



Healthy Start & Nurse-Family Partnership Program

Presentation to First Call BC

November 30, 2011



Healthy Families BC

Healthy Families BC strategy announced on May 24th 2011, is a four-pronged prevention strategy focused in the following key areas:

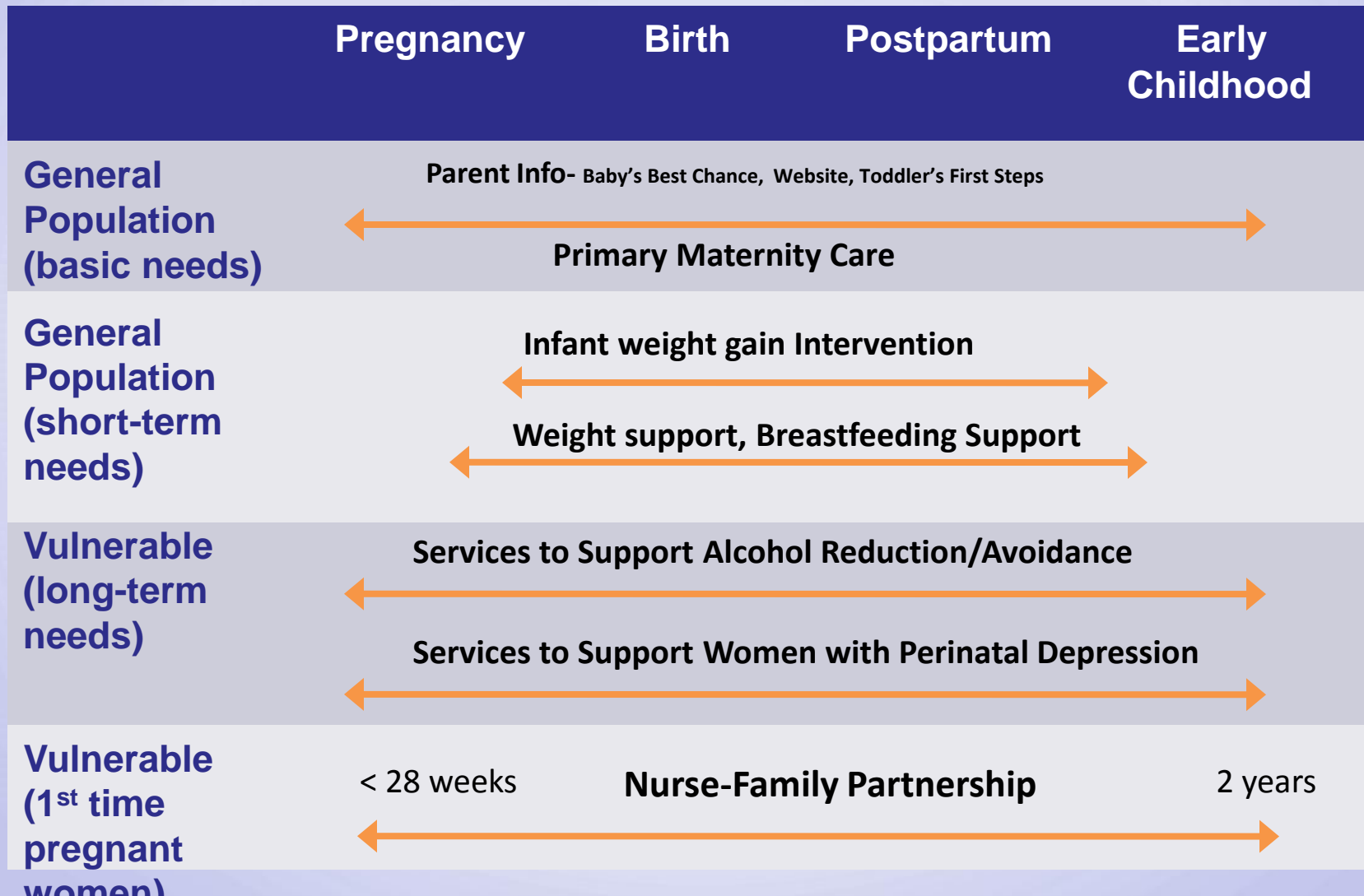
- **Healthy Eating** – initiatives aimed at supporting healthy choices and reducing sodium consumption.
- **Healthy Lifestyles** – supporting British Columbians in managing their own health and reducing chronic disease.
- **Healthy Communities** – encouraging British Columbians to lead healthier lives where they live, work, learn and play.
- **Healthy Start** – pregnancy and parenting support.

Healthy Start

Healthy Start announced on June 7th 2011:

- Enhances public health perinatal and child health prevention services and at the same time, focuses pregnancy and parenting support on the families who would benefit the most from intensive follow up.
- Includes public health perinatal and child health services to support all families with ongoing or episodic care needs.
- One component of the Healthy Start initiative will be the implementation of the Nurse-Family Partnership (NFP) program

Continuum of Public Health Services



What universal public health services are available to all perinatal women?

- All postpartum women will receive a nursing assessment after discharge from hospital.
- A public health nurse visit and further assessment is offered based on the nursing assessment or identified need. Priority areas for public health nursing service provision include: well-being of mothers and babies; breastfeeding; mental health and perinatal depression; and safety.
- The Ministry of Health, Perinatal Services BC and public health leaders across all health authorities are working together to review the delivery of all public health perinatal-child health services. This work will establish a consistent core set of public health perinatal and child health service elements for BC, and will introduce a provincial-level evaluation of public health perinatal, and child health services to monitor program effectiveness and client health outcomes.

Nurse-Family Partnership (NFP)

- An evidence-based, intensive and sustained nurse-home visiting program
- Regular home-visits by a public health nurse from 16 to 28 weeks of pregnancy through to the child's second birthday
- Based on standardized curriculum, training and guidelines
- The program will be implemented in 2012.



Nurse-Family Partnership Eligibility

- The NFP program was designed to benefit some of the most vulnerable families
- Program Eligibility:
 - First-time pregnant women
 - Under age 25
 - Low annual income



Nurse-Family Partnership Goals

Work with young mothers and their families to:

1. Improve pregnancy outcomes
2. Improve child health and development
3. Improve the economic self-sufficiency of the family





Program Features

- Voluntary – early referral of mothers from a variety of service providers
- Focuses on building parenting skills, and personal planning for moms
- Delivery of the program is standardized, but responsive to the individual needs of participating families
- Frequent and regular home visits begin in second trimester, and taper off by the child's second birthday
- Builds on a therapeutic relationship established between mother and nurse home visitor

How the NFP Works within the Community

- Nurses will link moms to support services and other providers in the community based on family needs
- May include:
 - social/income assistance programs
 - primary care providers
 - pregnancy outreach programs
 - prenatal nutrition & education
 - dental care
 - mental health/substance use services
 - recreation, resource centres, etc



Services for Women who chose not to participate in the Nurse-Family Partnership program

- Women who are not eligible or choose not to participate in the NFP program will have access to usual public health services and programs.

How are Clients Referred?

- Anyone can refer to the NFP – Clients can self-refer
 - Referrals to NFP program received by public health nursing
 - Public health will assess for NFP eligibility and will triage the moms into NFP program or routine public health pre-natal/post partum programs based on eligibility
 - For the scientific evaluation, half of eligible moms will be assigned to NFP, half will receive other existing home visiting services



BC Evaluation

- As a new program component of *Healthy Families BC*, NFP will be scientifically evaluated to:
 - determine what adaptations are needed in order to implement the program with the greatest degree of fidelity possible
 - ensure it achieves the best outcomes for vulnerable first time mothers and their infants in BC
- SFU's Children's Health Policy Centre will be conducting the BC evaluation in partnership with health authorities, Government of BC, and McMaster University

What's Next?

- Each Health Authority will be implementing the NFP – reach of the program will be carefully considered in the context of population density
- Nurse recruitment and training
- Continued analysis of cultural/language and rural/remote needs



NFP Program Timelines

Key Milestones	Status	Timeline
Project Charter finalized	Complete	
Licensure agreements with NFP	In Progress	November 2011
Review and Finalize NFP curriculum, Forms and Resources	In Progress	October 2011
Finalize Human Resources documentation	Complete	
Finalize Training Plan	Complete	
Finalize NFP data requirements, standards and reporting specifications	In Progress	December 2011
Finalize Communication materials including Referral forms	In progress	January 2012
RCT processes, Research Agreements, Ethics Approval	SFU will lead	May 2012
Panorama and PARIS – define, build and test UDFs and reports required for NFP.	UDF design in progress	May 2012
Finalize Privacy Impact Assessment between MOH and HAs	Sign off in progress	January 2012
Develop and Finalize Information sharing agreements (ISA) between MOH/HAs MCFD and academic partners	In progress	July 2012
Complete NFP Nursing recruitment and assignment	In progress	December 2011
Initiate NFP Training	Scheduled	February 2012
Referral Source engagement		February 2012
Initiate NFP Services to 1-2 clients per nurse post training		March 2012
Initiate Scientific Evaluation		July 2012

Thank you!

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