



Wakefield Family Nurse Partnership

The Family Nurse Partnership (FNP) is part of Wakefield's 0-19 Service and supports first-time young parents (under 24), and families, from early pregnancy until their child turns two. The programme aims to **reduce health inequalities** and **enhance child and family wellbeing** by focusing on early child development.

The FNP programme is an intensive home visiting initiative focusing on:

- Promoting a healthy pregnancy
- Enhancing the child's health, development, and readiness for school
- Supporting families in achieving their goals and aspirations

Wakefield prioritises younger clients, understanding that age can present both vulnerabilities and opportunities. Neuroplasticity is recognised as a critical factor in facilitating behaviour change during this pivotal developmental stage. In Wakefield our FNP clients are younger, compared to nationally:

- **16 or under:** Wakefield (32%), *nationally* (17%)
- **18 or under:** Wakefield (90%), *nationally* (62%)

Before enrolment onto FNP, 36% of clients had previously received mental health services and at intake 11% of clients were currently receiving mental health services. Also 9% of clients have a learning disability.

60 clients
and
142 families

have been supported April 2023-
April 2024

- Each mother is assigned to a specially trained family nurse, who will address the needs of that client, providing support and conducting home visits through pregnancy until the child reaches age one to two. The family nurse visits will enable the opportunity for the mother to receive bespoke guidance and advice on pregnancy and parenting in a safe and compassionate environment.
- Employing evidence-based methodologies such as motivational interviewing, family nurses focus on enhancing young parents' motivation for positive change. They listen attentively, using open questions, affirmations, reflections and summaries to allow the client to explore ambivalence.

Key FNP outcomes April 2023-24:

- 79%** of clients who were offered the programme enrolled (*target 75%*), with only 8% attrition.
- 80%** of clients were enrolled before 16-week gestation (*target 60%*).
- 20/20** The FNP service achieved 20 out of 20 compliances on core model elements **making it the only FNP in the UK to do so.**
- 85%** of New Mum Star assessments were completed collaboratively.
- 24%** of visits completed with the child's father / clients partner present (*21.6% nationally*).
- 97%** of babies live in a smoke free home, with 50% clients giving up smoking during pregnancy (*40% give up smoking nationally*).
- 52%** of clients were using a Long-Acting Reversible Contraception (LARC) at 12 months (*8 subsequent pregnancies in the last year*)
- 100%** Vaccination rate at 24 months (*95% nationally*).

Premature births: responding to data and flexing the service to meet need. In the 2022/2023 period, the Wakefield Family Nurse Partnership (FNP) experienced a 17% rate of premature births, an increase from 10% in the previous three years. Premature infants are at higher risk of health issues. These challenges were addressed through smoking cessation training and utilisation of carbon monoxide monitors during pregnancy. Additionally, the Intimate Partner Violence (IPV) and neglect toolkit has been put into action in collaboration with our social care partners to support affected clients. In April 2023-2024, the rate of premature births among FNP children in Wakefield decreased to 8% (lower than the *national FNP rate of 11%*).

Social Care: Safeguarding is central to the Family Nurse Partnership (FNP) programme, emphasising collaboration with children's social care to protect clients and their children. The Teenage Pregnancy Prevention Framework (2020) indicates that keeping a child out of Local Authority care, saves social services approximately £65,000 annually. **Wakefield Integrated Sexual Health Service (WISH):** The WISH pathway's implementation has significantly reduced subsequent pregnancy rates, from 16 pregnancies in April 2021-22 to 8 pregnancies in April 2023-24, with all cases involving clients aged 18 and over. Additionally, there has been a marked increase in the use of Long-Acting Reversible Contraceptives (LARCs) at all postnatal stages.

Leadership: The Wakefield Family Nurse Partnership (FNP) Team operates within the 0-19 Service for the Wakefield District, under Harrogate District NHS Foundation Trust (HDFT). The team is effectively managed by a skilled supervisor and receives oversight from the Children's Community Directorate. Public Health commissioners ensure accountability through Key Performance Indicators, and the team is governed by a quarterly Advisory Board. The strategic priorities of Wakefield Families Together and Start for Life emphasise support for vulnerable families, particularly in perinatal and infant mental health, infant feeding, and the home learning environment, all of which the FNP team actively addresses.

Transgender Study: The case study details a family nurse's work with a 19-year-old transgender male client and his partner during pregnancy and postnatally, contributing to efforts to personalise the Family Nurse Partnership (FNP) programme for diverse gender identities. The nurse used respectful language, adapted materials as needed, and collaborated with the national programme for awareness and revisions. They supported the client through bodily changes, discussed aspirations and contraception options using the Wakefield Integrated Sexual Health (WISH) pathway, and prepared the family for the baby's arrival by addressing potential psychological impacts of gender and hormonal changes. A multi-layered approach was employed to facilitate the client's transition effectively.

Future developments

- Breastfeeding** - Improving breastfeeding rates and continuing development of inclusive resources to engage a diverse population effectively.
- Enhanced parent pathway** - FNP is integral to the workforce development, delivery and content on the pathway. We look forward to supporting the rollout in 2024/25.
- FNP service review** - currently undergoing a local service review where quality improvement, growth and service development opportunities are being identified.
- Workforce development** - planned collaborative working with Wakefield Children and Young People's Social Care; pre-birth assessment training to include content and delivery from FNP. Wider training to Wakefield's 0-19 service on trauma informed care.

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