

Canadian Nurse-Family Partnership (NFP) Updates 2017.03.31

This document provides a summary of recent updates to the Canadian NFP program components, most notably the Canadian NFP Visit-to-Visit Guidelines 2.0 (2017) and the Canadian NFP Website.

It is important to ensure that all supervisors and public health nurses (PHNs) employed by organizations implementing and delivering NFP in different communities across Canada have access to up-to-date Visit-to-Visit guidelines including facilitators and nursing instructions that reflect Canadian content, processes and evidence.

However, it is also essential to recognize that there is flexibility within the NFP program to ensure that PHNs can augment the facilitator content with local resources or adapt to meet the specific needs as required (e.g. cultural adaptation, accommodation to literacy level) of any women enrolled in the program.

The updated Canadian NFP Visit-to-Visit Guidelines Version 2.0 (2017) have been revised based on: 1) emerging new evidence in the fields of maternal and child health; 2) extensive feedback formally collected from NFP PHNs and supervisors participating in the BCHCP Process Evaluation, as well as NFP PHNs and Supervisors in Ontario; as well as; 3) information and guidelines that reflect broader program changes within the NFP International community.

1. NFP Canada Website

- The changes to the website have been informed through formal feedback obtained from NFP PHNs in BC and Ontario.
- A search function has been programmed into the website, and is visible once logged in. It includes a keyword search which matches to any word within a file (e.g., not just to titles). If you know the title of the document you are searching for, you can enter the exact title in the keyword search and it should appear at the top of the results. You can also refine your search using the following drop-down menus: phase, domain, developmental age, and STAR category.
- The new website has a more contemporary appearance, includes photos of Canadian families enrolled in NFP (outside of any research contexts), as well as a more stable and secure platform. The new website will also enable us to also send out information, newsletters and Communiques to NFP stakeholders across Canada and Internationally, and to connect to social media. We anticipate also being able to communicate updates to NFP PHNs about revisions, new facilitators etc.
- Following beta-testing of the website, all NFP PHNs and Supervisors in Ontario and BC will be provided with new passwords and logins.
- The week of March 27, 2017, we will run a short pilot of the website with a small group of NFP PHNs, to identify and fix any potential glitches. We are aware that we might not find all of the issues. Once you have access to the website, please email any questions or issues to Susan Jack jacksm@mcmaster.ca. She will then forward the issue to the appropriate member of the NFP Canada Team to resolve the problem.
- A date and time for the “switch-over” will be communicated to all teams 1-2 weeks in advance to allow nurses to gather and prepare home visiting materials that they will require during the 2-3 hour transition process. We will work closely with McMaster Computer Services Unit to minimize any disruptions to your workflow. The transition will most likely occur on a Wednesday, in the morning hours (EST). Depending

on the outcomes of the beta-testing, it is our intent to have the site up and running no later than April 15, 2017.

2. Summary of Overall Changes to the Canadian NFP Visit-to-Visit Guidelines:

- In alignment with the International NFP Visit-to-Visit Guidelines, all facilitators that were in Special Topics or Miscellaneous have been moved into their relevant Content Domain (you can see exactly where each has been moved to in the table at the end of this document).
 - This change will support PHNs in documenting how much time was spent on each domain during the home visit on the “Home Visit Encounter” form.
- What's New & What's Next: There is now a separate folder just for them (located under the My Child and Me domains for Infancy and Toddler).
- How Do I Keep My Child Healthy? (Pregnancy + Infancy) + How Can I Keep My Child Healthy? (Toddler) – now are all called How Can I Keep... to be consistent
- The copyright wording was updated to be aligned with the current guidance from the University of Colorado.
- The previous Content Tracking forms were complex WORD documents and were very difficult to update as all the formatting would get thrown off. We have now moved to a simpler and updated version of the WORD document plus we have developed a searchable Excel spreadsheet. Both of these tools will be available on the NFP Canada website.

3. New Mental Health Facilitators

- The new Mental Health education module will be released this year, specifically designed to support NFP nurses who visit clients who display symptoms of anxiety and/or depression. In anticipation of this we have included the five new facilitators which were developed as part of the module.
- They are all found in a new packet called “**How Do I Stay Mentally Healthy?**” under the domain “**My Life**”

My Life	<p>How Do I Stay Mentally Healthy?</p> <ul style="list-style-type: none"> • Breathe Those Thoughts Away • Is My Anxiety Reaching the Red Zone?* • Does Your Mind Mind You? • Exercise Goes Everywhere With Me • My Emergency Plan • My Parachute • My Song
----------------	--

*This facilitator was developed by NFP Canada in 2016

4. Intimate Partner Violence (IPV)

- A revised NFP IPV clinical pathway has been developed. All BC Teams and the Hamilton NFP team received an orientation to the changes in Fall 2016. Changes that were reviewed during the orientation are summarized below:
 - Use of colours to align pathway steps to the Nursing Process: Assessment (Orange); Diagnosis (Purple/Red), Planning (Blue), Implementation (Green) and Evaluation (yellow).
 - Introduction of a step called “1. Build the Foundation.” Asking about womens’ experiences of IPV requires the establishment of a safe therapeutic relationship characterized by trust. To facilitate this process, this step includes completion of two facilitators, “Life History Calendar” (complete around Visit P2 or P3) and then “How Is It Going Between Us?” (complete on Visit P5). In the original NFP Pathway, the” Life History Calendar” was part of the “Universal Assessment of Safety” Visit – it is now completed earlier and on its own. The new time for administering the “Life

History Calendar” is also in alignment with recommendations within STAR to allow for the assessment of historical risks.

- Universal Assessment of Safety – this is a discussion that allows you to explore with a woman her sense of safety in her community, family and relationships, explore and understand the number and quality of supports that she has (“My Support”), as well as to talk about characteristics of healthy and unhealthy relationships (“Power & Control Wheel”, “Equality Wheel”). Through these discussions, she might share an experience of IPV. Complete the Clinical IPV Assessment, then move to step 4b. If the during these discussions there is no disclosure of personal experiences of IPV, still complete the Clinical IPV Assessment, if there is still no disclosure (e.g. all NO responses on Clinical IPV Assessment), then proceed to step 4a.
- If a client initiates a disclosure of IPV (step 2c) – then instructions to provide an empathic response have been added. This would reflect that natural process in the clinical setting – e.g. a client shares her experience (unprompted) of IPV with the PHN, the PHN responds empathically and then initiates the Risk Assessment (5a) including the Danger Assessment. Completion of the Danger Assessment Calendar and Questionnaire will provide the PHN with sufficient data to complete her Nursing Assessment Forms.
- The Clinical IPV Assessment form has been revised and re-formatted. The facilitator has been given an abbreviated title based on feedback from the BC Team of Educators.
- Instructions to identify and classify the type(s) of IPV a woman has experienced (e.g. intimate terrorism, situational couple violence or violent resistance) has been added to box 4b.
- In addition to the types of IPV a woman may experience, all NFP PHNs will tailor their nursing plan of care based on: 1) client’s Danger Assessment Score; 2) client’s stage of readiness to address safety and 3) presence of mental health or substance use issues. These three conditions that inform planning are now consolidated in the blue box or “5. Identify Client Needs & Develop Safety & Support Plan.”
- As part of the Risk Assessment [e.g. 5a. Identify Client Needs & Develop Safety & Support Plan] – the essential facilitator “My Safety Options” has been revised – specifically allowing space for the woman first to identify what options for safety are available to her – prior to the public health nurse identifying and discussing alternate options.
- Danger Assessment Nursing Instructions: These have been substantially updated; including inclusion of a suicide risk screen and a suggested pathway for responding to expressions of suicidal ideation (for NFP implementing agencies that do not already have a policy and procedure in place). This is essential for NFP PHNs to review so that they are aware of how to respond if a woman answers “YES” to Question 20 on the Danger Assessment (e.g. yes to thoughts of suicide or harming self).
- In section “5c. Complete Mental Health & Substance Use Assessment & Referral, step A – Review or complete mental health screens. A note has been added that these screens can include the Edinburgh Postnatal Depression Screen, PHQ-9, GAD. The PHQ-9 and GAD are recommended in STAR; they have been added to this pathway for sites that have implemented STAR. However, the choice of mental health assessments and screens will be left up to the discretion of the Provincial Clinical Leads.
- On the pathway, section “6. Implement Nursing Interventions Tailored to Client Needs” - Facilitators in “What if Someone is Hurting Me?” have been updated, with a new facilitator “Relationship Red Flags” being added (facilitator to be finalized May 2017).
- The facilitator “Choices” has been removed – please no longer use this facilitator. As a replacement, a facilitator called “Imagine” has been developed and can be found in the packet “What if Someone is Hurting Me?”
- The following two facilitators in the packet “How Can I Protect My Baby & Myself?” have been updated and revised: “Safety on the Internet” and “Safety & Social Networking.”
- On the pathway, Section “7. Continuously Evaluate Client Goals & Outcomes” has been added to the pathway to reflect all stages of the Nursing Process. This box is a reminder that a woman’s

safety, as well as the nature of her relationship with her partner has the potential to be constantly changing. Therefore, it is imperative that PHNs continue to re-assess and develop new plans of care based on the client's changing situation or increased level of danger.

5. PIPE Lesson Plans

- Negotiations are currently underway with the “How to Read Your Baby” [PIPE] organization to seek permission to post the PIPE lesson plans and planning sheets on the NFP Canada website. Until, these negotiations are completed, the PIPE materials have been removed from the NFP Canada website.

6. The Strengths and Risks (STAR) Framework

- As per the international guidance document, “The Strengths and Risks Assessment (STAR) Framework has evolved to become the approach by which nurse assessments in the Nurse-Family Partnership (NFP) program are used to guide program delivery. Therefore it is important that every society implement a version of the STAR Framework or an equivalent strengths and risks assessment that supports fidelity to the NFP model and is in alignment with societal nursing practice.”
- We are at a very early stage of considering how/if STAR will be used in Canada. We have imbedded STAR in the Guidelines anticipating that it might be used in Canada. However, Clinical Leads as always will determine this process.
- If STAR is not being used at this time, PHNs can simply omit the guidance/reminders for its' use.

7. Schedule of Nursing Assessment Forms

- In order to minimize any confusion around the use of STAR we have posted two versions of the schedules:
 1. Schedule of NFP Nursing Assessment Forms – Using STAR
 2. Schedule of NFP Nursing Assessment Forms – BC
- For PHNs using STAR there are two additional assessment forms they will use.
 1. General Anxiety Disorder 7-item Scale (GAD-7)
 2. Patient Health Questionnaire-9 (PHQ-9)
- In the individual visit guidelines, under “NFP Nursing Assessment Forms for this visit” it will say:
 - General Anxiety Disorder 7-item Scale (GAD-7) or Edinburgh Postnatal Depression Scale (EPDS)
 - Note: Clinical leads will determine whether EPDS or GAD-7 is used
 - Patient Health Questionnaire-9 (PHQ-9) – omit if not using STAR
 - General Anxiety Disorder 7-item Scale (18 months only): omit if not using STAR
- The “Health Habits” form should be completed at P1 (in addition to 36 weeks pregnant and 12 months of age)- this was missed in version 1 so has been corrected.
- In the Visit-to-Visit guidelines “Health Habits” and EPDS are changed from 36 weeks’ gestation to 34-36 weeks’ gestation to accommodate those using STAR.
 - On the Schedule of NFP Nursing Assessment Forms – BC they would remain at 36 weeks
 - On the Schedule of NFP Nursing Assessment Forms –Using STAR they are done at 34 weeks
- In the individual visit guidelines, under “NFP Nursing Assessment Forms for this visit” it will say:
 - General Anxiety Disorder 7-item Scale (GAD-7) or Edinburgh
 - Patient Health Questionnaire-9 (PHQ-9) – omit if not using STAR
- Because some NFP PHNs in Ontario are using NCAST, throughout the Visit-to-Visit Guidelines we have said DANCE/NCAST

8. Consolidating MY CHILD and TAKING CARE OF MY CHILD

- In consultation with our partners at the US National Service Office, as well as the International NFP Consultant for Canada (Elly Yost), it became clear that the criteria to determine what was in MY CHILD and TAKING CARE OF MY CHILD was not consistently applied. Given they both align with Maternal Role we have merged them together into “My Child and Me.”

9. Formatting of Packets Across Three Program Phases:

- “How Do I Take Care of a Newborn?” (Pregnancy) + “How Do I Take Care of My Newborn Baby?” (Infancy)
 - Both now called “How Do I Take Care of My Newborn Baby?” to ensure consistency
- “What Do I Do When My Baby Cries” (Pregnancy) → renamed to be the same as “How Do I Calm My Fussy Baby?” (Infancy)
- “How Do I Talk with My Baby's Doctor?” (Pregnancy) + “What Do I Do When My Baby is Sick?” (Infancy) → renamed to “How Do I Keep My Baby Healthy?”
- MY CHILD/“What Happens When Baby Gets Teeth” → No longer a separate packet; → All 3 facilitators Added to MY CHILD/“How Do I Keep My Baby Healthy?”
- “How Can I Keep My Child Safe at Home” + “How Can I Keep My Home and Neighbourhood Safe” → combined into “How Can I Keep My Home Safe?”

SPECIAL TOPICS FACILITATORS MOVED TO RELEVANT DOMAINS/PACKETS

P = Pregnancy I = Infancy T = Toddler

Facilitator	New Domain	Packet Title	P	I	T
Dads Days	MY CHILD AND ME	How Can I Be the Best Parent I Can Be?		x	
I Have a New Baby! Now What?	MY CHILD AND ME	How Can I Be the Best Parent I Can Be?		x	
My Year As a Dad	MY CHILD AND ME	How Can I Be the Best Parent I Can Be?		x	
My Year As a Mom	MY CHILD AND ME	How Can I Be the Best Parent I Can Be?		x	
Postpartum Danger Signs	MY HEALTH	How Can I Stay Healthy During Pregnancy?		x	
Why Vote?	MY LIFE	How Can I Solve Problems in My Life?	x	x	
Collecting or Hoarding?	MY HOME	How Can I Be Safe in My Home and Neighbourhood?	x	x	x
What is Hoarding?	MY HOME	How Can I Be Safe in My Home and Neighbourhood?	x	x	x
Parenting and Media	MY CHILD AND ME	How Can I Be the Best Parent I Can Be?	x	x	x
What If My Baby Has Health Problems? (whole packet)	MY CHILD AND ME	What If My Baby Has Health Problems?		x	x
Bad Things Happen: How Can I Help My Baby/Child?	MY CHILD AND ME	How Can I Be the Best Parent I Can Be?		x	x
My Culture Choice Sheet	MY FAMILY AND FRIENDS	How Can I Find Support	x	x	x
Finding Good Websites	MY HEALTH	How Can I Be Healthier /? How Can I Stay Healthy	x	x	x
Bad Things Happen: How Can I Help Myself?	MY LIFE	What Do I Do When I'm Stressed Out?	x	x	x
Goal Setting (whole packet)	MY LIFE	Goal Setting	x	x	x
Grief & Loss (whole packet)	MY LIFE	Grief & Loss	x	x	x
How Is It Going Between Us*	V2V Guidelines- HV Resources	N/A	x	x	x
The NFP Program - How Does It Work? *	V2V Guidelines- HV Resources	N/A	x	x	x

*These are not facilitators so have been included in the Visit-to-Visit Guidelines “resources”

Packets in MY HOME reduced from seven to four

As you can see from the table below, the packet names were inconsistent in MY HOME

Version 1 Wording			Revised
Pregnancy	Infancy	Toddler	
How can I keep my home and neighbourhood safe?	How can I be safe in my home and neighbourhood?	How can I keep my child safe at home	How can I keep my home safe?
What if I decide to move?	What If I decide to move?	How can I keep my child safe outside?	How can I keep my child safe outside?
	How do I keep my baby safe?	How do I protect my child from accidents?	How do I protect my baby/child from accidents?
			My neighbourhood

THESE FACILITATORS ARE NOW IN THE FOLLOWING PACKETS:

Facilitator	P	I	T	Previous Packet Title	Current Packet Title
Bugs Rodents and Other Uninvited Guests	p	i	t	How Can I Keep My Child Safe at Home?	How Can I Keep My Home Safe?
Cleaning During Pregnancy	p			How Can I Keep My Home and Neighbourhood Safe?	How Can I Keep My Home Safe?
Cleaning House Safely	p	i	t	How Can I Keep My Child Safe at Home?	How Can I Keep My Home Safe?
Collecting or Hoarding?	p	i	t	How Can I Keep My Home and Neighbourhood Safe?	How Can I Keep My Home Safe?
Don't Change the Litter Box	p			How Can I Keep My Home & Neighbourhood Safe?	How Can I Keep My Home Safe?
Making Natural Cleaning Products	p	i	t	How Can I Keep My Home & Neighbourhood Safe?	How Can I Keep My Home Safe?
What is Hoarding?	p	i	t	How Can I Keep My Home & Neighbourhood Safe?	How Can I Keep My Home Safe?
Moving Checklist	p	i	t	What If I Decide to Move?	My Neighbourhood
Moving Tips	p	i	t	What If I Decide to Move?	My Neighbourhood
Safer Homes and Neighborhoods Checklist	p	i	t	How Can I Keep My Home & Neighbourhood Safe?	My Neighbourhood
Safer Homes and Neighbourhoods Tips	p	i	t	How Can I Keep My Home & Neighbourhood Safe?	My Neighbourhood

“How Do I Protect My Child From Accidents” - unchanged

NEW NFP CANADA FACILITATORS (REQUESTED, IN DEVELOPMENT OR COMPLETED)

DOMAIN	Packet Title/Facilitator Name	Facilitator
My Child and Me	How Do Smoking and Alcohol Use Affect my Baby?	<ul style="list-style-type: none"> • <i>Vaping and e-cigarettes (requested)</i>
My Child and Me	How Do I Get Ready to Be a Parent?	<ul style="list-style-type: none"> • <i>Develop new parenting facilitator(s) that are inclusive/sensitive to LGBTQ + parenting</i> • <i>Current facilitators are: “As a Mom, as a Dad, becoming a Mom, Becoming a Dad etc.” (requested)</i>
My Home	How Can I keep My Child Safe at Home?	<ul style="list-style-type: none"> • <i>Bed Bugs (requested)</i>
My Home	How Do I Protect My Child from Accidents?	<ul style="list-style-type: none"> • <i>Car Seats- Toddler (requested)</i>
My Home	How Do I Protect My Child from Accidents?	<ul style="list-style-type: none"> • <i>Falls- Toddler (requested)</i>
My Family & Friends	What if Someone is Hurting Me?	<ul style="list-style-type: none"> • <i>Relationship Red Flags (in development)</i>
My Family & Friends	What if Someone is Hurting Me?	<ul style="list-style-type: none"> • <i>Imagine (Completed)</i>
My Family & Friends	What if Someone is Hurting Me?	<ul style="list-style-type: none"> • <i>Power & Control Wheel (Childbearing year) (completed)</i> • <i>Power & Control Wheel for Women’s Substance abuse (completed)</i>
My Family & Friends	How Can I Get Along With My Family & Friends	<ul style="list-style-type: none"> • <i>How to Develop Healthy Relationships (requested)</i>
My Health	What Will Labour and Delivery Be Like?	<ul style="list-style-type: none"> • <i>Pain Relief in Labour (in development)</i>
My Child and Me	What Should I Feed My Baby? 6-12 months	<ul style="list-style-type: none"> • <i>Guide to Infant Feeding (update in development)</i>