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The Strengths & Risks Framework: Updates

Your Presenter

Sara Lynch

Senior Manager, Nursing Education

Nurse-Family Partnership

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Discussion

1. Review:
    - What is STAR and what is the purpose?
    - How should STAR be used?

2. Summary of 2022 STAR Framework Enhancements
    - Distinguish between ongoing assessment and coding Measurement Categories, and data entry

3. How does STAR impact nursing practice?
    a. Nurse Home Visitors
    b. Nurse Supervisors
    c. Administrators
    d. NSO staff

Strengths and Risks Framework

STAR is a **comprehensive assessment** of the client.
It's the **first step** in the **Nursing Process.**

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Strengths and Risks Framework Measurement Categories

Personal Health

1. Substance Use and Misuse
2. Chronic Illness and/or Pregnancy Complications
3. Developmental and intellectual Disability or Limitation
4. Depression, Anxiety, and Mental Health Issues

Maternal Role

5. Caregiving Attitudes and Behaviors
6. Child Health and Development
7. Child Care

Life Course Development

8. Client Education and Work
9. Pregnancy Planning
10. English Literacy Limitations
11. Criminal Justice / Legal Issues

Family / Friends

12. Loneliness and Social Isolation
13. Intimate Partner Violence
14. Unsafe Family or Friends Network

Environmental Health

15. Economic Insecurity
16. Homelessness and Residential Instability
17. Environmental Health
18. Home Safety

Health and Human Services

19. Health Service Utilization
20. Well-Child Care - Infancy and Toddlerhood
21. Use of other Community Services

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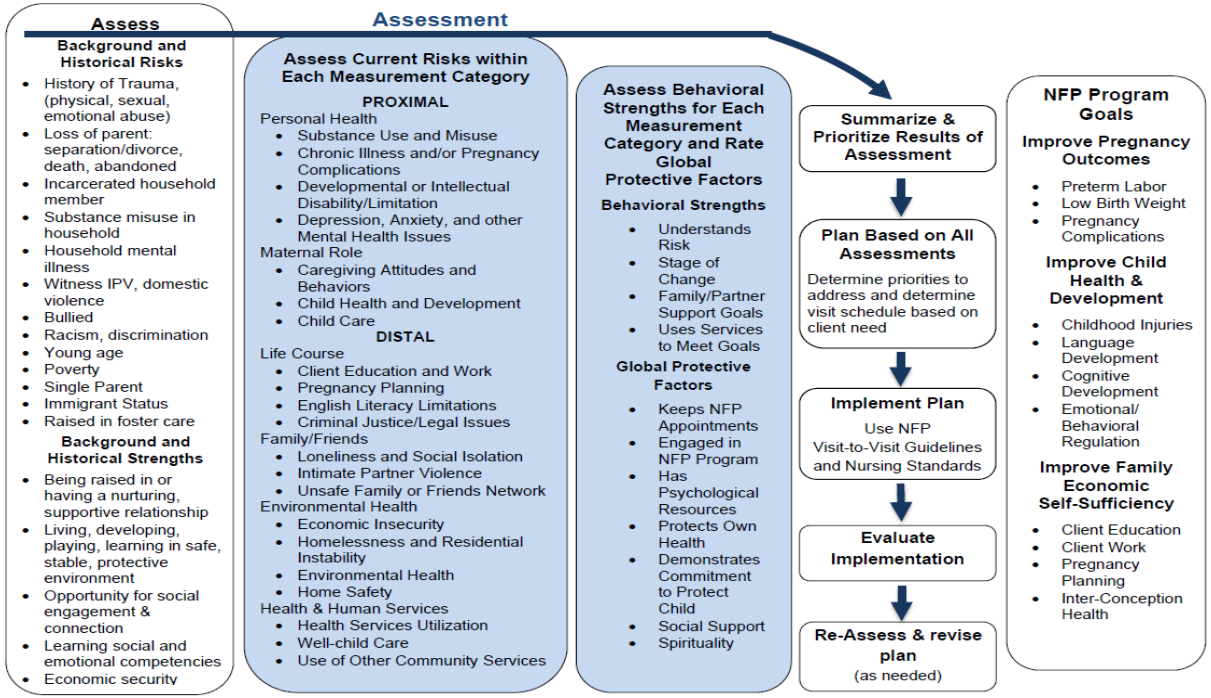
NFP Strengths and Risks Framework Conceptual Model

Figure 1: STAR Framework Conceptual Model



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Strengths and Risks (STAR) Framework

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Tools and Assessments

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- Generalized Anxiety Disorder 7-item (GAD-7) Scale 77
- GAD-7 Anxiety Scoring 78
- Patient Health Questionnaire (PHQ-9) 79
- REALM Teen Sheet 81
- REALM Teen Manual 82
- Loneliness/Social Isolation Scale 92
- Life History Calendar 93
- Stages of Change 96

STAR Framework Enhancements

OVERVIEW

- Revisions were informed by racially diverse nurses and supervisors in several subcommittees from the Innovations Advisory Committee:
  - STAR
  - Maternal Morbidity and Mortality
  - Cultural Awareness
- Episcopal Health Grant Teams in Texas
- ACES/TVIC workgroup
- Nurses who attended in-person education

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STAR Framework Enhancements

OVERVIEW

Notable additions

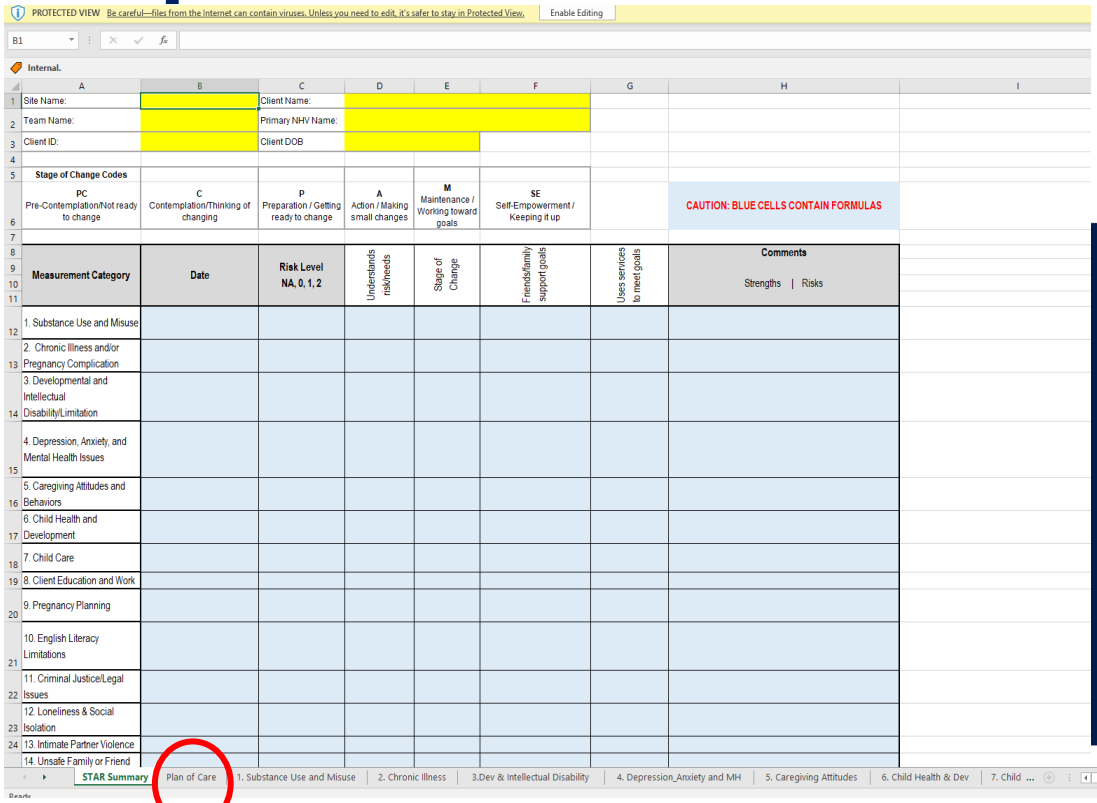
- Impact of racism/discrimination/bias
- Client History - ACES/TVIC Lens - Life History Assessment
- Gender inclusive language

Other Enhancements

- New PRN Timepoint
- Added Global Protective Factor (GPF)-Spirituality
- Quick Reference Guide replaces cheat sheet-
  - How to use on mobile devices.

STAR Ongoing Assessment: Documentation

NEW Documentation: Optional Excel Workbook



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B1

Internal.

	A	B	C	D	E	F	G	H	I
1	Site Name:		Client Name:						
2	Team Name:		Primary NHV Name:						
3	Client ID:		Client DOB						
4									
5	**Stage of Change Codes**								
6	**PC** Pre-Contemplation/Not ready to change	**C** Contemplation/Thinking of changing	**P** Preparation / Getting ready to change	**A** Action / Making small changes	**M** Maintenance / Working toward goals	**SE** Self-Empowerment / Keeping it up		CAUTION: BLUE CELLS CONTAIN FORMULAS	
7									
8									
9	**Measurement Category**	**Date**	**Risk Level NA, 0, 1, 2**	Understands risk/needs	Stage of Change	Friends/family support goals	Uses services to meet goals	**Comments** Strengths | Risks	
10									
11									
12	1. Substance Use and Misuse								
13	2. Chronic Illness and/or Pregnancy Complication								
14	3. Developmental and Intellectual Disability/Limitation								
15	4. Depression, Anxiety, and Mental Health Issues								
16	5. Caregiving Attitudes and Behaviors								
17	6. Child Health and Development								
18	7. Child Care								
19	8. Client Education and Work								
20	9. Pregnancy Planning								
21	10. English Literacy Limitations								
22	11. Criminal Justice/Legal Issues								
23	12. Loneliness & Social Isolation								
24	13. Intimate Partner Violence								
	14. Unsafe Family or Friend								

STAR Summary | Plan of Care | 1. Substance Use and Misuse | 2. Chronic Illness | 3.Dev & Intellectual Disability | 4. Depression_Anxiety and MH | 5. Caregiving Attitudes | 6. Child Health & Dev | 7. Child ...

Ready

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STAR Framework Documentation Guidance

For Excel Workbook

STAR Data Entry

STAR DCS Form

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STAR Framework

Client ID _____ Client Name _____

Date of Visit _____ Nurse ID _____ Nurse Name _____

Check One: ☐ Initial ☐ Pregnancy 36 Weeks ☐ Infancy 8 Weeks ☐ Infancy 12 Months ☐ Toddler 18 Months ☐ PRN

Personal Health

1. Substance Use & Misuse	2. Chronic Illness and/or Pregnancy Complication	3. Developmental and Intellectual Disability/Limitation
♦Risk Level ☐ 0 – Low (Skip to Q2) ☐ 1 - Moderate ☐ 2 – High ☐ NA – Not Addressed (Skip to Q2)	♦Risk Level ☐ 0 – Low (Skip to Q3) ☐ 1 - Moderate ☐ 2 – High ☐ NA – Not Addressed (Skip to Q3)	♦Risk Level ☐ 0 – Low (Skip to Q4) ☐ 1 - Moderate ☐ 2 – High ☐ NA – Not Addressed (Skip to Q4)
♦Understands Risk /Needs ☐ Yes ☐ No	♦Understands Risk /Needs ☐ Yes ☐ No	♦Understands Risk /Needs ☐ Yes ☐ No
♦Stage of Change ☐ PC – Pre-Contemplation (Skip to Q2) ☐ C - Contemplation ☐ P – Preparation ☐ A – Action ☐ M – Maintenance ☐ SE – Self Empowerment	♦Stage of Change ☐ PC – Pre-Contemplation (Skip to Q3) ☐ C - Contemplation ☐ P – Preparation ☐ A – Action ☐ M – Maintenance ☐ SE – Self Empowerment	♦Stage of Change ☐ PC – Pre-Contemplation (Skip to Q4) ☐ C - Contemplation ☐ P – Preparation ☐ A – Action ☐ M – Maintenance ☐ SE – Self Empowerment
♦Friends/family support goals ☐ Yes ☐ No	♦Friends/family support goals ☐ Yes ☐ No	♦Friends/family support goals ☐ Yes ☐ No
♦Uses services to meet goals ☐ Yes ☐ No	♦Uses services to meet goals ☐ Yes ☐ No	♦Uses services to meet goals ☐ Yes ☐ No

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Instructions for the STAR Framework

Purpose

The purpose of the STAR Framework is to support the nurses to organize their care by assessing the clients' strengths and risks for planning individualized interventions with the client.

General Guidelines

- When to complete this form for data entry:
  - After Fifth to Seventh visit
  - 36 weeks of pregnancy
  - 8 weeks postpartum
  - Infancy 12 months
  - Toddler 18 months
  - PRN
- A PRN data entry timepoint allows the nurse to capture "change over time". Use this timepoint when:
  - There is a significant* change in a Measurement Category (increase/decrease in risk, Stage of Change)
  - The nurse has a concern based on new information.
  - The nurse has a client who was transferred from another site with original STAR data at the previous site.
  - There was a missed data time point.

  **Risk factor change.*

Item Instructions

- For Date of Visit use the date that the STAR Framework assessment data was consolidated, not necessarily the date of a client visit.
- Complete the following for each of the 21 behaviors listed:
  - Client risk status as assessed at the time of the last visit.
  - Indicate if the client understands the risks/needs related to the risk identified.
  - Check the stage of change for the client related to the risk identified.
  - Indicate if the client has friends/family support related to the risk identified.
  - Indicate if the client uses services to meet her goals related to the risk identified.
- Comments are optional and will be captured in the data collection system differently. For Flo' Users, use the Notes section on the Service File as needed to enter any relevant comments. The process for this is documented in the Flo' User Manual.
- Please be aware that free text fields, comments, and notes are not required, and are not captured in reports.

STAR Impacts Practice

The Strengths and Risks Framework assessment is the catalyst for nursing intervention in NFP .

- Drives the individualized plan of care for each NFP client.
- Supports model outcomes.

Impacting Nurse Home Visitor Practice

STAR informs and supports NFP practice

- Visit Content
- Visit Dosage
- Achieves Program Outcomes

Impacting Supervisor Practice

- 1:1 Supervision
- Case Conferences & Team Meetings
- Referral Management
- Client Profile Report

Provides nurse supervisor with a holistic view of team caseload and team needs

Impacting Administrator Practice

- Community Awareness
  - Referral Sources
  - Client Services
- Program Champions
- Program Resources
  - Professional Development
- Funding

NFP works best when program theories are reflected in program administration

Impacting National Service Office Practice

- Ensure nurses receive STAR education
- Assess STAR integration
- Monitor reports
- Support NS
- Support Administrator

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QUESTIONS?