

Nurse Family Partnership & Prenatal Care Guidance Programs



Nurse Family Partnership

- Developed by Dr. David Olds at the University of Colorado Health Sciences Department (three randomized trials)
- Research Project started in 1977
- Focus on first time pregnant mothers
- Three randomized trials
- Implemented in 23 states



Randomized Trials

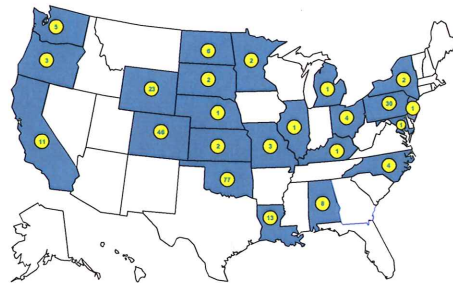
A randomized, controlled trial

- Is the most rigorous research method
- It measures the effectiveness of an intervention
- It's the type of study that the FDA requires of new drugs or medical devices
- Costly and complex, often not used to evaluate complex health and human services



Nurse-Family Partnership

Communities Served as of April 2003



* Numbers indicate number of counties in which the program serves clients



NFP / PCG and 2010 Leading Indicators

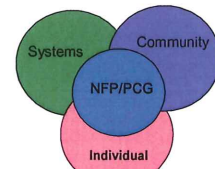
- Healthy People 2010 leading indicators
 - Physical Activity
 - Overweight and obesity
 - Tobacco use
 - Substance abuse
 - Responsible sexual behavior
 - Mental health
 - Injury and violence
 - Environmental quality
 - Immunizations
 - Access to health care



NFP / PCG and the PHN Practice Model

How does NFP / PCG fit into the Model

- Level of practice
 - Individual and family
 - Community
 - Systems
- Level of prevention
 - Primary and secondary



Goals for NFP

- Improve Pregnancy Outcomes
- Improve Child Health & Development
- Improve Maternal Self-sufficiency



Enrollment Criteria for NFP

- First time pregnant (expecting 1st baby)
- Less than 16 weeks pregnant
- Low income
- Live in LA County



Visit Schedule

- During Pregnancy
 - Every week for the first 4 weeks
 - Every other week until delivery
- After the Baby is Born
 - Once a week for 6 weeks
 - Twice a month until 21 months old
 - Once a month until baby's 2nd Birthday



How The Program Works

- Referrals from any agency
- Home visits are done using the NFP Model Guidelines
- Mentoring and role modeling-Relationship



Problems Targeted

- Preterm delivery and low birth weight
- Neuro-developmental impairment
- Child abuse and neglect
- Childhood injuries
- Rapid successive unintended pregnancies
- Reduced participation in work force
- Conduct disorder
- Crime and delinquency



Status of Randomized Trials

Elmira	Memphis	Denver
N=400	N=1138 N=743	N=735
▪ 15-Year Follow-up Done	▪ Post-Kindergarten Follow-Up Done	▪ 4 Year Follow-up Done
▪ 19-Year Follow-up done	▪ Post-Third-Grade Follow-up Begun	▪ Post-Kindergarten Follow-up Begun



Sustainable Results

These studies have found consistent:

- **Improvements in maternal and child health**
 - for mothers and children visited by NFP nurses compared to those randomly assigned not to receive the program
- **Improvements in women's prenatal health**
 - Reductions in prenatal cigarette smoking
 - Reductions in prenatal hypertension.



Sustainable Results

- **Reduction in subsequent pregnancies,**
 - Fewer unintended pregnancies
 - Increases in intervals between first and second births
 - Improvements in maternal and child health
- **Increases in father involvement**
- **Increases in women's employment**



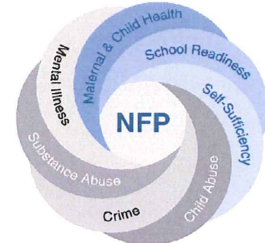
Sustainable Results

- **Reductions in families' use of welfare and food stamps**
- **Increases in women's employment**
- **Increases in children's school readiness**
 - Improvements in language, cognition and behavioral regulation.



The Nurse-Family Partnership

Affects Major Domestic Policy Issues



Prenatal Care Guidance Program

- **Provide outreach services by PHN's**
- **Health screening, assessment & education**
- **Case Management & Home Visitation**



PCG Goals

- **Improve the health status of pregnant women and infants**
- **Promote a safe and healthy environment**
- **Improve equal access to appropriate care**



Criteria for Enrollment

- Medi-Cal eligible
- High-risk (medical, nutrition, psychosocial) pregnant women
- Reside in Los Angeles County



How the Program Works

- Referrals
- Monthly home visits
- Health assessments & education
- Case Management (pregnancy to when the child turns one year)



For more information contact

NFP & PCG headquarters at:

(213) 639-6434
or
(213) 639-6433



Other MCAH Programs

- Black Infant Health (BIH)
- Comprehensive Perinatal Services Program (CPSP)
- Sudden Infant Death Syndrome (SIDS) Program
- Fetal Infant Mortality Review (FIMR) Coordinator



Other MCAH Programs

- Child & Adolescent Health Program (CAH)
- Childhood Lead Poisoning Prevention Program (CLPPP)
- Child Healthcare Initiative and Outreach (CHI/CHOI)
- MCAH Evaluation Unit



For More Information on MCAH

<http://lapublichealth.org/mch/index.htm>

