

# Family Nurse Partnership: Breaking Cycles of Dependency

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# OVERVIEW

- Family Nurse Partnership
- Conceptual Model
- FNP Site
- Study
- Findings
- Conclusions

# FAMILY NURSE PARTNERSHIP

- Background
- Criteria
  - First-time Mum
  - Aged 19 years and under
- 3 distinct goals:
  - To improve pregnancy outcomes, through promotion of healthy behaviours at prenatal stage
  - To improve child health and development, through promoting parental care for their children
  - To improve family and self-sufficiency, by ensuring parents have future goals and plans, and assist the achievement of these by promoting education, finding work and planning future pregnancies

*(Glanzer et al., 2004; Jack et al., 2012; Glavin & Schaffer, 2014)*

# CONCEPTUAL MODEL

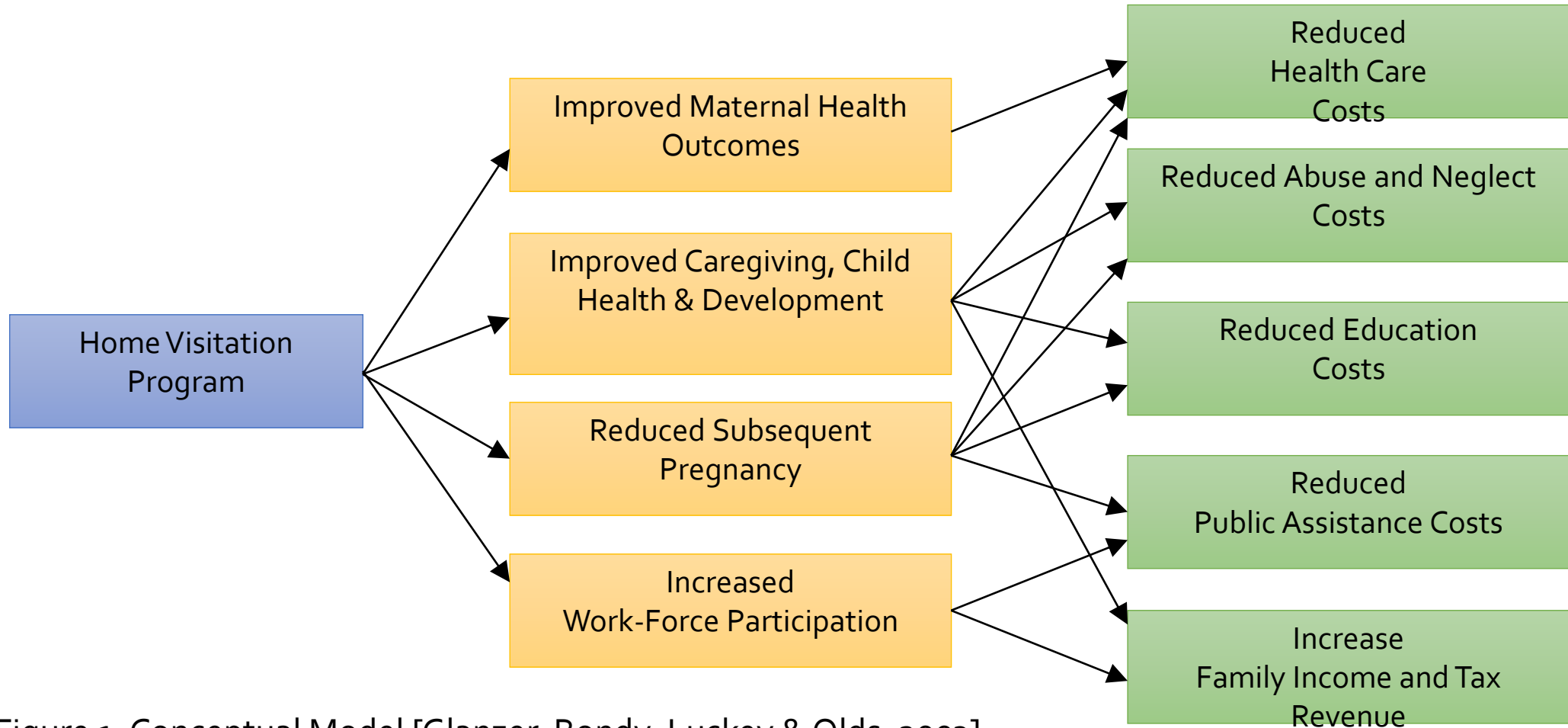


Figure 1: Conceptual Model [Glanzer, Bondy, Luckey & Olds, 2003]

# FAMILY NURSE PARTNERSHIP SITE

- Derry/Londonderry site
- Commenced 2010
- Referrals In
  - Booking Clinic
  - Social Services
  - School Age Mothers programme
  - Self-referral
- Since inception:
  - 191 enrolled
  - 92 graduations (end 2015)

# STUDY

- Cross sectional
- Qualitative
- Aim: To explore the impacts and outcomes associated with the FNP programme within the local context
- Sample
  - 10 clients (pre and post graduation)
  - Families
  - Family nurses and associated professionals (Social Workers/ Health Visitors)
- Case Studies developed

# FINDINGS

- Various themes emerged from clients and professionals
  - Strengths-based nature of programme – solution focused
  - Improved Health Behaviours
  - Confidence and Self-esteem
  - Parenting
  - Achievement and Empowerment
  - Reducing Dependency
  - Increasing Independence
  - Role Model

# CONCLUSIONS

- Breaking cycles of dependency
- Preventing cycles
- What else is needed?
- Continued monitoring and evidencing of early outcomes
- Longitudinal
  
- Any Questions?