

Nurse-Family Partnership

SUPPORTING OUR THREE GOALS

To improve PREGNANCY outcomes, nurses assess and address:

- Effects of smoking, alcohol, and other drugs on fetal growth and assist clients in reducing use
- Nutrition, exercise, and adequate weight gain during pregnancy
- Prenatal health complications that increase risk for morbidity or mortality
- Risk factors for preterm delivery and low birth weight
- Client experiences of past or current trauma (including intimate partner violence)
- Preparation for labour and delivery
- Basics of newborn care, including decisions related to infant nutrition
- Family planning
- Social determinants of health
- Parent and child bonding

To improve CHILD HEALTH AND DEVELOPMENT outcomes, nurses assess and address:

- Child nutrition, activity, and growth
- Safety hazards where the child lives and where the child is cared for outside of the home
- Promotion and role modelling of activities to promote sensitive parent-child interactions
- Child's development and provide guidance as needed
- Promotion of well-child care
- Opportunities to provide guidance in building and fostering social support
- Opportunities to provide guidance regarding safe child care arrangements
- Risk factors for, and implementation of interventions to prevent adverse childhood experiences
- Safeguarding and protecting the child by assessing and monitoring their experiences

To improve PARENTS' LIFELONG outcomes, nurses assess and address:

- Support for family planning
- Realistic goal setting for education, work and strategies to attain goals
- Experiences of trauma and associated outcomes (including intimate partner violence, mental health, substance use)
- Opportunities to coach parents in creating and sustaining relationships with other community services

Proven Outcomes

- 48%** reduction in child abuse and neglect
- 56%** reduction in ER visits for accidents and poisonings
- 50%** reduction in language delays at age 21 months
- 67%** less behavioral/intellectual problems at age 6
- 32%** fewer subsequent pregnancies
- 82%** increase in months employed
- 61%** fewer arrests of the mother
- 59%** reduction in child arrests at age 15

Source: www.nursefamilypartnership.org/about/proven-results

Information for Providers:
physicians.nshealth.ca/NFP

Information for Clients:
www.nshealth.ca/NFP

