Improving the health and wellbeing of children and young people 0-19. The Health Visiting and School Nursing contribution to improving health outcomes for children, young people and families, below outlines the health visitor and school nurse contribution to leading and delivering the Healthy Child Programme 0-19 years (October 2009). The Vision and Service Models for Health Visiting and School Nursing have been set in the context of the broader national nursing strategy - Developing a Culture of Compassionate Care (December 2012), which includes the six Cs – values and behaviours together with the six priority actions for maintaining health and wellbeing outcomes.



Care

- Care about the health and wellbeing of children, young people, families and communities.
- Deliver high quality, personalised care, spend time providing children, young people and families with current evidence based resources enabling them to support their child's health and wellbeing.
- Deliver high quality, personalised care.
- Support children and young people with additional or complex health needs.
- Provide tailored support.

Compassion

- Compassion for children, young people and families in distress or those experiencing difficulty.
- Listen and act on what parents, children and young people say are important to them.
- Recognise the uniqueness of the family context and supporting positive relationships.

Competence

- Ensure teams are led by a SCPHN qualified nurse.
- Ensure training and development infrastructure delivers competency, including through Healthy Child Programme learning materials, adolescent health e-learning and the Building Community Capacity programme, alongside others.
- Ensure the skill mix within the team reflects local population needs.
- Provide support and supervision to develop staff.

Communication

- Communicate with children, young people and families to promote health and wellbeing, prevent ill health and empower communities.
- Ensure a comprehensive needs assessment is undertaken and is supported by early offer of help.
- Act as a conduit for information supporting children, young people and families.
- Communicate with partner organisations to ensure seamless links and interfaces.

Courage

- Have courage to make difficult decisions and to stand by their beliefs and values.
- Advocate for the needs of children, young people and families to ensure their best interests are met.
- Provide challenge.

Commitment

- Commit to public health agenda and to the communities in which they work, improving public health outcomes.
- Find solutions through effective partnerships, negotiation and influencing.
- Empower parents and young people to make changes for themselves and to be the best they can be.

Leading and delivering the Healthy Child programme 0-19

'The Health Visitor and School Nurse Service Offer'

Your Community has a range of health services (including GP and community services) for children, young people and their families. Health visitors and school nurses develop and provide these and make sure you know about them.

Universal Services from your health visitor and school nursing teams provide the Healthy Child Programme to ensure a healthy start for every child (e.g. Public Health, parenting advice, including immunisations and health checks). They support children and parents to ensure access to a range of community services.

Universal Plus delivers a swift response from your health visitor/school nurse service when you need specific expert help e.g. with post natal depression, sleepless baby and weaning, sexual health, mental health concerns, long-term health issues and additional health needs.

Universal Partnership Plus delivers ongoing support from your health visiting and school nurse team from a range of local services working together with you to deal with more complex issues over a period of time (e.g. with voluntary and community organisations and your local authority).

Quality Standards

The school nursing service provided should encapsulate the "You're Welcome" quality criteria* and therefore address:

- Accessibility:
- Accessibility;
 Publicity;
- Confidentiality and Consent;
- Environment;
- Staff training, skills, attitudes and values;
- Joined-up working;
- Young people's involvement in monitoring and evaluation of patient experience;
- Health issues for young people;
- Sexual and reproductive health services;
- Specialist and targeted child and adolescent mental health services.

* Department of Health 2011, British Youth Council 2011

The health visiting service should be delivered in line with the Healthy Child Programme 0-5 framework, an evidence-based programme of screening, visiting and interventions from pregnancy to age 5, ensuring:

- Working practice that uses the latest evidence from neuroscience;
- Parenting support programmes including Preparing for Pregnancy, Birth and Beyond;
- Evidence based interventions using principles of motivational interviewing/promotional interviewing;
- Early identification of risk and need at an individual, family and community level;
- Early intervention and prevention work that meets the needs and aspirations of the family;
- Appropriate networks of support through close working partnerships with a range of organisations.

Outcomes: leading & contributing to:

- Improved health and wellbeing and a reduction in health inequalities
- Promoted healthy lifestyles and social cohesion by reaching and influencing the wider community.
- Improved planning of local services to reduce health inequalities.
- Promote healthy lifestyles and work with communities to build and use the strengths within those communities to improve health and wellbeing and reduce inequalities.
- Achieve population (or 'herd') immunity through the increased uptake of immunisations.
- Increase access to evidence-based interventions through the Healthy Child Programme to children and families tailored to specific need.
- Increased breastfeeding, appropriate infant nutrition and lifestyle changes to tackle rising obesity and related illness in later life.
- Improved maternal mental health and wellbeing enabling strong early attachment and infant emotional wellbeing.
- Improved school readiness.
- Reduced number of children requiring formal safeguarding arrangements achieved through early identification and intervention.

Making this happen for children and young people - health visitors and school nurses should lead in these six areas and embedded throughout is Leadership, Ownership, Partnerships

Maximising health and wellbeing. Helping people to stay independent

- Create communities that understand how to support children and young people's health and wellbeing
- Lead, deliver and evaluate public

Working with people to provide a positive experience

- Understand the needs and challenges for children and young people
- Recognise the signs and risk factors and respond to the individuals' and families needs to support improved health and wellbeing

Delivering care and measuring impact

- Ensure care and support is evidence based
- Ensure robust systems to report outcomes and measure effectiveness of interventions including service user feedback

Building and strengthening leadership

- Act as a professional role model for all, providing leadership and support to the team in improving health outcomes and efficient service delivery
- Lead the HCP and influence wider public health agenda

Ensuring we have the right staff, with the right skills and attributes in the right place

- Ensure the team is led by a SCPHN, supported by a team who understand public health nursing and develop expertise through competencies
- Expand knowledge of neuroscience

Supporting positive staff experience

- Enable time to listen, reflect and support staff to provide a family-centred service within a variety of settings
- Develop future nurse leaders by providing excellent practice placements