How does Nurse-Family Partnership differ from other home visitation programs?

Few social programs can boast scientifically demonstrated outcomes through randomized controlled trials. Even fewer have demonstrated multi-generational outcomes that benefit society economically and reduce long-term social service expenditures. Nurse-Family Partnership (NFP) is such a program, committed to producing enduring improvements in the health and well-being of low-income, first-time parents and their children. This voluntary home visiting prevention program is delivered by highly educated and experienced registered nurses.

What are the program’s goals?
- Improve pregnancy outcomes
- Improve child health and development
- Improve families’ economic self-sufficiency

How is the program implemented?

Nurse-Family Partnership implementing agencies provide services at the community, city, county or state level and are administered by a range of public and nonprofit entities including state and county departments of public health, community-based health centers, nursing associations, and hospitals. The National Office is responsible for nationwide program implementation utilizing a state-based growth strategy that draws heavily on its experiences in Pennsylvania, Colorado and Louisiana, with in-state partner support from: the Pennsylvania Department of Public Welfare, Public/Private Ventures (PA), Invest in Kids (CO), and the Louisiana Office of Public Health.

Nurse-Family Partnership is currently serving more than 20,000 families annually in 21 states. The goal is to make the program available to all low-income, first-time families.
Nurses

What specialized education do Nurse-Family Partnership nurses receive?
NFP Nurse Home Visitors must complete 60 hours of instruction from the Nurse-Family Partnership Professional Development team over a 16-month period of time. Using blended learning strategies, nurses receive education in a face-to-face session in Denver, and later in regional locations. Education sessions are also available via computer, web-based and other telecommunication technologies. Currently, there are over 750 nurses delivering the Nurse-Family Partnership program.

Why does the Nurse-Family Partnership model require that registered nurses deliver the program?
A randomized controlled trial was conducted to compare the effectiveness of home visiting by professional nurses and by paraprofessionals (workers with no formal education in caring giving professions). The trials showed that nurse visits produced statistically significant benefits in terms of the participants' health and welfare. Paraprofessional visits did not produce significant effects.

How is the Nurse-Family Partnership program structured?
- Nurse Home Visitors and their clients make a 2 1/2 year commitment to one another.
- Number of planned visits: during pregnancy-14; during infancy-28; and during toddler-hood-22.
- Nurse Home Visitors' caseloads do not exceed 25 families, due to the high level of complexities and health risks of the families served.

Who benefits from the program?
Nurse-Family Partnership clients are low-income, first-time mothers, and their participation is voluntary. Because enrollment early in pregnancy is essential to the success of the program, implementing agencies partner with community sources who are likely to encounter women early in their pregnancies. School nurses, prenatal clinics, obstetricians' offices and family planning clinics are typical referral sources. The client's partner, extended family and friends are encouraged to participate in the home visits, when the client and nurse agree it is appropriate.

Demographic Characteristics of Mothers
- Maternal age (median years): 19
- Maternal education (median years): 11
- Completed high school: 47%
- Enrolled in school: 39%
- Unmarried: 79%

Economic Factors
- Annual household income (median): $13,500

Clients

NFP Nurse Home Visitor Education

- Associate Degree: 10%
- Diploma: 13%
- Bachelor's Degree: 66%
- Master's Degree: 10%
- Doctorate: 1%

Reports

RAND Corporation 2005
Early Childhood Interventions Proven Results, Future Promise highlights Nurse-Family Partnership
www.rand.org

Coalition for Evidence-Based Policy
Social Program that Works
www.excelgov.org

Washington State Institute for Public Policy
Report demonstrating benefits & costs of Nurse-Family Partnership
www.wsipp.wa.gov

Safe from the Start, California Attorney General's Office, Promising Strategies
Features the Nurse-Family Partnership Fresno Site
www.safefromthestart.org

President's New Freedom Commission on Mental Health
Report recommends Nurse-Family Partnership
www.mentalhealthcommission.gov

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www.nursefamilypartnership.org

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