

**PRENATAL & INFANCY
HOME VISITATION BY NURSES**

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Goals

- **Pregnancy Outcomes**
- **Child Health and Development**
- **Parental Life Course**

Major Problems Targeted for Prevention

- **Preterm Delivery and Low Birthweight**
- **Neurodevelopmental Impairment**
- **Child Abuse and Neglect**
- **Childhood Injuries**
- **Rapid Successive Unintended Pregnancies**
- **Reduced Participation in Work Force**
- **School Failure**
- **Conduct Disorder**
- **Crime and Delinquency**

Families Served

- **Low income pregnant women**
 - **often teens**
 - **often unmarried**
- **No previous live birth**
- **Serve families through first child's second birthday**

Program

- **Visit-by-Visit Protocols**
 - **Focus on 5 Domains**
 - **Maternal Health**
 - **Parental Role**
 - **Parental Life Course**
 - **Family and Friends**
 - **Linkage with Services**
- **Structured Visit Process Promotes Attention to Individual Needs and Prevention Objectives**
- **Developmental Orientation - Anticipatory Guidance**
- **Management Information System**

Frequency of Visitation

- **Once a Week for the First 4 Weeks in Pregnancy**
- **Every Other Week Until Delivery**
- **Once a Week for First 6 Weeks After Delivery**
- **Every Other Week until 21 Months**
- **Once a Month From 21-24 Months**
- **Average Completed Visits**
 - **8-9 Prenatal**
 - **23-25 Postnatal**

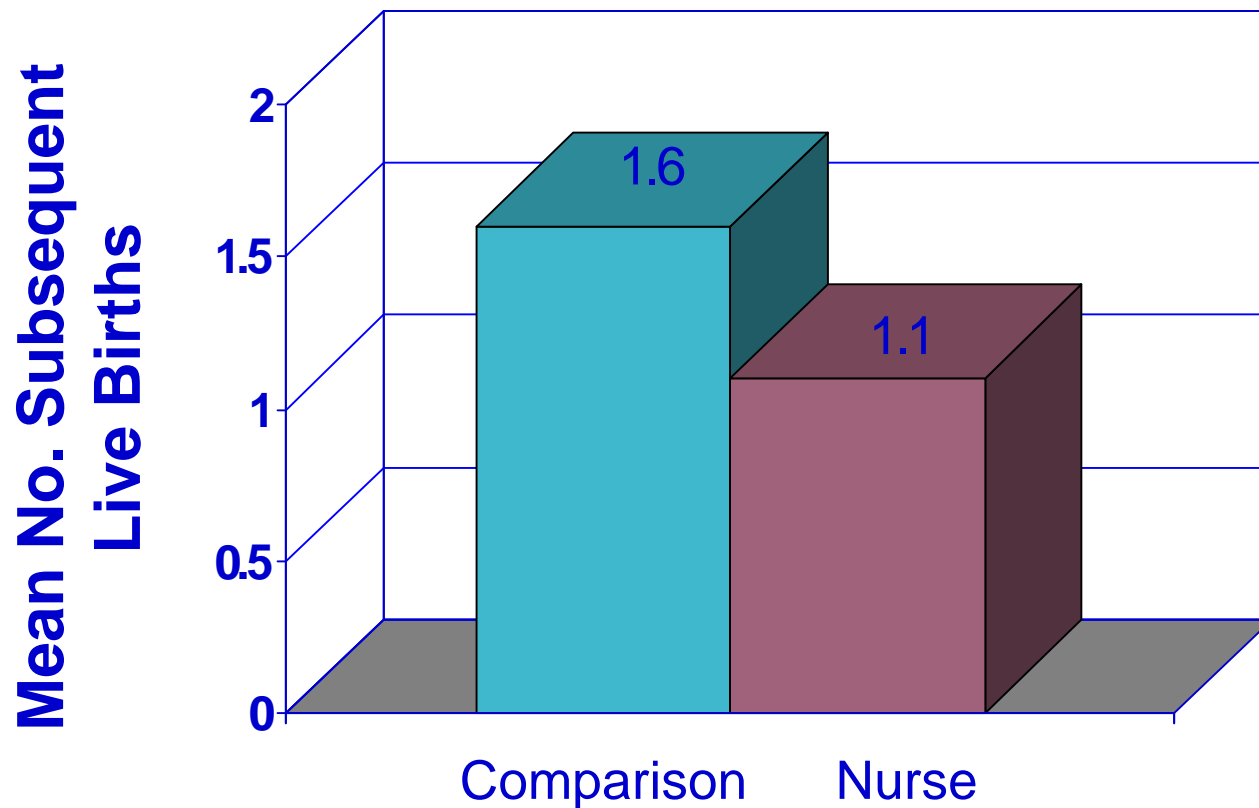
Nurse Activities

- **Form a relationship with parents by reinforcing their strengths**
- **Work with parents for 2 and a half years**
- **Help women improve their health behaviors**
- **Promote effective and responsible care of children**
- **Help parents plan future pregnancies, complete their educations, and find work**

Elmira Design

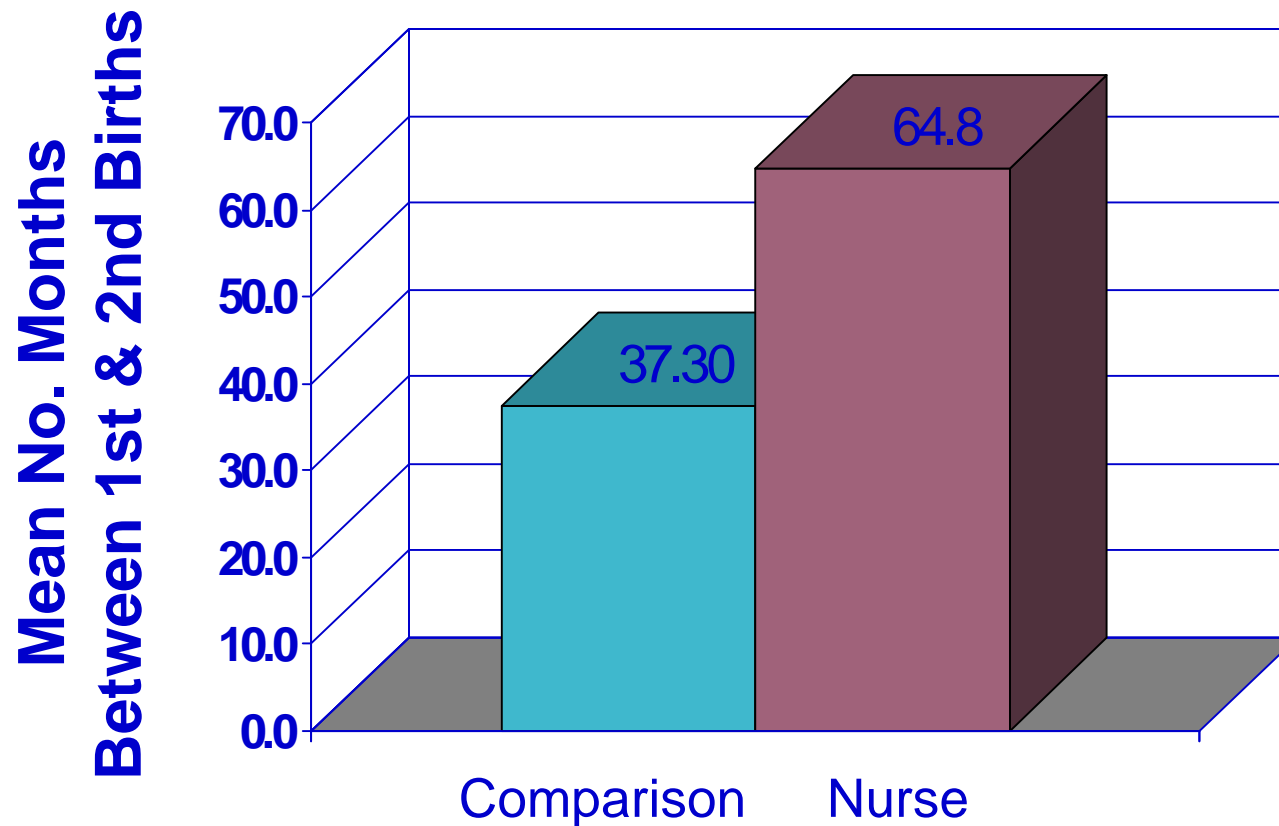
- **Comprehensive Program**
- **Semi-Rural Setting**
- **Sample (N = 400)**
 - **89% Caucasian**
 - **No Previous Live Births**
 - **85% Poor, Unmarried or Teenaged**
- **Randomized Design**
- **Efficacy Trial**

Subsequent Births - 0 - 15 years Low - Income Unmarried Mothers



Olds, D.L., Eckenrode, J., Henderson, Jr., C.R., et al. *JAMA* 1997; 278: 637-643.

Interpregnancy Interval - 0 - 15 Years Low - Income Unmarried Mothers

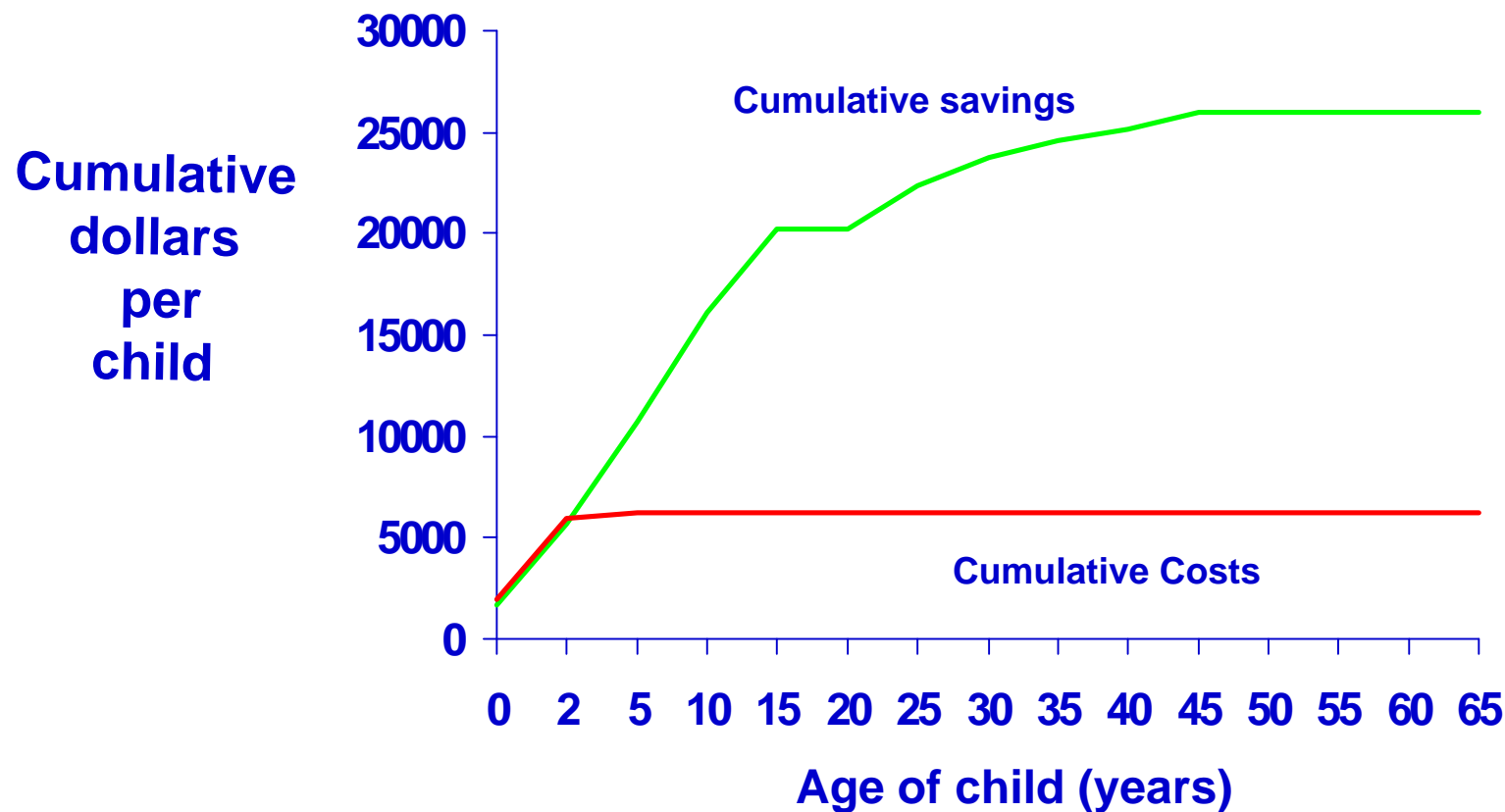


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Major Benefits - Low Income, Unmarried Women 15 year Follow-up - - Elmira, New York

- **79% fewer verified reports of child abuse or neglect**
- **31% fewer subsequent live births**
- **over 2 years' greater interval between the birth of their first and second child**
- **30 fewer months receiving welfare**
- **44% fewer behavioral problems due to alcohol and drug abuse**
- **69% fewer arrests among mothers**

Cumulative Cost Savings: Elmira Home Visits (High-Risk Families)



Karoly LA, Everingham SS, Hoube J, et al. *Benefits and Costs of Early-Childhood Interventions: A Documented Briefing*. Santa Monica, Calif:RAND;1997

Memphis Design

- **Urban Setting**
- **Sample** (N = 1139 for prenatal and N = 743 for postnatal)
 - **92% African American**
 - **98% Unmarried**
 - **85% < Federal Poverty Index**
 - **64% < 19 years at intake**
- **Randomized Trial**
- **Effectiveness Study**

Summary of Memphis Results

- **Nurse-visited women provide better care for their children**
- **Nurse-visited children were hospitalized for fewer days with injuries indicative of child abuse and neglect**
- **Nurse-visited mothers had fewer subsequent pregnancies**

Elmira

Memphis

**Study of Program Fidelity and
Dissemination Process**

- Department of Justice
- DHHS - Welfare Reform