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## Delaware General Health District

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### **Outcome data and summary for Nightingale Notes Three Month Project:**

#### **Area of Focus: Newborn Home Visiting Program**

##### **Program Summary:**

The Delaware General Health District (DGHD) recently initiated a Newborn Home Visit Program. This program is offered free of charge to all mothers and fathers of newborns, including adopted and foster infants, living in Delaware County. Parents who sign up for the program receive an in-home visit by a qualified Delaware General Health District registered nurse. Community goals for this program include:

- Improve home environment safety for infants and mothers.
- Identify maternal and infant health issues needing medical attention (e.g. feeding issues, maternal infections, and post-partum depression).
- Identify risk factors needing additional community resources for support of an optimal outcome for the mother and infant.
- Provide essential health education and anticipatory guidance on infant safe sleep environment, nutrition, safety, growth and development, and routine preventive medical care including immunizations.
- Prevent obesity for mother and child through education on the benefits of breastfeeding and healthy eating for mom.
- Capture data to support the need for post-partum newborn home visits as a best practice for potential community program funders

The focus of the KBS data was collected and analyzed for the following assessment and intervention targets:

- According to the Centers for Disease Control and Prevention, postpartum depression affects 10%-15% of mothers within the first year after giving birth. Younger women, those with lower educational attainment, and women who received Medicaid benefits for their delivery were more likely to report postpartum depression. The CDC recommends local health departments evaluate the effectiveness of targeting mental health services to these mothers and incorporating messages about PPD into existing programs for women at higher risk.
- Since Sudden infant death syndrome (SIDS) is the leading cause of death for infants, and creating a safe sleep environment is proven to reduce the risk of SIDS, the Delaware General Health District is evaluating infants home sleep environments. At each Newborn Home Visit Program, our public health nurses conduct a pre and post KBS to

assess postpartum depression and the child's home sleeping environment. If the family is unable to provide a safe-sleep environment they are provided a Pack-N-Play by the NBHV nurse.

### Data obtained from Nightingale Notes using the following criteria:

Below is a summary of the data obtained from Nightingale Notes using the following criteria:

- Program is equal to Newborn Home Visiting
- Activity date is between 6/15/2015 and 9/15/2015

Using these criteria, twenty-six Newborn Home Visit Clients were identified that had two KBS entries documented. This includes ten moms screened for postpartum and sixteen infants who had a safe sleep assessment conducted.

Postpartum:

KBS	Avg. Pre-test score	Avg. Post-test score	Increase
Knowledge	3.5	3.5	-
Behavior	4.0	4.1	0.1
Status	3.9	3.9	-

Referred to postpartum support group: 10

Referred to community resources: 9

Number of families referred to WIC: 6

Referred for Referred for medical follow up/lactation consultant: 2

Safe sleep assessment:

KBS	Avg. Pre-test score	Avg. Post-test score	Increase
Knowledge	3.3	4.1	0.8
Behavior	3.6	4.1	0.5
Status	3.5	4.1	0.6

Number of children referred to BCMH: 2

Number of children provided a pack-n-play: 4

### Conclusion:

Entering this information into Nightingale Notes and pulling the data out using the Report function allowed the DGHD an easy, accessible way to evaluate our Newborn Home Visit Program. The results showed that our public health nurses were able to better educate parents on how to create a safer home sleep environment for their infants, better educate moms on postpartum depression, and allowed the agency to be able to track the number of referrals generated by our newborn home visiting program.