

Meeting: CHILDREN'S TRUST BOARD	Date: 14 March 2013	Agenda Item No: 7
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TITLE OF PAPER: Family Nurse Partnership Programme (FNP)

APPENDIX: Family Nurse Partnership Programme Client Stories

FNP Barnet 2012

<p>1. Subtract/ Abstract: A nurses journey: Feelings about the unknown and how to get started.</p>
<p>2. Aims: To achieve the best for our client group. Also pushing own professional boundaries and knowledge.</p>
<p>3. Context: New team, new environment and a new way of working to deliver the programme. Also having trust in the programme material.</p>
<p>4. Methodology: Introducing the new team to agency's in Barnet, working as a multi disciplinary team, and informing people about the benefits of the family nurse programme. Setting up referral pathways. Creating a new working environment, and meeting the challenges that this created.</p>
<p>5. Findings: The process of becoming a family nurse is a long journey and one in which you continue to learn each day. Each client can present with there own challenges and being part of the multi agency team provides extra benefits for the clients, it enables you to meet the majority of there needs, whilst continuing to allow self efficacy to take place. Our teams journey began on training. 5 strangers away for a week, learning an intensive programme, and worried about the unknown. By the end of this 1st week, we needed to trust the programme material and each other to be able to achieve our desired outcomes. Once back in the office the fun began as chairs and tables</p>

were all we had! This is where our 6th team member joined us and has continued to be invaluable to the service we provide.

These weeks of setting up the office gave us the opportunity to go and meet various agencies, find out which resource were already available to our client base and how we could best work with these services.

The varied skill mix with in the office was also put to good use, and sharing the knowledge we all share has greatly improved our service.

The learning and enthusiasm we have for this job continues.

6. Conclusions:

The family nurses work well together, and our clients appear to be enjoying the programme, this is always apparent on our client days.

A lot of our clients have already made and continue to make the positive life changes, that effect not only them selves but also the lives of their children.

The importance of multi agency working is paramount to the success of the programme and the clients.

Clear pathways and sign posting form all services has been invaluable, in allowing this to take place effectively.

FNP Barnet 2012

<p>1. Subtract/ Abstract: This story shows how FNP can change the life course of a client</p>
<p>2. Aims: To provide evidence that FNP can make a difference to the life skill development of a client</p>
<p>3. Context One evidence based outcome of this programme is that clients continue with their education</p>
<p>4. Methodology Reflection on a case of young first time parent who had disengaged from school and refused to take public exams,</p>
<p>5. Findings:</p> <p>a-Overview of client 16 year old not engaging in school Did not take GCSE's CAF in place. Was raped age 15. Lack of parental control. Smoked cigarettes, cannabis and drank alcohol regularly Very poor housing conditions, dirty house, animals soiling furniture. Fuel poverty, Clients mother had mental health issues and unable to see past her own needs Poor diet and little idea of nutrition No aspirations for the future. All family welfare dependant History of DV within family</p> <p>b- Intervention:</p> <p>Engagement with family nurse. Referral to social care due to poor housing situation. This was soon stepped down to a CAF due to involvement of FNP Working with under 17s housing mediation client was offered a flat in hostel. With some support from housing outreach, she has sorted out all her bills and direct debits and is managing her money well She has claimed all her benefits with support from welfare rights advisor Attended group healthy eating session, One to one cooking session and obtained utensils and casserole dishes from a charity so now able to cook healthy meals for herself and her baby. She has stopped smoking cigarettes and smoking cannabis and is only drinking with friends on social occasions. She is much more aware of how to keep herself safe. (used facilitator re keeping self safe) Baby born with healthy weight, is gaining weight well. Engaged with CONI programme Immunisations are up to date. Baby achieving top scores on ASQ Mother is in tune with baby showing sensitivity and good attachment Mother is using Long acting contraception Mother is in stable relationship with her partner who is working full time Mother has connected with all services referred to and is using local childrens centre facilities including attending infant massage</p>

Mother is meeting other mums from FNP socially
Mother has enrolled in Level 1 & 2 parenting course having completed a foundation level course that was suggested by family nurse
Mother has organised work experience placements
Mother is planning to work part time in the evenings to supplement family income.
Client's mother referred to mental health services. She is now coping well and in a position to give her daughter support

c:- Rationale for particular intervention

This client has benefited from a range of interventions.
Smart Choices cartoons have helped her to communicate effectively with her partner. The use of "I" Messages has meant that they can explain how they feel without blaming each other
PIPE has helped her to be sensitive to the needs of her baby, she especially enjoyed learning about baby cues before the baby was born
This client has enjoyed completing the facilitators. My Budget showed that she was not paying for her water. (she did not realise that she should). We were able to contact water company and arrange for her to pay a small amount each week to catch up on arrears
This client is not shy to ask for what she thinks might help her and also confident to say what she thinks. She did not want to breastfeed or put the baby to the breast and was pleased that she was not put under pressure to do so.
She has built up a trusting relationship and has accepted all referrals to other agencies.

d- Client engagement

This client has been happy to work with all the professionals that she has been referred to

6. Conclusions

This client has engaged well with FNP service and has valued the additional support available to her.
Without the service, she is unlikely to have been rehoused so quickly. The case is likely to have remained at CP level rather than being stepped down to a CAf so quickly
She is not likely to have engaged with children's centres so early and therefore not been able to access foundation and now level 1&2 childcare courses. She has aspirations for herself and plans to go to work.

The communications sessions have helped her and her partner remain living together. The relationship had been under strain because they were blaming each other and had unrealistic expectations

She has had a healthy pregnancy, healthy baby and has improved her own health

She has now started to go swimming and going to the gym.

She is sensitive to the needs of her baby, aware of how she can enhance her development and has aspirations for her child to do well.

Her diet had improved dramatically and she now has skills to cook healthy meals for the whole family.

Her relationship with her extended family has improved.

Any other Comments:

IMPACT

Cessation of involvement with children's social care

Good attachment and bonding with baby

Spacing of pregnancy

Mother in Education with plans for employment

Father in Employment

Child development as expected

Smoking cessation , reduced alcohol, Stopped using cannabis

Improvement in diet and general health

Likely Benefits

Savings for Children's services

Health Services

Education Services

Benefits