

Further information about universal children's nursing services

1. What is this consultation about and why are we doing it?

This consultation focuses on universal public health services in Northamptonshire – i.e. those traditionally provided by health visitors, family nurses, specialist breastfeeding support staff and school nurses for all children and young people, from pregnancy and birth, through to 19 years of age. This guide aims to give you all the information you need to help you understand the services provided now and why we want to improve them.

Northamptonshire County Council are seeking your views to help shape the future design of public health services for children and young people (CYP) in Northamptonshire. We want to make sure that these services deliver what is needed in the future.

Services for children and young people in Northamptonshire are provided by many different organisations. This includes the:

- **NHS**
 - hospitals
 - GP surgeries and health centres
 - health visitors
- **Northamptonshire County Council**
 - schools
 - social care
 - youth services
 - children's centres
- **Voluntary sector**
 - child care
 - support groups for children and parents

All of these services need to work well together so that children, young people and their families get the right service at the right time, to keep them healthy.

2. What are Universal Public Health Services for 0-19 year olds?

Universal public health services for children and young people are mainly delivered through a national programme, called the Healthy Child Programme. In April 2013 Northamptonshire County Council became responsible for providing the Healthy Child Programme (through school nursing services) to all 5-19 year olds. From October 2015, the Council also became responsible for providing the Healthy Child Programme (through health visiting services) to all 0-5 year olds in Northamptonshire.

The 0-5 years Healthy Child Programme is a universal public health service available to all families and it aims to:

- help parents develop a strong bond with children
- encourage care that keeps children healthy and safe

- protect children from serious diseases, through screening and immunisation
- reduce childhood obesity by promoting healthy eating and physical activity
- encourage mothers to breastfeed
- identify problems in children's health and development (for example learning difficulties) and safety (for example parental neglect), so that they can get help with their problems as early as possible
- make sure children are prepared for school
- identify and help children with problems that might affect their chances later in life

The 5-19 years Healthy Child Programme is a public health service and involves school nurses working in partnership with others to:

- promote health and to reduce the risk of accidents happening
- carry out health development reviews e.g. upon school entry
- carry out the National Child Measurement Programme (NCMP) for measuring children's height and weight
- provide targeted support for children and young people who are vulnerable and at risk
- provide support for a range of health issues including sexual health and contraception, drugs, alcohol and smoking, emotional health and wellbeing
- safeguard children
- provide hearing and vision screening as well as reviewing and providing immunisations

3. How are universal services provided now?

In Northamptonshire, universal services, through the Healthy Child Programme, are currently commissioned by Northamptonshire County Council and provided by Northamptonshire Healthcare Foundation Trust through four key services:

1. Specialist breastfeeding support service
2. Health Visiting service
3. Children and Young People's nursing service – school nurse
4. Family Nurse Partnership (FNP). FNP works intensively with under 18 year old girls who are pregnant for the first time.

4. Why are children's health services changing?

We would like to develop a more joined-up model for all children's health services in Northamptonshire. We think that moving to a more integrated model will offer benefits over the way services are delivered now. For example, through improved health and wellbeing outcomes and a better experience for children, young people and their families.

5. What will an integrated universal service for 0-19 year olds do?

As part of the overall service review we aim to develop an integrated children and young people's universal public health service for 0-19 year olds in Northamptonshire, bringing together existing services.

The Healthy Child Programme will be delivered by a team of qualified and skilled Public Health Nurses with a mix of skills and competencies. Teams will be expected to focus their efforts around a number of important milestones in a child's life – including birth, development reviews, starting school, moving to secondary school and leaving school, in order to improve health outcomes.

The new delivery model will:

- Bring together universal services for 0-19 year olds – meaning one service for children of all ages.
- Set out clearly the outcomes that need to be achieved for 0-19 years universal services.
- Identify the key milestones along the 0-19 years pathway, where Public Health Nursing Teams (made up of lactation consultants, health visitors, school nurses and family nurses) will assess the needs of the family, deliver help and support or identify children and families who are at risk and need early help from another service. These milestones will be:
 - During pregnancy (around 28 weeks)
 - Birth
 - 10-14 days after birth
 - 6-8 weeks old
 - One year old
 - Two year review
 - Starting school/Reception Year
 - Starting secondary school (Year 6/7)
 - Moving into the workplace/higher education
- Promote Public Health Nurses as key professionals in supporting children, young people and families to access a range of early help, targeted and specialist services.
- Encourage Public Health Nursing teams to share their skills across the whole 0-19 years pathway so that care is seamless and Public Health Nurses can share knowledge, expertise and skills.
- Focus on improving wellbeing for children, young people and their families.
- Work closely with those services providing more specialist help and support for children and young people with long term conditions (e.g. asthma), mental health and wellbeing issues, special educational needs and disabilities.

6. What health outcomes are we trying to achieve?

We want the delivery of an integrated universal public health service for children and young people to:

- Promote maternal wellbeing and mental health
- Early identification of children and young people who require additional help
- Early identification of vulnerable children and young people
- Provide support and advice regarding immunisations and vaccinations
- Improve readiness for starting school
- Reduce school absence
- Work with schools to support children and young people with long term conditions
- Promote emotional health and wellbeing in children, young people and families
- Promote health weight, nutrition and physical activity
- Promote good oral health
- Promote a healthy lifestyle
- Work with vulnerable young people to improve their health outcomes
- Support young people to address risky behaviours such as smoking and substance misuse
- Reduce hospital admissions due to unintentional injuries
- Support from domestic abuse
- Build support within communities

We think we need to do this by providing services which meet the needs of children and young people and their families, so that they can:

- feel good about themselves and know how to stay healthy
- access good advice and information which is communicated in a way that they can understand
- be supported to make informed choices about health-related behaviours
- have problems identified early and acted upon quickly
- be treated with dignity and respect
- access services delivered by competent professionals who can communicate well and help them to solve their problems
- access services in the right place and at the right time
- have confidence that the system (health, education, social care) will work together to meet their needs.

7. Frequently Asked Questions

Why re-design services?

Northamptonshire County Council wants every child and young person to have the best start in life. We therefore want to ensure that services reflect the needs of families, children and young people. We feel that by bringing the four services together (specialist breastfeeding support service, health visiting, family nurse and school nursing) we will have a service which best meets their needs.

Will I still have a named health visitor following the proposed service re-design?

Yes. Your health visitor will continue to be the specialist who supports families with young children. They may be supporting you with a range of issues regarding your children before they start school. Under the new service model the health visitor will have the flexibility to decide when your support should be transferred to the school nurse. The new model will allow nurses to make this decision in consultation with families.

Will I still have a named school nurse working with my school?

Yes. School Nurses have specialist skills working with children and young people. They work well with both families and schools to ensure that the health and emotional needs of this age group are met. Further information and contact details can be obtained by visiting the Northamptonshire Healthcare NHS Foundation Trust website: <http://www.nht.nhs.uk/main.cfm?type=CHILDANDYOUNGPERSO>

What steps will be taken to enable participation from seldom heard groups and from people who are not using services?

We are aware this is a challenge and will be reliant upon the support of our partners and providers, service user groups and community networks. Some personal discussion forums will be held with community groups who may benefit from face-to-face meetings.

If you have any queries regarding the above please contact the Engagement, Participation and Involvement Team:

Email address: EPIT@northamptonshire.gov.uk

Telephone: 01604 367611

