Update on health visiting

• By April 2015
• National Increase of 4,200 Health Visitors
• To deliver the Healthy Child Programme
• Expand the Family Nurse Partnership
• Locally 16 extra HV’s across 10 HV teams.
• B/F team HV / BF peer support coordinator /EYV’s
Levels of service

• Community – Children Centres
• Universal – delivery of the health child programme
• Universal plus – PND support, BF support
• Universal partnership plus Multi-agency plans Common Assessment Framework (CAF)
• Safeguarding- as part of multi-agency team
‘Strong and stable families are the bedrock of a strong and stable society’

- Antenatal health promoting reviews
- New baby reviews
- Six to eight week assessments
- One year assessment
- Two to two and a half year reviews.
New Baby Review

- Face-to-face review by **14 days** with mother and father
- An assessment of baby’s growth and development.
- Sudden Infant Death Syndrome (SIDS)
- Infant feeding
- Promoting sensitive parenting /Assessment of attachment
- Family assessment including maternal mental health /Routine enquiry around domestic abuse/keeping safe
6 – 8 Week Assessment

- On-going review and monitoring of the baby’s health
- On-going support with feeding involving both parents
- Assessing maternal mental health according to NICE guidance.
By 2 – 2½ Years

- Review with parents; child’s social, emotional, behavioural and language development.
- Respond to parental concerns about physical health, growth, development, hearing and vision.
- Offer parents guidance on behaviour management and opportunity to share concerns.
- Promote language development.
- Encourage and support to take up early years education.
- Give health information; immunisation / nutrition and physical activity for the family.
- Raise awareness of dental care, accident prevention, sleep management, toilet training and sources of parenting advice and family information.
- This review should be integrated with the Early Years Foundation Stage two year old summary from 2015 as appropriate to the needs of children and families.
By 5 years

- Formal handover to School Nursing Service; of Children on Universal Plus or Universal Partnership Plus Offer these children have a written handover.
Service Model:

Your Community

- 13 Children’s Centres with 10 CC teams led by HV's providing services
- Services tailored to local communities
- Effective information sharing and no duplication of services
- Close links with early years providers

Universal

- Health and development reviews: all new birth, first time ante-natal visits
- Questionnaires sent to all 1,2 olds offering a health review if requested
- Universal groups: Healthy child clinics, Baby and You, Stay and Play, Breastfeeding groups, Dads’ groups, Midwifery Clinics

Universal Plus

- All development reviews completed face to face
- Easy access to Healthy Child Clinics
- Post natal support, Speech and Language Groups, healthy eating and exercise, Breastfeeding peer mentors
- Targeted home visiting to encourage families to access their centre with action plans supervised by HV's
- Bi-lingual Support Groups, support for travellers & asylum seekers
Universal Partnership Plus
- HV’s lead professional on Family CAFs / Early Parenting Assessment.
- Directory of Evidence Based Interventions - Protective Behaviours, Triple P; Specialist services in some centres:
- Early Parenting Assessment Project – HV led CC team improving the quality and speed of parenting assessments
- Family Nurse Partnership started October 2012 – 90 clients
- Links to citywide services eg. Integrated Children’s Development and Disability Service, Named Nurse, LAC Nurses
- Close links with Social Care for CP and LAC children
Level 1 Communities Offer

- Empower families with young children to maximise family and community resources. e.g. volunteering in CC

- ‘Health visitors will signpost to a range of services already available in the community and work with partners to develop community services for themselves.’
Level 2 Universal Offer

- Working in partnership with parents and carers to deliver the full HCP from antenatal care through to school entry.

- A universal service from health visitors and their teams, to ensure a healthy start for children and families.
Level 3 Universal Plus Offer

- Identify vulnerable families, provide and deliver ‘evidence based packages of additional care for children with additional health needs.

- ‘Rapid responses from the health visitor team when parents need specific expert help, for example with postnatal depression, a sleepless baby, feeding or answering any concerns about parenting.’

  (behaviour, toilet training, development)
Level 4 Universal Partnership Plus Offer

Work in partnership with parents and agencies to provide intensive multi-agency targeted packages where there are complex health or safeguarding needs.

On-going support from the health visiting team, plus a range of local services working together and with families, to deal with more complex issues over a period of time.
The key objectives of the health visiting service are to:

- Improve the health and wellbeing of children and reduce inequalities in outcomes as part of an integrated approach to supporting children and families;
- Ensure a strong focus on prevention, health promotion, early identification of needs and clear packages of support;
- Ensure delivery of the HCP to all children and families, starting in the antenatal period;
- Promote secure attachment, positive maternal mental health and parenting skills using evidence based assessments.
○ Identify and support those who need additional targeted interventions, ie, emotional or mental health support /postnatal depression;
○ Work with families on positive parenting through motivational interviewing and evidence based approaches, and to support behaviour change leading to positive lifestyle choices;
○ Develop ongoing multi-agency support the family has complex needs e.g. a child with special educational needs or disability, or where there are identified safeguarding concerns.
Safeguarding:

- Identifying and work with complex / vulnerable children/ families where additional ongoing support is required. Ensure early intervention and referral to targeted support. Utilising the Common Assessment Framework/Early help assessment.

- Ensuring appropriate safeguards and interventions are in place to reduce risks and improve future health and wellbeing of children. (*Universal Partnership Plus Offer*).

- Close links with Social Care for CP and LAC children
Local Updates

- Directory of evidence based interventions
- Health Visitors supervise Early Years Visitors to deliver parenting programmes.
- Evaluations; New Family Progress Sheets. Written with HV/EYV/Parent specific interventions x 16 i.e. Chatterbox/Breast feeding/ Triple P/Developmental delay
- Group Evaluation
- Training passports for health and council staff
- Family Nurse Partnership based in and managed as part of the CC service
- Early Parenting Assessment Programme – for mothers at risk of losing babies based in a CC
- Breast feeding team prevalence rate in B & H is 76%.
References

1] Health Visitor Implementation Plan “A Call to Action” 2011-2015, Department of Health (DoH)

- RCN (Royal College of Nursing)


- National Health Visiting Service Specification

- Public Health England