

# Evaluating the Family Nurse Partnership in England: a randomised controlled trial



South East Wales  
Trials Unit

Uned Ymchwil  
De-ddwyrain Cymru

*South East Wales Trials Unit, Cardiff University*

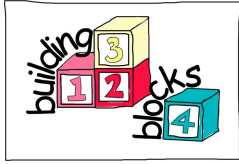
**Julia Sanders<sup>1</sup> Mike Robling<sup>2</sup> Eleri Owen-Jones<sup>3</sup>  
and the Building Blocks Study team**

1 Senior Project Manager 2 Chief Investigator 2 Trial Manager



THE UNIVERSITY *of York*





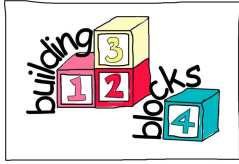
## Family Nurse Partnership Programme



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- A structured, intensive home visiting programme delivered by Family Nurses to pregnant teenagers
- Programme runs through pregnancy and until baby's second birthday.
- Licensed programme developed and tested in the USA with fidelity measures to ensure replication of original research



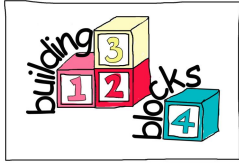
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# FNP Structure

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- 1. Small teams of Family Nurses (max 6)**
- 2. A FNP supervisor to each team**
- 3. Training and supervision provided directly by DoH**



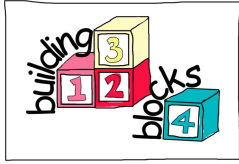
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# FNP GOALS

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- 1. Improve pregnancy outcomes**
- 2. Improve child health and development and future school readiness and achievement**
- 3. Improve parents' economic self-sufficiency**



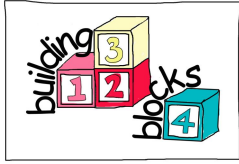
## Content of visits 6 domains



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- Personal health – women's health practices and mental health
- Environmental health – adequacy of home and neighbourhood
- Life course development – women's future goals
- Maternal role – skills and knowledge to promote health and development of their child
- Family and friends – helping to deal with relationship issues and enhance social support
- Health and human services – linking to other services



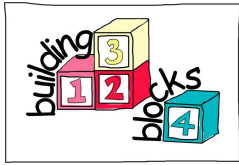
## Visiting Schedule



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- 1/week first month
- Every other week during pregnancy
- 1/week first 6 weeks after delivery
- Every other week until 21 months
- Once a month until age 2



## US trials of NFP



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Elmira, NY

1977



N = 400

Low-income whites

Semi-rural

Memphis, TN

1987



N = 1,138

Low-income blacks

Urban

Denver, CO

1994

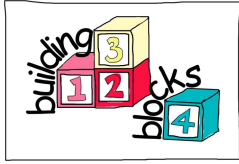


N = 735

Large portion of

Hispanics

Nurse v para-  
professional  
visitors



## Consistent positive effects across at least two trials

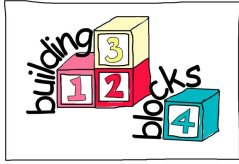
- Improvements in women's antenatal health
- Reductions in children's injuries
- Fewer subsequent pregnancies
- Greater intervals between births
- Increases in fathers' involvement
- Increases in employment
- Reductions in welfare
- Improvements in school readiness



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# **Health visitors help twice as many disadvantaged families**

***Friday, 29 October 2010***

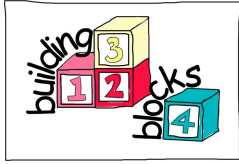


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The government has announced its plans to double the number of disadvantaged families that will have access to a specially trained health visitor during the first two years of their baby's life.

The Department of Health said the family nurse partnership programme currently operating in some parts of England will be expanded from the 6,000 families that have so far benefitted from the scheme to 12,000 families by 2015.



# Overview of Trial Design



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## **Design:**

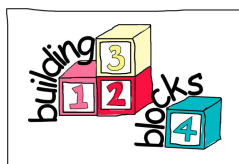
Individually randomised controlled trial (RCT)

## **Participants:**

1600 women aged 19 or under, recruited to RCT by 24 weeks and expecting first baby

## **Setting:**

18 PCTs in England



# Location of FNP trial sites in England

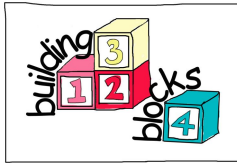


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- Barnsley
- Cornwall
- Coventry
- Cumbria
- Derby City
- Berkshire East
- Hull
- Lambeth
- Leeds
- Liverpool
- Manchester
- Northamptonshire
- South Birmingham
- Southwark
- Sunderland
- South East Essex
- Tower Hamlets
- Walsall





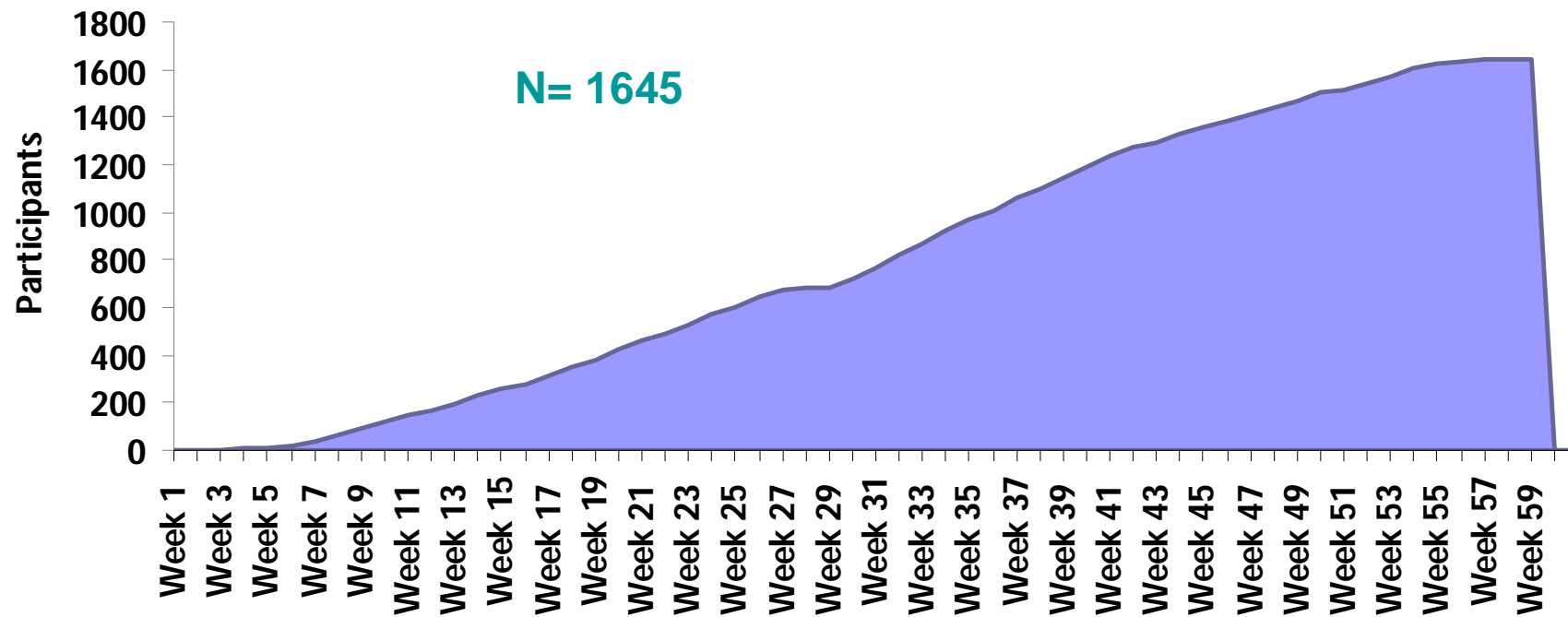
# Cumulative Recruitment

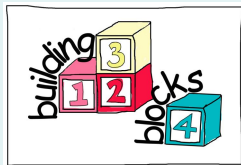
## 15 June 2009 – 30 July 2010



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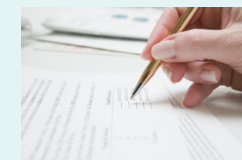
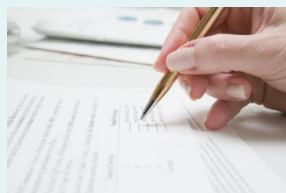


# Data Collection



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Recruitment

34 – 36 weeks

Birth

6, 12 + 18 Months

2 years

Home  
interview +

Telephone  
Interview +

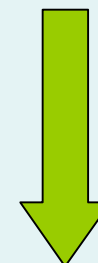
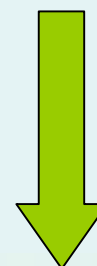
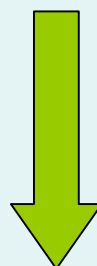
Clinical Data  
Collection

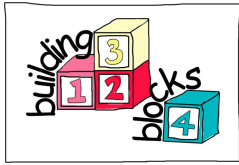
Telephone Interviews

Home visit +  
Data  
extraction

Urine

Urine





# Overview of the Trial Study Outcomes



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## Outcome domain

### Primary

### Secondary

#### ***Pregnancy & birth***

- Changes in prenatal tobacco use
- Birth weight

- Intention to breastfeed
- Prenatal attachment

#### ***Child health & development***

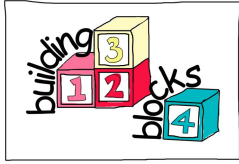
- Emergency attendances / admissions within two years of birth

- Injuries & ingestions
- Breast feeding (initiation & duration)
- Language development

#### ***Maternal life course and economic self-sufficiency***

- Proportion of women with a second pregnancy within two years of first birth

- Education
- Employment
- Health status
- Social support
- Paternal involvement



# Acknowledgements



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Thanks to:

Department of Health

Participating maternity units

Local Researchers

FNP Teams

Participants & their babies

Dr Julia Sanders, Midwife & Senior Project  
Manager

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[www.cf.ac.uk/medic/buildingblocks](http://www.cf.ac.uk/medic/buildingblocks)

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