began	Stage of Implementation
USA (43 States & USA Virgin Islands)	1977 (Elmira RCT) 1996 – 1 st sites x 2	Continued Refinement & Expansion (phase 4)
Netherlands	2004	Continued Refinement & Expansion (phase 4)
England	2007	Randomized Controlled Trial (RCT) Sept. 2015 results (phase 3 &4)
Australia	2008 (3 sites)	Feasibility & Acceptability through Pilot Testing and Evaluation (phase 2)
Canada (Hamilton/BC); CaNE	2008/2012	RCT (Phase 3) tied to BC RCT
Scotland	2009	tied to England RCT
Northern Ireland (not all Ireland)	2010	tied to England RCT
Norway	2015	Adaptation (phase 1)
Bulgaria	2015	Adaptation (phase 1)

Ontario Nurse-Family Partnership Timeline



B.C. Nurse-Family Partnership Timeline

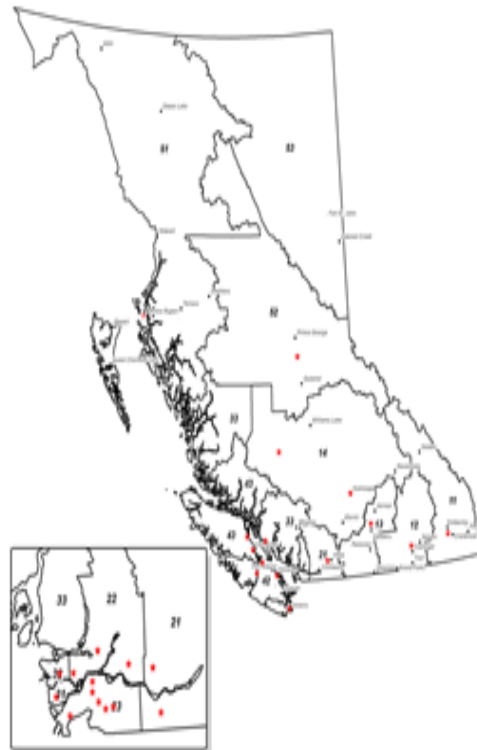
Nurse home-visiting program identified as an action in *Healthy Minds Healthy People* ten-year plan



BC NFP Sites

- Province of British Columbia
- 5 Health Authorities
- 46+ sites
- Over 1000 women and their children have enrolled
- 191 have graduated
- 75 NFP nurses and supervisors are supporting women, children and families across B.C.

BC NFP Sites



Health Authority	NFP Program Sites as of May 2017	
Fraser	Abbotsford	Langley
	Agassiz-Hamson	Maple Ridge
	Sumas	Mission
	Chilliwack	New Westminster
	Coquitlam	South Surrey
	Delta	White Rock
	Hopu	Surrey Katzie First Nation
Interior	Cariboo-Chilcoot	Kimberley
	Cassiar	Nelson/Salmo
	Central Okanagan	Pendleton
	Chamboo	Trail
	Kamloops	Vernon
		Karooma Oliver
Northam	Prince George	
Vancouver Coastal	North Vancouver	Vancouver (City)
	Powell River	Condo, OTES
	Richmond	Midtown, NE, South, Westside)
	Squamish	West Vancouver
	Sunshine Coast	Bowen Island
Island	Campbell River	Lake Cowichan
	Cowichan	Nanaimo
	Greater Victoria	Saanich
	Ladysmith	Sooke

Canadian Randomized Controlled Trial ...



BC Healthy Connections Project(BCHCP)

Goal: provide evidence to support B.C's development of universal and enhanced maternal child supports and services

- BCHCP is the scientific evaluation of NFP in BC
- RCT to measure effectiveness of NFP in 4 Regional Health Authorities
- Process evaluation in all 5 Regional health authorities
- Healthy Foundations Study(toxic stress study)
- Intimate partner violence innovation

Interior Health NFP Telehealth Project...



Goal: increase the reach of NFP to young pregnant moms and babes who would experience barriers to receiving NFP services

- Partnership between Interior Health Authority and University of British Columbia Okanagan (UBCO)
- Researchers to evaluate feasibility and acceptability of use of telehealth technology to support NFP services for clients in rural/remote communities
- Effectiveness and ease of use of telehealth technology by both clients and nurses will be evaluated
- Client experience with the NFP Program in both the standard home visiting model and the telehealth integrated model will be explored



Interior Health NFP Telehealth Project...



- Regional implementation of Telehealth in rural & remote communities commenced April 2017
- Mix of in-person and telehealth NFP visits with 50% of NFP visits using telehealth
- Two options: Nurses use Facetime with client using technology in her own home or young mother drives to public health unit/ hospital for telehealth visit



Opening the Door for NFP in First Nations Communities ...



Interior Health Authority partnering with First Nations Directors & Community Health Nurses to coordinate joint home visits

Partnership goals include:

- Enhance communication between First Nations Communities & Interior Health Authority
- Identify barriers to service
- Help prioritize health needs of First Nations families
- Collaborate in making program enhancements that are necessary, culturally safe and appropriate for First Nations Communities



Feedback and questions...



Contacts:

British Columbia

- Donna Jepsen Donna.Jepsen@gov.bc.ca
- Penny Liao-Lussier Penny.Liao-Lussier@interiorhealth.ca

Ontario

- Dianne Busser Dianne.Busser@hamilton.ca
- Jo'Anne Guay Jo'Anne.Guay@hamilton.ca

