

## HAMPSHIRE COUNTY COUNCIL

### BRIEFING NOTE

<b>Date</b>	10 June 2016
<b>Title:</b>	Health Visiting Support
<b>Directorate:</b>	Public Health, Corporate Services

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As requested, please see a briefing on the role of health visitors, the Healthy Child Programme and information on the service in Hampshire.

#### **National Health Visitor Programme**

The Health Visitor Programme set out in 2011 to transform the health visiting service by improving access to services, improving families' experience, improving health outcomes and contributing to reducing inequalities. Under the 'Health Visitor Call to Action' the workforce has increased by 95% since 2012 (see figures below) allowing the service to transform itself, and enabling a greater focus on the crucial first few years of a child's life:

- March 2012: Plan 127.6 FTE HVs. Actual 121.6 FTE
- March 2016: Plan 242.0 FTE HVs. Actual 237.82 FTE

#### **The role of health visitors**

Health visitors are qualified nurses or midwives with additional specialist training in public health. They work collaboratively with individuals, families, communities and other agencies to identify and address local need. They improve population health through early intervention and changes to lifestyle behaviours, and link families to further services.

The health visiting service is commissioned to lead and deliver the Healthy Child Programme (HCP), providing services covering pregnancy and the first five years of life to all children and families in Hampshire.

The Healthy Child Programme is the evidence-based public health programme for children and young people, which provides a range of health interventions and support beginning in pregnancy and continuing through early childhood until the child starts school at 5 years old. It includes the early identification of additional

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and/or complex needs enabling timely access to specialist services. The programme includes (but is not confined to) support for perinatal mental health, infant mental health, attachment, child development and behaviour management, accident prevention, infant feeding, including breastfeeding, introducing solid foods, food allergies, healthy eating for families, oral health promotion, physical activity for children and families, reducing minor illness, following up attendance at accident and emergency departments and safeguarding issues. The wide variety of support offered by health visitors is provided at differing levels of intensity (the 4 levels of service described below) dependent on the needs of families. Although the 4 levels of service do not exactly match the 4 levels in the Family Support Service (FSS) the health visiting service could be involved in supporting families if they have children aged 0-5 years.

The transformed service is delivered through the '4-5-6' model.

### 4 levels of service

- **Community:** health visitors work in partnership with local services to identify and meet community needs through the resources available e.g. peer support groups.
- **Universal:** services available for all families ensuring that every parent and child has access to a health visitor.
- **Universal Plus:** families can access timely, expert advice when they need it on specific issues such as post natal depression, weaning and sleepless children. Babies and children with additional ongoing needs are identified and supported.
- **Universal Partnership Plus:** health visitors provide ongoing support, playing a key role in bringing together relevant local services, to help families with continuing complex needs. These currently include services from Children's Centres, other community services including the voluntary sector and, where appropriate, the Family Nurse Partnership.

The Family Nurse Partnership (FNP) is an optional licenced intensive nurse-led programme of support for first time mothers (and fathers) aged 19 and under (antenatal through to child's 2nd birthday). FNP was commissioned for Hampshire by NHS England in 2014/15 and is incorporated into Universal Partnership Plus. FNP is included in the HCC contract for Health Visiting with Southern Health Foundation Trust for the period 1st April 2016 - 31st March 2017. There are two FNP teams in Hampshire – one covering Gosport and Havant and one covering Basingstoke and Rushmoor – both will reach their caseload capacity of 200 families by June 2016.

### 5 key reviews

There are five universal face-to-face reviews delivered by the health visiting service. The content of these reviews shown in the table below:

Table: Content of universal health reviews

<b>Universal Review</b>	<b>Description</b>
<b>Antenatal health promoting visits</b>	Promotional narrative listening interview, includes preparation for parenthood and promotion of breastfeeding. This is to be done as a face-to-face, 1-2-1 interview at around 28 weeks of pregnancy
<b>New Baby Review</b>	Face-to-face review by <b>14 days</b> with parent(s) to include, infant feeding, promoting sensitive parenting, promoting development, assessing maternal mental health, promoting safe sleep, keeping safe A fuller health assessment if parents wish or there are professional concerns:
<b>6 – 8 Week Assessment</b>	This includes on-going support with infant and an assessment of maternal mental health, the promotion of immunisations, introducing solid foods, promoting sensitive parenting and an assessment of safeguarding concerns
<b>9- 12 months</b>	This includes an assessment of the baby's physical, emotional and social development and needs in the context of their family using evidence based tools, an assessment of maternal mood, supporting parenting, providing parents with information about attachment and child development, an assessment of growth, raising awareness of dental health, healthy eating, injury and accident prevention relating to mobility, safety in cars and skin cancer prevention;
<b>By 2 – 2½ Years</b>	This includes a review with parents of the child's social, emotional, behavioural and language development, an assessment of growth, response to any parental concerns about physical health, development, hearing and vision, guidance on behaviour management, promotion of language development, support to take up early years education, a review of immunisation status and advice on sleep management and toilet training
<b>By 4 ½ years</b>	4½ years - Formal handover to School Nursing

### 6 high impact areas

These are areas where health visitors can significantly improve health and wellbeing for children, families and their communities:

- Transition to parenthood
- Perinatal mental health
- Breastfeeding
- Healthy weight

- Managing minor illness and reducing hospital attendance
- Ensuring children are “ready for school”

### **National context**

- Responsibility for commissioning health visiting was transferred from NHS England to upper tier local authorities in October 2015.
- The five key reviews are mandated until April 2017 and are being reviewed by Public Health England on behalf of the Department of Health.
- The move to commissioning of children’s public health services by local authorities is seen as an opportunity to take a fresh look at ensuring coherent, effective, life course services for children and young people aged 0-19 across both local authority and health services.

### **Facts and figures in Hampshire**

- There has been a 95% increase in the number of health visitors since 2012, when the Call to Action recommended greater professionalisation of health visiting services.
- There were almost 14,500 births in Hampshire in 2014.
- The health visiting budget for 2016/17 is £17.438 million. It is the highest value contract held by Public Health.
- The Hampshire service delivers high uptake rates of the 5 key reviews, and performs well compared to many other services in the South East.
- In 2015/16 there were the following uptake rates:
  - New birth visit: 88.1%
  - 6-8 week visit: 86.1%
  - 12 month visit: 85.7%
  - 2-2 ½ year visit: 87.4%
- In Q4 of 2015/16 there were 2,723 new birth visits.

### **Current issues in service development**

The Public Health Nursing services for 0-5 years are being re-tendered for 1st April 2017. The new contract will run for an initial period of 16 months. This is to bring it in line with the end of the initial 3 year term of the school nursing contract that runs to 31/07/18.

We recognise that the universal Healthy Child Programme offer is quite different to the universal offer that is currently delivered from children’s centres. The public health team and Children’s Services Directorate are working together to develop more integrated services across the breadth of the Council’s responsibilities for children and their families across the age range 0-19 years, and 0-25 for children with disabilities. This includes the proposed Family Support Service and proposed changes to Children’s Centres.

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Health visiting is implementing the newly agreed three tier model of breastfeeding (based on complexity of the baby's needs) which aims to provide equitable and sustainable support for all new mothers in Hampshire.