

The Highland Council

ADULT & CHILDREN'S SERVICES COMMITTEE

13 November 2013

Agenda Item	10.
Report No	ACS/101/13

Family Nurse Partnership Programme Update

Report by Director of Health and Social Care

Summary

The purpose of this paper is to update the Committee on the progress that has been made with the Family Nurse Partnership pilot programme which has been running in the Mid & South Areas of Highland.

1. Background

- 1.1 The Committee was advised in August 2012 that Highland Council had been successful in a bid to fund a Family Nurse Programme (FNP) for 3 years within the Mid and South Areas.
- 1.2 The FNP programme provides an intensive home visiting service to women who become pregnant at 19 years old or younger, and provides this service until their child is 2 years old. The programme is licensed to the Scottish Government and based on the highly researched work undertaken by Dr David Olds, University of Colorado, demonstrating that the inputs provided to this client group achieve significant short and long term benefits to both the mother and the child. The Scottish Government is now committed to rolling out this programme across Scotland.

2. Highland Family Nurse Partnership team

- 2.1 The Highland team is based in the Kinmylies building in Inverness. The team of one Supervisor, four Family Nurses and a Data Administrator were fully into post at the start of January this year.
- 2.2 Initially their work involved awareness-raising with partners, agreeing recruitment pathways and some initial team building. The team also undertook their first week long training course, focussing on the pregnancy stage of the programme. They joined other FNP teams from across the UK for the training in Manchester.
- 2.3 The services of a local Clinical Psychologist have been secured to facilitate the intense level of staff supervision which is a particular feature of the

programme and is one from which we hope to learn and replicate within other children's services teams.

3. Current recruitment to the programme

- 3.1 Recruitment to the FNP programme began officially on 4th February. To date, 54 clients have been recruited, and 21 babies born, with the oldest now being 16 weeks.
- 3.2 The Family Nurse Partnership programme is a voluntary programme but has specific targets to achieve. The target for the recruitment of eligible clients is 75%. The Highland team are currently recruiting 88% of those eligible. Notifications have come from through midwifery services, children & family social work teams and other agencies, including an accident & emergency department. Outcomes from the programme are best when clients are identified early in pregnancy and ideally before 16 weeks gestation and the team have put a lot of work into revisiting recruitment pathways and reinforcing the benefits with other agencies.
- 3.3 Despite the high recruitment percentage, 54 clients is a lower number than expected at this stage the programme. This is due to fewer teenage pregnancies than predicted from previous data. This reduction in the teenage pregnancy rate is reflected rate across Scotland and is to be welcomed. It does mean however, that recruitment to the programme at the end of the period to February 2014 is predicted to fall short of the expected 105 clients by approximately 25.
- 3.4 Discussions are ongoing about how the programme might be extended to other parts of Highland for the next recruitment phase in 2015, and what changes that would mean to the team structure. This has included specific discussion between the Head of Health, Dr David Olds and the Scottish FNP team about models of FNP that could be tested in more remote parts of Highland.

4. Early indicators of success

- 4.1 Despite the lower than expected client numbers, the high percentage of successful recruitments is a tribute to the efficacy of the team. In addition early data collection demonstrates that 64% of clients are recruited before 16 weeks gestation, which compares to the national target of 60%.
- 4.2 57% of the 21 mothers who have had their babies, have chosen to initiate breast feeding, and only one baby from the group has been premature. There is also evidence of other outcomes related to increasing confidence in the mother's ability to access housing services and education maintenance allowance through working agreements.
- 4.3 It is still early days, but the Project Board are confident that the outcomes for the clients and their children will be greatly improved by the input from the programme and that is to be commended.

Recommendations

The Committee is asked to note the current progress of the Family Nurse Partnership in Highland.

Signature: Bill Alexander

Designation: Director of Health and Social Care

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Author: Susan Russel, Principal Officer, Nursing