

Agenda item:

Title of meeting: Health and Wellbeing Board

Subject: Update from the Pre-birth to 5 years old - Update on the Health Visiting Transfer and Healthy Child Programme

Date of meeting: 17 June 2015

Report by: Director of Public Health, Portsmouth City Council, and Director of Nursing, NHS England (Wessex).

Wards affected: All

1. Requested by Health and Wellbeing Board

2. Purpose

To update the Health and Wellbeing Board on pre-birth to 5 public health services; the Health Visiting transfer and Healthy Child Programme.

3. National context

- 3.1 The evidence for giving children the best start in life, preventing problems before they arise and intervening early is well established. In recognition of this, the four-year 2011 Health Visiting Programme was established to increase the numbers of health visitors and transform health visiting services. The programme aimed to improve outcomes for children and young people.ⁱ
- 3.2 Health Visiting, a workforce of specialist community public health nurses who deliver the universal 0-5 Healthy Child programme. They provide expert advice, support and interventions to families with children in the first years of life, and help empower parents to make decisions that affect their family's future health and wellbeing. This service is led by health visitors and supported by a skill mix team. The service is central to delivering public health outcomes for children.
- 3.3 The Family Nurse Partnership is an intensive, evidence based, structured, home visiting programme, which is offered to first time parents under the age of 20. A specially trained family nurse visits the mother regularly from early pregnancy until the baby is 2 years old and builds a close, supportive relationship with the family.
- 3.4 The Healthy Child Programme is an evidence based programme for children and families, including developmental reviews, information and guidance needed to achieve their optimum health and well-being. The HCP aims to improve a range of outcomes such as: strong parental-child attachment; better child social and emotional

well-being; a reduction in childhood obesity; prevention of serious and communicable diseases; improved readiness for school and learning; better short and long-term outcomes for children at risk of social exclusion.ⁱⁱ

- 3.5 The Health Visitor Implementation Plan 2011-15 sets out four-levels of services families can expect from health visitors. The first two elements, are provided universally to all families, the 'Community' and 'Universal' services. Additional support is available for those who need it through the 'Universal Plus' and 'Universal Partnership Plus' elements.
- 3.6 Commissioning responsibility for public health services for 0-5 year olds (including Health Visiting and Family Nurse Partnership) transfers from NHS England to Local Authorities from on 1 October 2015.

4. Early years services in Portsmouth

- 4.1 The Pre-birth to 5 Board of the Portsmouth Children's Trust Board aims to "Ensure Portsmouth is a city where all young people get the best possible start in life, focussing on the crucial pre-birth to five years and achieve their full potential." One of its 3 objectives is to "Improve outcomes for the pre-birth to 5 age group through effective and integrated support. This requires a joined-up multi-agency strategy and an increasingly integrated service offer for families with young children."
- 4.2 Following Portsmouth City Council's Senior Management Review, responsibility for the delivery of Children's Centres moved from the Education to Public Health Directorate from 1st April 2015.
- 4.3 The Children's Trust Board has agreed an implementation programme to deliver services for 0-19 year olds through Multi-Agency Teams from April 2016.

5. Progress to date

- 5.1 The Portsmouth Transition Project Group, led by NHS England Wessex team is in place to oversee the transition of public health services 0-5 years from NHS England to Local Authorities. Meetings are held on a bi-monthly basis
- 5.2 Solent NHS Trust have delivered the Portsmouth City target set through the 2011 Health Visiting Trajectory programme, to increase the number of Qualified health visitors to 60.5 whole time equivalent . The FNP programme has a full complement of staff to deliver places to families in the City. Portsmouth City Council has and continues to fully two nurses as part of an agreement to invest locally in this programme. A number of FNP nurses are also qualified Health Visitors and are included in the overall Health visitor trajectory.
- 5.3 The funding transfer allocation announced is £3.946m annually, including £30k commissioning costs. The half-year funding for 2015/16 is just under £2m.
- 5.4 The current Health Visiting NHS contract will novate on 1st October 2015 and expire 31st March 2016. Options for the future contact from April 2016 are being considered,

and a decision will be taken through the Cabinet Member for Health and Social Care. Elements of health visitor service provision are mandated which will present a challenge with the flexibility of the workforce and the potential for efficiencies.

- 5.5 NHS England have invited the Director of Public Health's representative to shadow their Commissioning Contracts Performance Meeting with the provider, in preparation for transition.
- 5.6 An integrated Early Years Steering Group was established in January 2015 to explore how Health Visiting and Children's Centres can be integrated, consisting of Early Years, Solent and Public Health. This group has progressed work on joint outcomes and training needs. This has now been superseded by the Multi-Agency Team Board and workstreams.
- 5.7 The Director of Public Health and Director of Children's Services are meeting regularly to oversee the transition of delivery of Children's Centres from Education to Public Health in response to the PCC Senior Management review and to consider the implications associated with the development of Multi Agency Teams, commissioning, resources and statutory responsibilities
- 5.8 The Director of Public Health, Director Children's Services and Director of Children's Services at Solent NHS Trust are members of the Multi-Agency Teams Delivery Board.
- 5.9 The pre-birth to 5 Board has agreed to refresh its targets and Implementation Plan for 2016, so that it can continue monitor outcomes for children pre-birth to 5 and provide assurance to the Children's Trust Board during this period of transformation.

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Signed by Director of Public Health

Appendix - Examples of the Health Visiting and Family Nurse Partnership work

The following describes how the Healthy Child programme is impacting in real terms for the families and children resident in Portsmouth City.

Health Visiting

Pre and Post natal depression

Maternal mental ill health is common, with around 1 in 10 mothers experiencing mild to moderate postnatal depression. The condition can have a significant impact not only on the mother and baby, but also on her partner and the rest of the family. It is recognised nationally that most pre and postnatal mental health go unrecognised, and are under detected and under reported. Evidence suggests that 10 – 15% of the Health Visitor caseload are identified with Post natal Depression (low maternal mood) by 12 weeks post-natally.

In order to address this improving early identification of mothers suffering with low maternal mood and onwards referral for appropriate care was implemented as part of Commissioning for Quality and Innovation (CQUIN) by NHS England, the current commissioners.

To achieve this Solent NHS Trust trained Health Visiting staff to assess low maternal mood from 6-8 weeks post-natally, assess parental attachment and offer interventions to families.

Further to this sixty health visitors were trained between October and December 2014 to provide 4-6 effective listening visits to support women showing very early signs of mental distress.

As a result of this 95% of women received a recognised maternal mood assessment of which 11% were identified as suffering with a degree of low mood, confirming national evidence. Of those women identified all were referred to an appropriate level of intervention, support and treatment

Initial feedback from both mothers and Health Visitors was positive with women and families receiving appropriate support preventing escalation of symptoms. This work is now embedded as core business within the service.

Family Nurse Partnership

The work of the Portsmouth FNP was commended in the Portsmouth City Council Ofsted report in September 2014 and has been recognised as one of the top performing sites in the country. In October 2014 the team were nominated and won The Portsmouth News Team of the Year award. Furthermore the Portsmouth site was picked as one of two teams from the national FNP programme to feature in The Observer national newspaper illustrating how the programme is improving the outcomes for children and families in their care.

Currently there are 185 clients who have enrolled on the programme. As shown in the table below the Portsmouth FNP service continues to outperform in key health improvement areas than the overall programme nationally.

Outcomes	FNP national programme %	FNP Portsmouth programme %
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Breastfeeding initiation	55.8	59.1
Breast feeding at 6 weeks	14.3	19.6
Smoking at booking	36.9	34.6
Smoking at 36 weeks of pregnancy	32.9	29.3
A&E visits due to injury/swallowing 0-12 months	9.4	4.5
Immunisations completed and up to date	91.4	97.5

Portsmouth FNP Annual Report 2015

Background list of documents: Section 100D of the Local Government Act 1972

The following documents disclose facts or matters, which have been relied upon to a material extent by the author in preparing this report:

Title of document	Location

ⁱ https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/407644/overview1-health-visit.pdf

ⁱⁱ <https://www.gov.uk/government/publications/healthy-child-programme-pregnancy-and-the-first-5-years-of-life>