Nurse Family Partnership (NFP)

TARGET AUDIENCE

This program is for first-time mothers who are deemed at-risk and have low income.

SUMMARY

Nurse Family Partnership (NFP), a family- and community-based program, is designed to improve pregnancy outcomes and the health, development, and well-being of mothers and children. The program matches mothers with maternal and child health nurses who offer support and knowledge throughout pregnancy and until the child is 2 years old.

EVIDENCE

In multiple randomized controlled trails, findings demonstrated that, compared to women in the control group, unmarried women of low income who were provided with a nurse home visitor had the following outcomes: fewer reports of child abuse or neglect, fewer maternal behavioral problems due to alcohol and drug use, longer intervals between births of first and second children, and fewer subsequent pregnancies and births. Women's prenatal health behaviors were also largely improved, and they experienced a reduction in pregnancy-related complications and welfare dependency. However, older non-smokers in the treatment group were found to give birth to infants of shorter gestation and lower birth weight than those in the control group.

COMPONENTS

The NFP program consists of a series of home visits in which a maternal and child health nurse meets with the first-time mother and the child's father. Other family members are also encouraged to participate. After the family registers for NFP, a nurse visits the family on a regular schedule.

During home visits, the nurse promotes three main aspects of maternal functioning:

- Health-related behaviors during pregnancy and in the early years of the child's life;
- Parental-care skills; and
- Parent family planning skills, educational achievement, and participation in the work force.

PREVIOUS USE

NFP has been implemented with White and African American families in rural and urban settings with over 260,000 families served and is now being implemented in Australia, Canada, England, The Netherlands, Northern Ireland, and Scotland.

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TRAINING
A nurse home visitor must be a registered nurse (RN) with a baccalaureate degree in nursing and experience in maternal and child health, behavioral health nursing, pediatrics, or related fields. Training is required through the Nurse Family Partnership National Service Office, and nurses must complete core educational sessions and participate in case conferences and team meetings. For more information, please contact the developers using the details found in the Contact section.

CONSIDERATIONS
Considerations for implementing this program include recruiting eligible participants and acquiring their and their families’ buy-in, securing public health and home visitation nurses who meet the requirements mentioned in the Training section, understanding participant attrition may need to be addressed, realizing participant’s willingness to comply with nurse instruction may need to be addressed, and arranging for additional visitations in the event of crisis situations.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION
If you are interested in implementing NFP, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

| TIME | Nurses meet with one or both first-time parents for 60 to 90 minutes in 64 planned home visits. These visits occur for 2 1/2 years. Nurses may visit families in crisis as needed. |
| COST | Implementation costs were not located; however, federal, state, and local funds and private donations support the implementation of the NFP program. Evidence-based prevention programs are cost-effective as determined by Washington State Institute for Public Policy (2013). For every dollar spent on the implementation of NFP, the return on investment is $2.73. |

EVALUATION PLAN
To move NFP to the Effective category on the Clearinghouse Continuum of Evidence at least one external evaluation must be conducted that demonstrates sustained, positive outcomes. This study must be conducted independently of the program developer.

The Clearinghouse can help you to develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT
Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact NFP by mail Nurse-Family Partnership National Service Office, 1900 Grant Street, Suite 400, Denver, CO 80203, phone 1-303-327-4240, 1-866-864-5226 (toll free), email info@nursefamilypartnership.org, or visit www.nursefamilypartnership.org/about/contact-us/

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