



Working Together to Ensure Healthier Families

Nurse-Family Partnership Overview



Nurse-Family Partnership – How is it Effective?

- Over thirty years of evaluation and three randomized controlled trials prove NFP's effectiveness.

Consistent Program Outcomes across Multiple Trials

- Improved Prenatal Health
- Fewer Childhood Injuries
- Fewer Subsequent Pregnancies
- Increased Intervals between Births
- Increased Maternal Employment



Nurse-Family Partnership - Who are the Partners?

- This in-home visitation program pairs a bachelor's prepared nurse with a **first time low-income mom**.
- The program is voluntary and provided at no cost to the mom and her family.
- The **relationship** between the nurse and the mom begins by the 16th week of pregnancy, no later than the 28th week and continues until the child turns 2 years old.
- It is that **relationship** that produces the successful outcomes for mom and baby.



Nurse-Family Partnership – What is it?

- Nurses visit first-time low income moms in their homes.
- There can be as many as 64 visits in a two and a half year time frame.
- Outside of the home visit, the nurse connects the mom to resources in her community including health care, education, workforce development and child care resources.
- The visits focus on six specific domains.
 - Personal Health, Maternal Health, Family & Friends, Environmental Health, Life Course Development, Health & Human Services



Program Goals

- Improve pregnancy outcomes
- Improve child health and development
- Improve parents' economic self-sufficiency

Key Program Components

- First-time, at-risk mothers
- Registered nurses
- Intensive services (intensity, duration)
- Focus on behavior
- Program fidelity (Clinical Information System)

Why Nurses?

- Knowledge, judgment and skills
- High level of trust, low stigma
- Credibility and perceived authority
- Nursing theory and practice at core of original model



Nurse-Family Partnership is Cost-Effective

- Nurse-Family Partnership returns more than \$18,000 over and above program costs for each family enrolled (*Washington State Institute of Public Policy 2008*)
- Savings accrue to government from decreased spending on*
 - health care**
 - child protection**
 - education**
 - criminal justice**
 - mental health**
 - public assistance**
- Savings also accrue to government from increased taxes paid by employed parents - **\$5.70** per dollar invested *

* (*RAND Corporation 1998, 2005*)