Family Nurse Partnership (FNP)
Tackling inequalities in teenage pregnancy

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What is FNP?

- Intensive home visiting for vulnerable first-time young mums
- Prevention and early intervention
- Evidence and data
- System-wide benefits

Goals:
- To improve pregnancy outcomes
- To improve children's health and development
- To improve women's life course
Tackling inequalities

• Highly vulnerable clients (2016 national cohort):
  • 27% have had mental health problems
  • 42% lived away from parents for over three months while under 18
  • 71% on very low income
  • 33% ever abused by someone close

• Outcomes FNP commissioners value (2016 survey):
  • Child development
  • Safeguarding
  • Perinatal mental health
  • Maternal health
FNP now

- Passionate, highly skilled, committed national workforce of 600+
- Delivered in over 80 areas
- High engagement with vulnerable families
- Expertise in delivering good outcomes
- Experience of delivering an evidence-based programme at scale

BUT: a perfect storm

- Funding cuts
- Changes to commissioning
- RCT findings.
FNP going forwards

• FNP: Next Steps:
  • Improve outcomes, cost-effectiveness and flexibility
  • Improve connections with other local services
  • Explore new ways of working, testing, improving

• ADAPT:
  • Rationalise and target resources more effectively
  • System – personalisation
    – Eligibility (targeting most vulnerable), Flexing content, Dial down/up, Early graduation

• Clinical – specific issues
  • Breastfeeding, Smoking, Attachment, Healthy Relationships, Neglect, Perinatal Mental Health
Early learning – relevant beyond FNP

• Proof of concept – personalisation can be done well
• Challenge of targeting most vulnerable. Developing ways to address this which are locally relevant but with wider application
• Value of client voice. Now developing innovative ways to hear unheard voices at scale and routinely
• Culture and practice change takes time, learning from doing and from site variation, building on successes. Ownership rather than compliance necessary to improve at scale
• Context is critical. Commissioners want FNP for many different reasons - reflecting local needs, particularly as other services are decommissioned
• Interim report out soon, final report in Autumn 2018
• @fnpnationalunit
FNP in Ealing: a local perspective

• FNP is unique in its appeal:
  • Parenting intervention
  • Evidence-based, supported to maintain fidelity
  • Works with most vulnerable
  • Programme of continuous improvement and adaptation
# FNP in Ealing: vulnerability of clients

<table>
<thead>
<tr>
<th>Intake Characteristics</th>
<th>Ealing clients enrolled Jan 17- Dec 17</th>
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<tbody>
<tr>
<td>No GCSE at any grade</td>
<td>23.5%</td>
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<tr>
<td>NEET</td>
<td>58.8%</td>
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<tr>
<td>Very low income or living entirely on benefits</td>
<td>52.9%</td>
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<tr>
<td>Clients whose first language is not English</td>
<td>26.5%</td>
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<tr>
<td>Clients who are LAC</td>
<td>8.8%</td>
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<td>Clients with a pre-birth assessment</td>
<td>38.2%</td>
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<td>Clients with no partner</td>
<td>35.3%</td>
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<tr>
<td>Clients who did not live with their mother or partner</td>
<td>35.5%</td>
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<tr>
<td>Clients ever abused by someone close to them (and in the last year)</td>
<td>34.4% (25%)</td>
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<tr>
<td>Clients who had ever smoked in pregnancy (and in last 48 hours)</td>
<td>41.2% (11.8%)</td>
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“There is a magic window during pregnancy...it’s a time when the 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
FNP in Ealing: a local perspective

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FNP in Ealing: extended eligibility criteria

If aged 20 -24, the client must have one or more of the following risk factors:

- Previously or current Looked After Child (LAC)
- Leaving Care Team
- Safeguarding case notified to Social Services
- Learning disability or Autistic Spectrum Disorder
- History of mental health or domestic abuse or substance misuse
- No stable/supported relationship with baby’s father/partner. Generally unsupported/isolated
- Currently not in education, employment or training (NEET)
- No or low educational qualifications (no GCSEs or equivalent, low grade GCSEs)
FNP in Ealing: the future

• Procurement of an integrated 0-19 Healthy Child Programme Service (October 2018) to include FNP
• Participate in process of continuous improvement and adaptation
• Be a part of and keep abreast of the emerging UK evidence base
Thank you