

Nurse-Family Partnership



What is Nurse-Family Partnership?

Evidence Based Community Health Nursing

- ❑ For Low income, first time moms
- ❑ With Registered Nurses
- ❑ Starts in the First or Second Trimester
- ❑ Ends at child's age of 2
- ❑ Visits in the home



NFP Goals

1. Improve Pregnancy Outcomes
2. Improve Child Health and Development
3. Improve Economic Self-Sufficiency of the Family





300,000+
FAMILIES SERVED

Since replication began in 1996

41
STATES

the U.S. Virgin Islands
and some Tribal communities

5X
\$ RETURN

Every \$1 invested in NFP saves
\$5.70 in future costs for the
highest-risk families served

1. Healthy Pregnancy and Improving Birth Outcomes

- 79% ↓ in pre-term births
- 35% fewer hypertensive disorders of pregnancy
- Fewer cases of pre-eclampsia or complications of pregnancy
- Fewer subsequent births on Medicaid
- Increased birth spacing/fewer closely-spaced births

2. Improve Child Health and Development

- 48% ↓ in child abuse & neglect
- 56% ↓ in ER visits for accidents and poisonings
- 39% fewer injuries among children
- 50% ↓ in language delays

3. Economic Self Sufficiency:

- 83% ↑ in labor force participation by child's 4th birthday
- 67% ↓ in behavioral/ intellectual problems at age 6 yrs
- 59% fewer arrests among 15 yr olds (who were infants in the program)

For a full listing and details on the outcomes of the trials visit:

<https://www.nursefamilypartnership.org/about/proven-results/published-research/>



Nursing Education
and Practice

Supervision

Administrative Home
and Partnerships



Model Elements

Who We Serve
Nursing Workforce
Nursing Practice and Skills
Supervision and Administration
Community Engagement



Who NFP Serves

1st time mothers

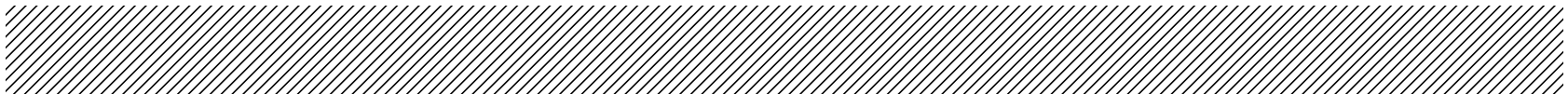
Voluntary

Enrolled Before the 28th Week

Low-Income - Highest Risk



"When I was pregnant, I felt I didn't have anybody to lean on. I was so lucky to have a nurse like her."



Registered Nurses

Bachelor Degree in
Nursing

Specializing in
Community Health
Nursing Practice

Receive Extensive
Education in the
Model



Nursing Practice



Case Load 25+

60-90 Minute Visits

Flexible Frequency

Flexible Content

In-home or Telehealth

1Nurse:1Mom

Visits in NFP – STAR Framework



Maternal
Health

Environmental
Health

Life Course
Development

Child Health
and
Development

Relationship
Health

Health &
Human
Services

Supervision

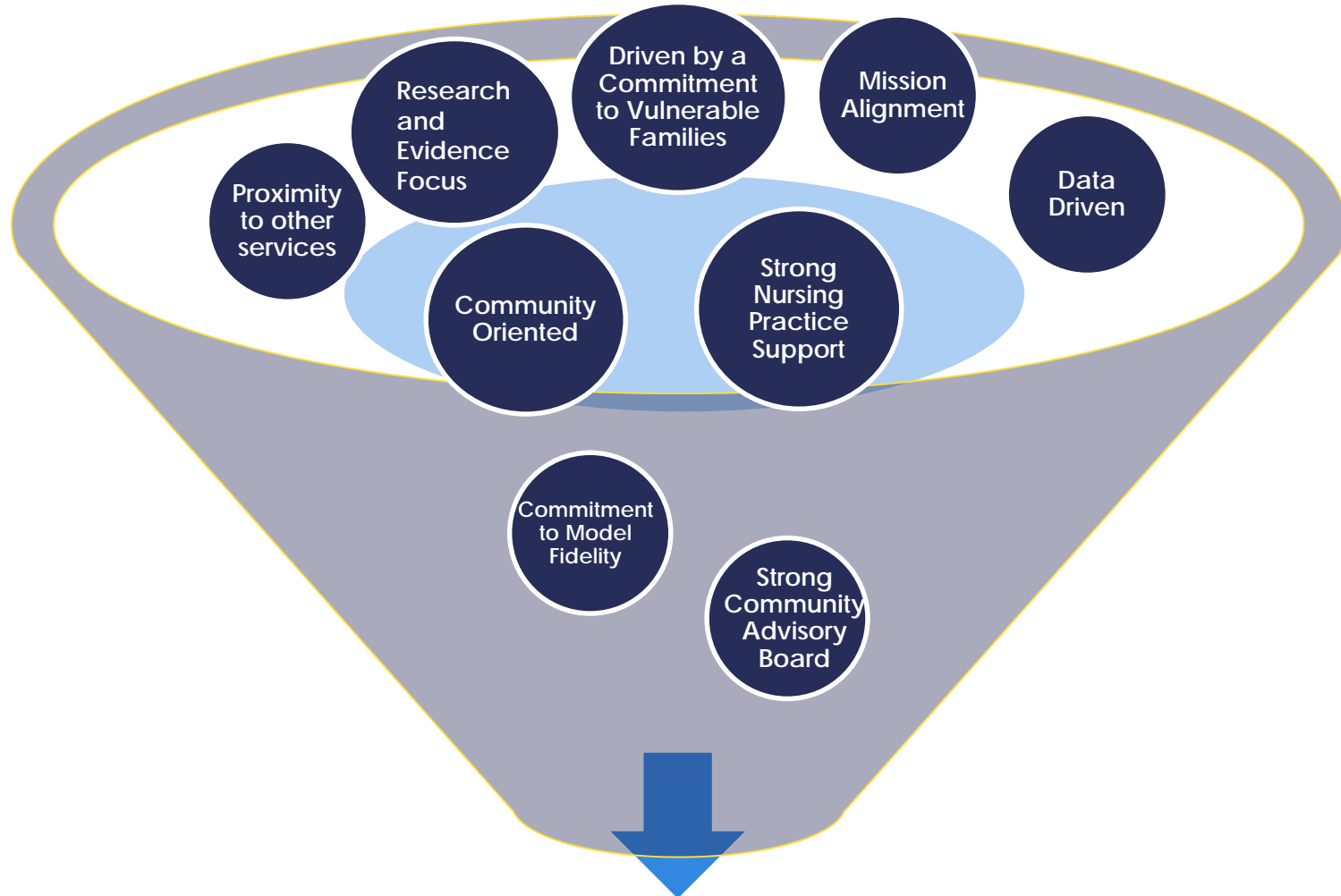
- Supervisor Specific Education
- Nurse Consultation
- 1:8 Supervisor to Nurse
- Weekly reflective supervision
- Case conferences
- Team meetings
- Joint visits
- Using the data



On Friday mornings, we meet to share our highs and lows for the week. Sometimes the stories are frustrating or heavy, but mostly it's rewarding, and it helps us emotionally refuel. We've found a job that feels like us."

Pat Yoder , NFP Nurse Supervisor

Administration and Community



Results and Sustainability





QUESTIONS?



Chris Arestides, MPH, BSN, RN
Manager of Healthcare
Integration
Nurse-Family Partnership
National Service Office
303-864-4321
937-424-7943

[Chris.Arestides@
NurseFamilyPartnership.org](mailto:Chris.Arestides@NurseFamilyPartnership.org)

