

PROGRAMME PROVIDER REFLECTION ON “FOUNDATIONS FOR LIFE: WHAT WORKS TO SUPPORT PARENT CHILD INTERACTION IN THE EARLY YEARS” REPORT BY THE EARLY INTERVENTION FOUNDATION

The Evidence Journey: Case Study & Testimonial

Provider: Family Nurse Partnership (FNP)

Testimonial from Alisa Swarbrick, Director, FNP National Unit



When Family Nurse Partnership (FNP) was introduced in England in 2007, it came with an impressive evidence base from the US, which has continued to grow – with studies in the Netherlands, England and a formative evaluation in Scotland.

Findings from ‘Building Blocks’, the England randomised control trial study, increased our understanding of the programme’s effect in a UK context – not only of what it did improve (such as early child development), but what it didn’t. Now we are returning to a cycle of adapting the programme and testing a series of innovations and improvements to strengthen outcomes, increase cost effectiveness, ensure greater flexibility and share learning with other services.

In the spirit of “improving, not proving”, Building Blocks was a starting point, rather than an end point for the FNP National Unit. Through [FNP Next Steps](#), we’re asking: what changes could we make to improve rates of smoking cessation in pregnancy? How might we convert good ‘intention to breastfeed’ rates into action? How could we build on the strengths and the potential the study found, such as in safeguarding? How can we personalise the FNP programme further, to meet the needs of individual clients and to target precious resources where they are most needed?

Foundations for Life points out that “programme providers should never rest on [their] laurels” and we couldn’t agree more. Continuous improvement is certainly built into the DNA of Family Nurse Partnership – from the rigorous data capture at client level and quality improvement indicators for local commissioners, to ongoing programme and system-level work on improving outcomes and impact through FNP Next Steps.

The Early Intervention Foundation’s work to provide an independent review of evaluation evidence helps support providers, commissioners and policy-makers alike. At a time of constrained budgets, it helps us all to hold ourselves to account for the quality of what we do to stop problems becoming entrenched – and more costly in the longer term – through delivering robust, high quality and well implemented early interventions.