Family Nurse Partnership: Breaking Cycles of Dependency

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OVERVIEW

- Family Nurse Partnership
- Conceptual Model
- FNP Site
- Study
- Findings
- Conclusions
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)
Figure 1: Conceptual Model [Glanzer, Bondy, Luckey & Olds, 2003]
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?