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## Program

### How does Nurse-Family Partnership differ from other home visitation programs?

Few social programs can boast scientifically demonstrated outcomes through randomized controlled trials. Even fewer have demonstrated multi-generational outcomes that benefit society economically and reduce long-term social service expenditures. Nurse-Family Partnership (NFP) IS such a program, committed to producing enduring improvements in the health and well being of low-income, first-time parents and their children. This voluntary home visiting intervention program is delivered by highly educated and experienced registered nurses.

### What are the program's goals?

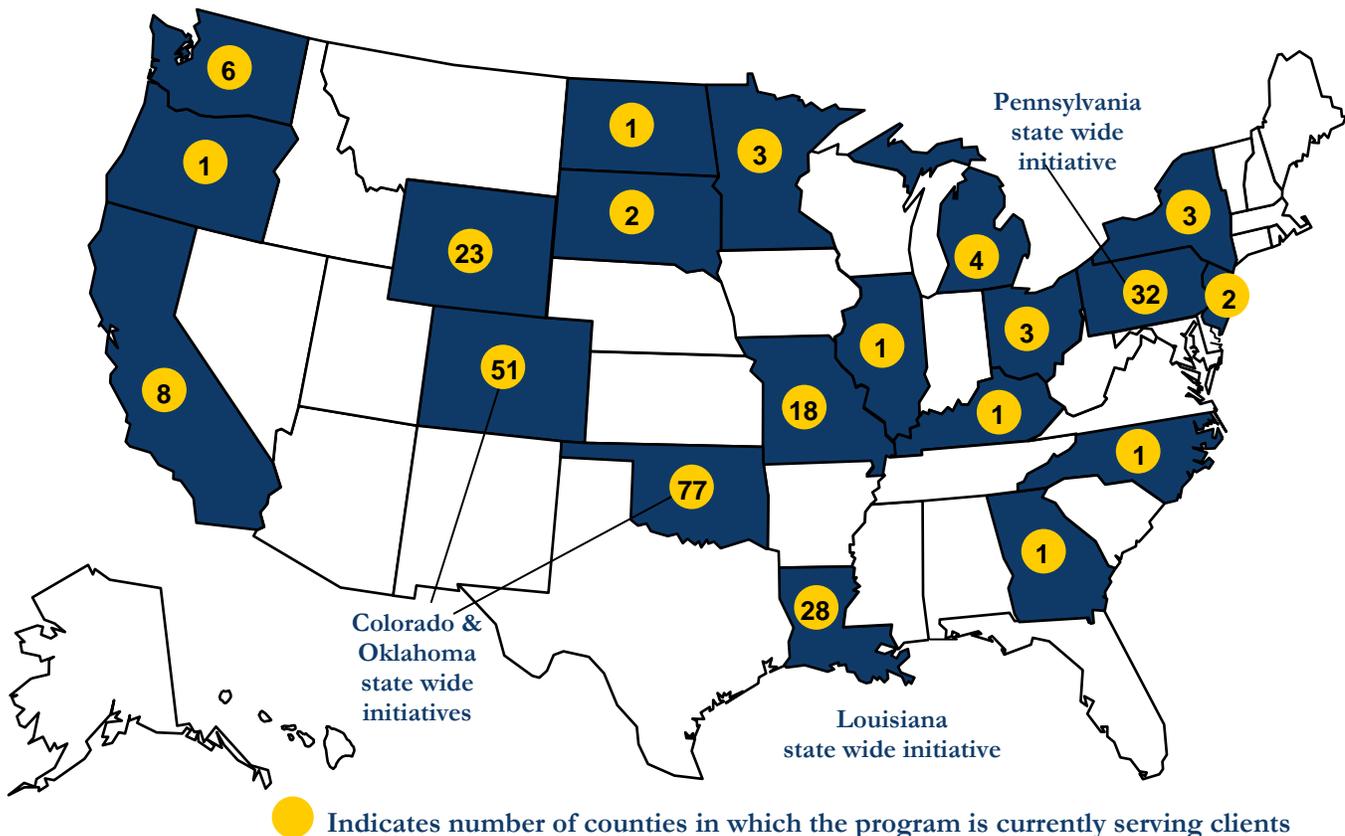
- ◆ Improve pregnancy outcomes ◆ Improve child health and development ◆ Improve parents' economic self-sufficiency

## Sites

### How is the program replicated?

NFP sites provide services at the community, city, county or state level and are administered by a range of public and nonprofit agencies including state and county departments of public health, community-based health centers, nursing associations, and hospitals. The NFP National Office is responsible for nation wide program replication and is implementing a state-based growth strategy that draws heavily on its experiences in Pennsylvania, Colorado, and Louisiana, with in-state partner support from: the Pennsylvania Commission on Crime & Delinquency, Invest in Kids, and the Louisiana State Office of Public Health.

NFP currently supports a vibrant network of local sites expanding across 20 states, serving more than 20,000 families annually. The goal is to make the program available to **all** low-income, first-time families.



## Nurses

### What specialized continuing education do NFP nurses receive?

Nurse home visitors receive more than 60 hours of instruction from the NFP Professional Development team over a 16-month period of time. Using blended learning strategies, nurses receive education in a face-to-face session in Denver – and later, in regional locations – and via computer, web-based and other telecommunication technologies. Currently, there are over 750 nurses delivering the NFP home visiting intervention.

### Why does the NFP model require that registered nurses deliver the program?

A randomized controlled trial was conducted to compare the effectiveness of home visiting by professional nurses and by paraprofessionals (workers with no formal education in care giving professions). The trials showed that nurse visits produced statistically significant benefits in terms of the participants' health and welfare. Paraprofessional visits did not produce significant effects.

### How is the NFP program structured?

- ▶ Nurse home visitors and their clients make a 2 ½ year commitment to one another.
- ▶ Number of planned visits: During pregnancy - 14  
During infancy - 28 ▼ During toddler-hood - 22
- ▶ Nurse home visitors' caseloads do not exceed 25 families, due to the high level of complexities and health risks of the families served by the program.

## Clients

### Who benefits from the NFP program?

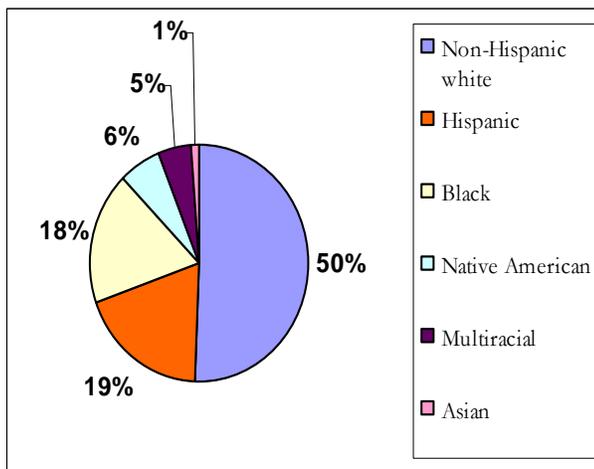
Nurse-Family Partnership clients are low-income, first-time mothers. Client participation is voluntary. Because enrollment early in pregnancy is essential to the success of the program, NFP sites partner with community sources who are likely to encounter women early in their pregnancies. School nurses, prenatal clinics, obstetricians' offices and family planning clinics are typical referral sources. The client's partner, extended family and friends are encouraged to participate in the home visits, when client and nurse agree it is appropriate.

### Demographic Characteristics of Mothers

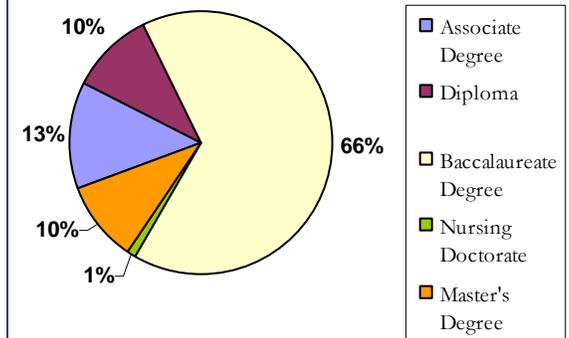
Maternal age (median years)	19
Maternal education (median years)	11
Completed high school	47%
Enrolled in school	39%
Unmarried	79%

### Economic Factors

Annual household income (median)	\$13,500
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NFP Nurse Home Visitor Education



## Recent Reports

### The Robert Wood Johnson Foundation Television Health Series

An in-depth report on Nurse-Family Partnership and the December 2004 release of two articles written by Dr. David Olds, in the journal *Pediatrics*.

[www.rwjf.org/news/video/nurseFamilyTV.jhtml](http://www.rwjf.org/news/video/nurseFamilyTV.jhtml)

### Coalition for Evidence-Based Policy

"Social Program that Works". [www.excelgov.org](http://www.excelgov.org)

### Washington State Institute for Public Policy

Report demonstrating benefits & costs of NFP

[www.wsipp.wa.gov/rptfiles/04-07-3901.pdf](http://www.wsipp.wa.gov/rptfiles/04-07-3901.pdf)

### Safe from the Start, California Attorney General's Office, Promising Strategies

Features the NFP Fresno Site

[www.safefromthestart.org/ps/index.html](http://www.safefromthestart.org/ps/index.html)

### President's New Freedom Commission on Mental Health

[www.mentalhealthcommission.gov/reports/FinalReport/FullReport-05.htm](http://www.mentalhealthcommission.gov/reports/FinalReport/FullReport-05.htm)

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