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To: Swale Health and Wellbeing Board – 28<sup>th</sup> January 2015

Subject: **Family Nurse Partnership**

Classification: Unrestricted

**Summary:**

This report sets out information about the Family Nurse Partnership (FNP). It has been delivered in Swale since 2011 and the first group of young mums in Swale have recently graduated from the programme.

**Recommendations:**

The Health and Wellbeing Board is asked to Note the content of the report

## 1. Introduction

Between July 2011 to December 2013, there were 279 teenage births in the district of Swale. There is evidence that teenage parenthood results in poor outcomes for both the mother and her baby. For example, babies of teenage mothers are:

- More likely to be born prematurely or at a low birth rate
- 60% more likely to die in the first year of life than babies of mothers aged 20-39
- Twice as likely to be admitted to hospital as a result of an accident or gastro-enteritis

Teenage mothers themselves are:

- Three times more likely to get post-natal depression than older mothers
- At a higher risk of poor mental health for three years after the birth
- Three times more likely to smoke during pregnancy than mothers over 35

The Family Nurse Partnership (FNP) is a maternal and early years public health programme. Using a psycho-educational approach it provides on-going, intensive support to young, first-time mothers and their babies (and fathers/ other family members, if mothers want them to take part). Structured home visits are delivered by highly trained nurses and start in early pregnancy, continuing until the child's second birthday.

The FNP is a preventive programme and has the potential to transform the life chances of the most disadvantaged children and families in our society, helping to improve social mobility and break the cycle of intergenerational disadvantage. Health in pregnancy, and the quality of the caregiving babies receive during the first years of life, can have a long lasting impact on a child's future health, happiness, relationships and achievement of their aspirations.

## 2. Background

The FNP is an evidence based, preventative programme offered to vulnerable young mothers having their first baby. It is a nurse led intensive home-visiting programme from early pregnancy to the age of two. It has four aims:

- Improved maternal health
- Improve pregnancy outcomes;

- Improve child health and development;
- Improve parents' economic self-sufficiency.

The criteria for women to be offered FNP are:

- First time mothers aged 20 and under at conception
- Eligible if previous pregnancy ended in miscarriage, termination, still birth;
- Enrolment should be as early as possible in pregnancy and no later than the 28th week of pregnancy.

### **3. Delivery of FNP in Kent**

The FNP was introduced in Kent in 2011. Two programmes were initially established in Swale and Thanet. The programme was expanded to Maidstone and Tonbridge & Malling in 2012 and further development is currently underway to deliver programmes in Gravesham, Dover and Shepway.

FNP Current service capacity:

- Thanet - 2 x Full Time Equivalent (FTE) FNP Nurses with a total capacity for 50 families
- Swale - 2 x FTE FNP Nurses with a total capacity for 50 families
- Maidstone - 2 x FTE FNP Nurses with a total capacity for 50 families
- Tonbridge and Malling - 2 x FTE FNP Nurses with a total capacity for 50 families.

The capacity of FNP across Kent has recently increased and services are in the process of being established in the following areas;

- Gravesham – 1 x FTE FNP Nurse with a total capacity for 25 families
- Shepway – 1 x FTE FNP Nurse with a total capacity for 25 families
- Dover – 1 x FTE FNP Nurse with a total capacity for 25 families

Generally the uptake rate of the FNP programme in Kent has been around 85%.

In Swale, A group of young mums in Swale have become the first graduates from the innovative Family Nurse Partnership programme.

### **4. Next steps**

In October 2015 the commissioning of the Health Visiting service (including the Family Nurse Partnerships service) will transfer from NHS England to local authority public health departments. The Kent County Council Public Health team is negotiating with the NHS England Area Team to ensure the smooth transition of the service into the council. This includes joint performance management and the joint negotiation of contracts for 2015 onwards.

The responsibility to commission these programmes brings further opportunity for an integrated approach for both commissioning and delivery moving forward in services for 0-5's.