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

Mean No. Subsequent Live Births

Comparison: 1.6
Nurse: 1.1

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

Mean No. Months Between 1st & 2nd Births

Comparison

Nurse

37.30
64.8

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)

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

Study of Program Fidelity and Dissemination Process

- Department of Justice
- DHHS - Welfare Reform