

ihv Institute of Health Visiting Excellence in Practice



Year seven report

2018/2019

Introduction

My emotions are mixed as I write this year's annual report introduction. On the one hand, our organisation has achieved a great deal on behalf of health visiting for which I am very proud and thank my wonderful team and our board. We have raised standards of practice in many services through our education and training, access to evidence-based Good Practice Points and via our conferences. We could still do more in the devolved nations though, so please do invite us in.

On the other hand, I feel incredibly sad about the loss of health visitors and unwarranted variation in services that has happened across England since 2015 as a result of the public health financial cuts and restructuring decisions. Our State of Health Visiting survey, which so many of you kindly completed, has laid bare the current state of health visiting in England and we are using your feedback to lobby at the highest levels. Fortunately, the devolved countries are still investing and we were able to see the impact of this from our survey of 1000 mothers across the UK in May. Scottish mums are most satisfied with their health visiting service, so well done Scotland!

It is time to look forward and lay the foundations for a new future for health visiting. We have worked hard with many partners to deliver our evidence-based Vision for the profession and are thrilled by how well it has been received across the system. We are now working across government to seek support for its implementation. The evidence is stark, health visiting does deliver clear public health outcomes in at least fifteen priority areas for children. Stay close - **together we can** create a better future for babies, children and their families.



Dr Cheryl Adams CBE
Executive Director



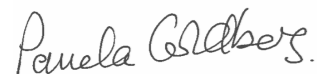
Message from the Chair

I hear of the serious challenges which some health visitors are facing every day in practice and it saddens me to hear about the impact on your working lives. The Institute was recently accused by an English health visitor of living in a dream world by promoting a positive image of health visiting when the reality of health visiting today in England is so very difficult. While I understand the feeling, I believe that it's essential that the Institute promotes a positive view of what a properly funded service can achieve. It is our responsibility to uphold professional standards and to showcase the amazing work that every one of you should be freed up to do.

This may not be English health visitors' reality of today but it could be the reality of tomorrow, if our new Vision for health visiting in England gets taken up. Make sure that your managers and commissioners become familiar with it. See if you can work with them to start to make positive changes towards this bigger picture of what the health visiting service of tomorrow needs to look like if truly evidence based. We should note that the services are so much more robust in the devolved nations.

If you haven't yet, please engage with the Institute's work next year, go on some training or enjoy a conference, these things not only provide you with essential CPD and give you some head space away from work but also help you to believe that there can be a new future.

My sincere thanks to our Director and her wonderful team who have all worked so hard to deliver all the activities you will now read about.



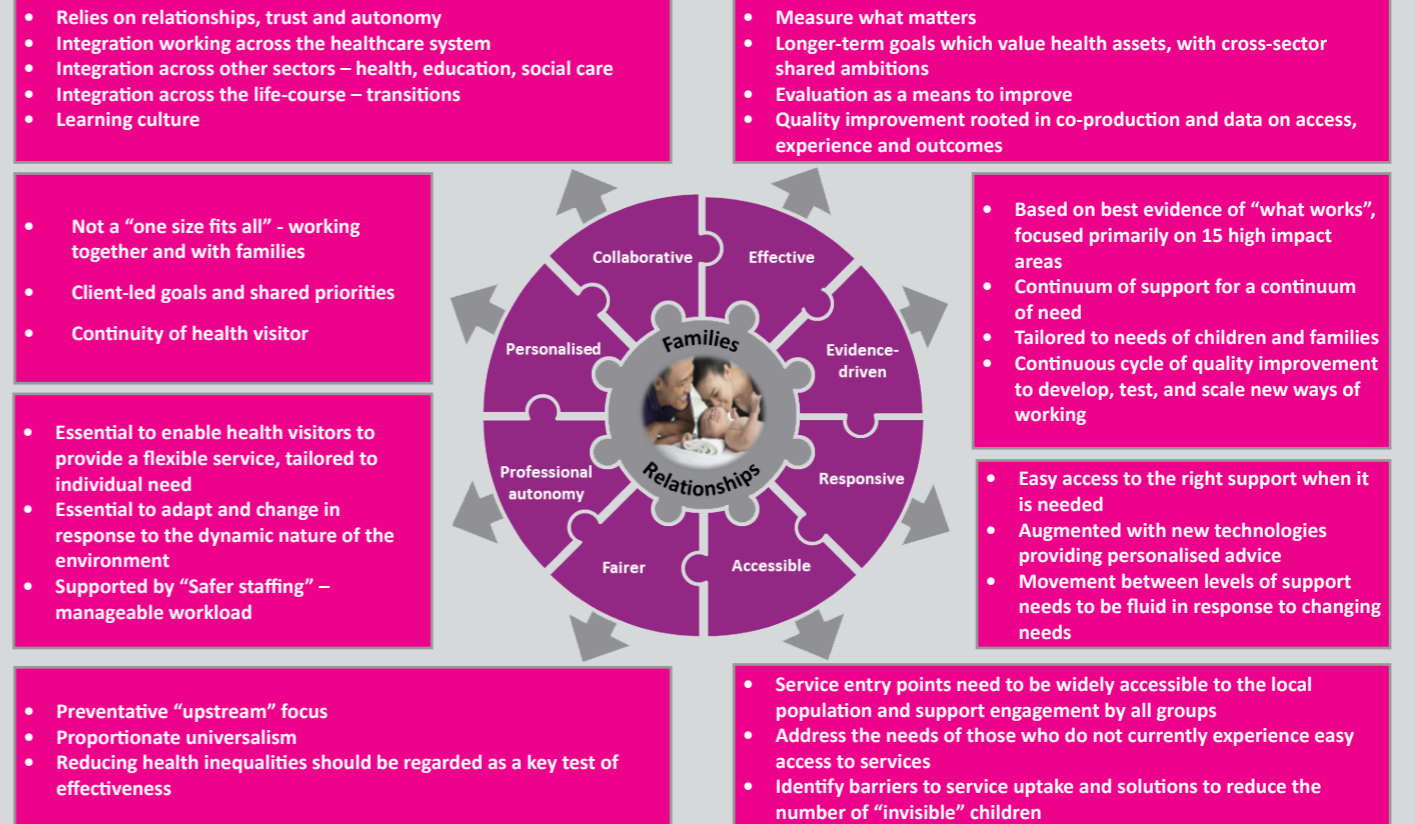
Pamela Goldberg OBE
Chair



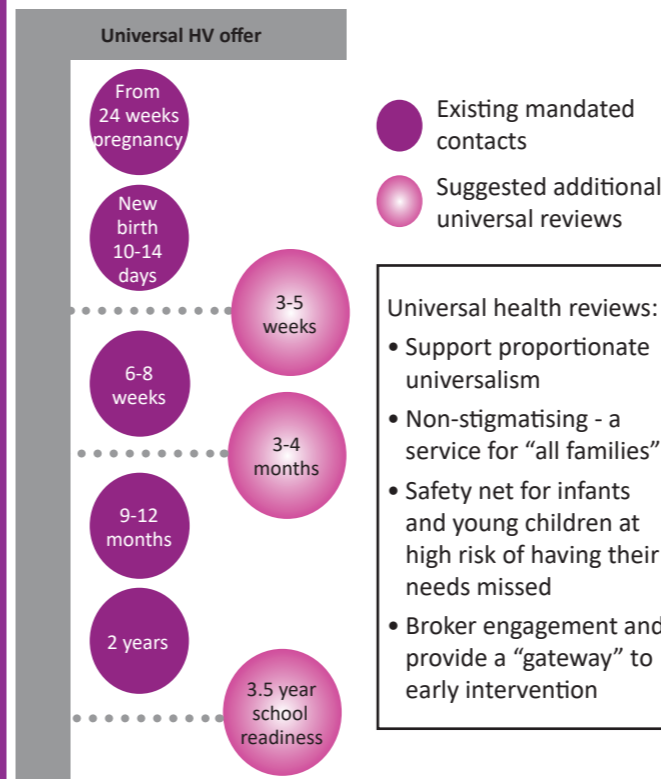
iHV Vision for Health Visiting

Our "Health Visiting in England: a Vision for the Future" is based on the best evidence of "what works". It was developed in collaboration with experts in the field of health visiting, including the views of more than 1000 parents, and is centred on:

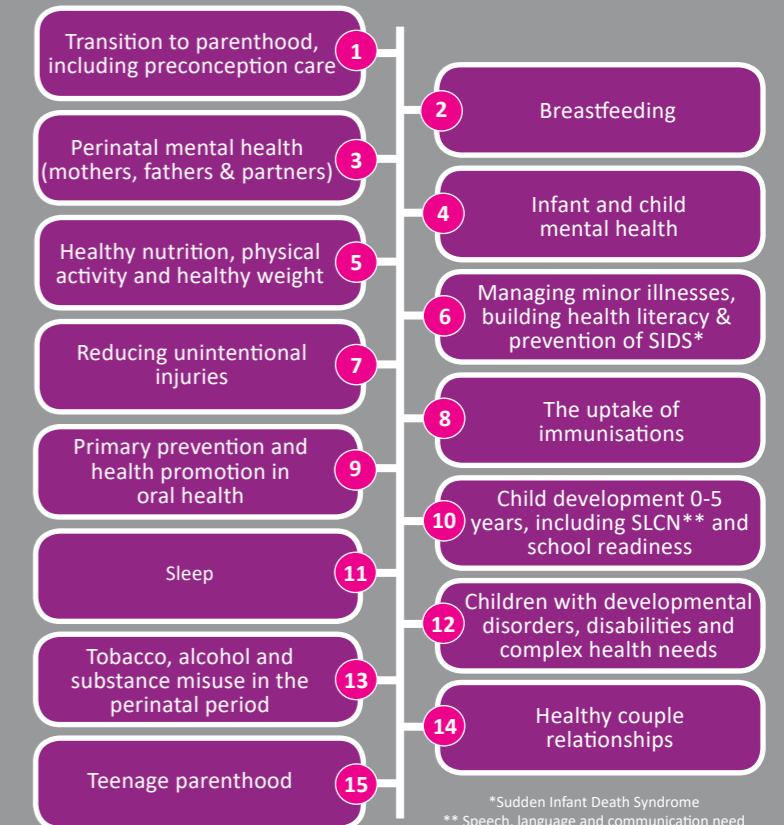
- Relationships
- The needs of infants, children and their families
- Eight key essential elements



Eight universal contacts and additional tailored support where needed



Fifteen High Impact Areas



Policy

2018/19 has been a busy year for policy at the Institute, with numerous challenges facing the health visiting profession in England. In contrast, the case for strengthening the health visiting service in the devolved nations seems to have been won and they are making great strides with plans for ongoing investment and practice development.

Our 2019/20 policy objectives for health visiting in England

Presenting a clear case for change:

Highlighting widening inequalities in child health outcomes and significant unwarranted variation in the level of support that families receive from their health visitor based on where they live, rather than their level of need. Every child deserves the best start in life, yet it is clear that families are being let down in many areas - it is time for action to make the difference.

Focusing on the solution:

We have focused our efforts this year on being forward looking and by setting out the solution in numerous forums and publications, including:

- Our response to the Prevention Green Paper consultation
- "Health Visiting in England: a Vision for the Future"- This vision showcases the incredible breadth of the health visitor's role as an important part of the solution to a multitude of government priorities for children and their families.

Available: <http://bit.ly/2WRfedK>



Our policy work has galvanised a significant amount of support for the health visiting profession from partner organisations and eminent leaders across health and social care. We are encouraged by the numerous supportive statements contained in our Vision. It is clear that health visitors are a valued resource and we are pleased that some areas have recognised this and are leading the way in delivering forward-looking services.

One of the things that makes us feel most hopeful about the future of health visiting is that we know it is full of caring and motivated people who have dedicated their careers to making a difference to children and families. We will keep banging the drum for change with you and for you – our children and families deserve better.

Leadership

Leadership is one of the five pillars of Institute activity alongside being one of the NMC (2004) standards for proficiency for SCPHN. We have continued to focus on developing leadership in health visiting over the last year.

Leadership programme development for band 6 and 7 SCPHNs



In March 2019, we completed the final evaluation report for the Burdett Trust for Nursing, who supported us to carry out a feasibility study and development programme for health visitors and school nurses to strengthen shared/collective leadership skills.

This evaluation highlighted the need to support frontline SCPHNs to develop their leadership capacity and capability through structured programmes.

To take this forward, we have worked with the NHS Leadership Academy (NHSLA) to distil the learning from our evaluation. This has led to the development of a **new iHV Leadership programme**:

"Leading excellence in practice programme" - which aims to equip participants to lead excellence in practice as Specialist Community Public Health Nurses.

We hope to launch the first cohort of the programme in April 2020.

Mentorship was integral to the Burdett Nursing Trust Leadership programme, however we needed to strengthen the pool of mentors available to support health visitors accessing leadership programmes for this model to be sustainable.

With the support of the NHSLA we recruited 22 iHV mentors. The group of inspirational experienced health visitors attended a one day workshop at the NHSLA to support them in their future mentorship role.



The Leadership Game that we developed as part of the Burdett programme is now fully available for purchase as a standalone resource to support practitioners consider their leadership development.

For more information, please visit:

<https://bit.ly/2QAnq14>



Champions – We continue to grow and develop iHV Champions and now have Champions for perinatal mental health, infant mental health, safeguarding, domestic violence, healthy weight healthy nutrition and research.

Whilst a Champion's responsibility is to cascade our various training to colleagues, or in the case of the Research Champions to boost trial recruitment, what we have discovered over the years is that, at the same time as bestowing the title Champion, we create many local leaders. Inspired by what they have learnt, many Champions go back to the workplace and start driving improvements in their specialist areas.

Training Department

Speech, Language & Communication Train the Trainer Programme for Department for Education/Public Health England



We have been contracted to design and deliver an exciting programme to raise awareness and refresh the skills and knowledge of the health visiting workforce, to support early intervention and promotion of language development with all families. HVs are being equipped with training materials to share further with their colleagues in their own organisations.

By the end of 2019 we will have hosted 36 training events and trained over 1,000 HVs in local authority areas across England. It has been a joy to meet and work with so many wonderful professionals through this work this year. We are now designing an e-learning programme for the e-LfH platform to complement the programme.



Thanks is due to our wonderful trainers for their knowledge, enthusiasm and energy (and their organisations for releasing their time to us). None of this would have been possible without their commitment:

Julia Haynes – Health Visitor (Independent Consultant)

Ruth Mehmet – Health Visitor (Lewisham & Greenwich NHS Trust)

Sarah Galloon – Health Visitor (South Warwickshire NHS Foundation Trust)

Deborah Powers – Speech & Language Therapist (Time to Talk™ Warwickshire)

Rebecca Shirt – Speech & Language Therapist (Salford Royal NHS Foundation Trust)

Sue Guest – Speech & Language Therapist (Nottinghamshire Healthcare NHS Foundation Trust)



NEW for 2020

(available for commission now)

New iHV Leadership Programme - Leading Excellence in Practice

suitable for Band 6 & 7 Specialist Community
Public Health Nurses (HV & SN)

New iHV Domestic Violence and Abuse Champions training

newly revised and updated training with updated cascade training materials
(Health for all Children 5 recommends all health visitors should do this)

Contact: training@ihv.org.uk
for more information

iHV Training Programmes 2019

By the end of the year, our dynamic team will have delivered:

50 separate training events
600 participants across England and Northern Ireland
9 different training programmes!

to numerous different regional networks, organisations and individual practitioners from health visiting and a variety of multi-agency professional backgrounds.



We were fortunate to be supported by funding in 2019 from the AIM Foundation to refresh the evidence base underpinning this training alongside Dr Helen Crawley of First Steps Nutrition. The programme, previously delivered in 2015, was hugely popular but required updating. We have created new trainer packs and updated cascade resources to support participants to share the information with their colleagues across six modules:

-  Module One: Food, nutrition and healthy families
-  Module Four: Introducing food to infants and eating well in the first year
-  Module Two: Nutrition, fertility and healthy pregnancy
-  Module Five: Eating well for 1-4 year olds
-  Module Three: Infant feeding (as above)
-  Module Six: Early intervention and prevention with a focus on childhood obesity

Using available funding we were able to provide 4 regional training sessions (London, Durham, Birmingham and Manchester) between October and November and welcomed almost 100 participants to the events, with more on a waiting list should we be successful in obtaining extended funding to support more sessions. We are grateful to Dr Helen Crawley for her support in making the roll out of this refreshed programme a success.

FEEDBACK

We love hearing what our participants think...

LEADERSHIP:

"I just wanted to send a note of thanks for the tremendous opportunity you provided to me in the iHV Leadership Programme. Not only was I able to learn valuable and interesting new skills, but I was able to contribute some really interesting statistics as well as highlight adolescent mental health needs to my team and Commissioners through the two audits which I did. I have gained confidence in so many ways, but the real test was when I applied for (a new opportunity). This is something that I never would have done without the strengths and knowledge gained by the programme".

HWHN:

"Really motivating and helped us to think beyond individual parent consultations to larger societal issues as well as larger remit of cascading the training".

PIMH:

"I thoroughly enjoyed all aspects of the training. The group work was very valuable which highlighted what different trusts are doing and the experience and voices of other HVs. The wealth of knowledge and experience from the course leaders was excellent and very interesting. Also, the mother's journey of her own perinatal mental health was heart-breaking to hear, however very valuable learning for all health professionals".

Our Professional Services

2019 has been a busy and very productive year for our professional services department. We have seen an increase in enquiries and also in requests for our professional services working in partnership with those providing and commissioning health visiting services.

A snapshot of our achievements in 2019

We continue to prioritise those enquiries and requests for service visits from our members and have included, but are not limited to, the following figures/topics:



Accreditation
 Health visiting national policy advice
 Health visiting practice issues
Return to HV practice
 Productivity Caseload sizes Interview preparation
Prescribing How to become a health visitor **Affiliation** **Service redesign**
 Innovations Skill mix Circulating surveys Revalidation Writing articles
 Media enquiries **Research enquiries** Sleep management
 Requests to work in partnership **How to join us** Workshop requests
Representation at National events/conferences
 Health visiting standards, procedures and policy advice

Feedback included..

- “Thank you so much for coming to speak to us today - it was lovely to meet you and hear about the great work of the iHV. I have had very positive feedback from staff on your presentation” (0-19 Service Lead)
- “You were very well received by the SCPHN students, it generated plenty of comment and discussion” (Senior Academic)
- “Thank you again for the inspiring session you delivered to our service” (HV Service Lead)
- “Fantastic news to hear this has been dealt with so quickly. It is appreciated” (HV)
- “The links you have sent are absolutely fantastic and really helpful” (HV)
- “I am very grateful for all your support” (SCPHN Student)

A particular project to highlight and to look out for in 2020 is the development of a sector-led improvement tool for the review of local authority responsibilities for health visiting and school nursing services.



“The London Association of Directors of Public Health (ADPH London) is pleased to have developed an excellent working relationship with the Institute of Health Visiting as part of the delivery of a sector-led improvement review of local authority responsibilities for health visiting and school nursing services. In conjunction with consultancy iPiP, the Institute provided expertise in the development of an evidence-based self-assessment and peer review tool to support the delivery of our pan-London review. The tool and associated evidence base are founded in good practice based on the Institute’s deep knowledge and understanding of the national policy context and agenda. I am particularly pleased with how the Institute collaborated effectively with ADPH London and our stakeholders to deliver a high-quality product within the agreed timescales. We look forward to a continued relationship with the Institute through our ongoing commitment and drive towards excellence in the commissioning and provision of health visiting and school nursing services”.

Dr Dagmar Zeuner, Director of Public Health, London Borough of Merton Children & Young People Lead for the London Association of Directors of Public Health

Research

2019 has been another **successful year for the research department** with great strides to achieving the objectives of the ambitious research strategy launched in October 2017. Addressing the objectives of the research strategy allows the research department to contribute to the Institute’s efficiency and effectiveness in closing the gap between evidence and action in the provision of family and child health services.



Dr Esther Mugweni presents at the European Forum for Primary Care Conference.

The iHV contributed to the **European Forum for Primary Care Conference** in Nanterre, France. The conference theme was “health equity for everyone, everywhere” and brought together primary care practitioners, researchers and policymakers from across Europe. The iHV Research Lead, Dr Esther Mugweni, gave a presentation based on the findings from our research study on improving how healthcare professionals inform and support parents about an unborn child having a condition associated with a learning disability. The research points to the importance of ensuring equity for children with additional needs and their families in order to improve their outcomes across the life course.

In January 2018, the iHV and the **National Institute of Health Research (NIHR)** appointed 13 Research Champions across

the NIHR’s clinical research networks. Research Champions actively promote involvement in research among health visitors and increase the number of families who participate in high-quality national research. In addition, they provide a unique opportunity for the health visiting profession to contribute to answering important national research questions. Each Research Champion has had to be innovative in marketing the unique role of health visitors and clarifying how the role can contribute to various studies in primary and social care. Research Champions are driving the agenda to make research part of routine practice in various ways, including developing local research forums and organising research events to raise the profile of research among health visitors. Two research events for health visitors were held in London and Manchester during 2019. Both events were well attended, with great evaluations from attendees. The events provided health visitors who are interested in research an opportunity to begin to find ways to become actively involved in research.



London Research Champions (Helen Elliot, Ekaete George and Sharin Baldwin) at the Advancing Research Within Health Visiting Services Event held in London on 3rd July 2019.

Conducting **primary research remains a key priority** at the iHV. We are continuing to develop research grant applications - more updates on this in 2020. Findings from evaluations and studies are published in report format, blogs, as well as peer-reviewed journals in order to reach a wider audience:

Improving the delivery of different news by healthcare professionals to families.	Available: https://bit.ly/33234QP and https://bit.ly/2r6ouii
Medway Perinatal Support Service Evaluation	Available: https://bit.ly/33XwuRg
Evaluation of a service to address mild to moderate maternal perinatal mental health problems	Available: https://bit.ly/33Z5LE4
Introducing the new Health Visitor Research Champions	Available: https://bit.ly/342CYhV

Highlights of the Year

December 2018

- iHV annual leadership conference – “Leadership for Change”
- 6th annual report published
- iHV annual “State of Health Visiting Survey” results published
- iHV welcomes EIF report on key competencies
- iHV awards three honorary Fellowships
- New GPP - “Haemangioma”
- PIMH training – in Guernsey

February 2019

- Dr Cheryll Adams CBE provides keynote addresses to National Home Visiting conference in Washington DC
- Letter to Jackie Doyle-Price MP
- iHV partnering ADPH on new project to tackle the serious consequences of adverse childhood experiences (ACEs)
- iHV collaborating with EBMBC to establish evidence base on supporting multiple birth families
- SLC training delivered
- iHV co-signs open letter on public health funding

April 2019

- iHV supports Maternal Mental Health Matters Awareness Week
- New GPP - “Duchenne Muscular Dystrophy”
- Launch “This Mum Moves” project with UKActive and partners
- Launch iHV educational board game to support clinical leadership development
- iHV collaborates in launch of ‘pragmatic’ guidance on valproate use
- Multi-Agency PIMH Champions Training for individuals - London

June 2019

- Position statement “Worrying cuts to health visiting services across England – ticking the box but missing the point” published
- Letter to Seema Kennedy MP, Parliamentary Under Secretary of State (Public Health and Primary Care)
- Support Breastfeeding Celebration, Child Safety and Infant Mental Health Awareness weeks 2019
- New GPP - “Working with birth trauma” published
- Letter from, Rt. Hon Elizabeth Truss MP, Chief Secretary to the Treasury

August 2019

- iHV partner in launch of Tommy’s digital “Pregnancy and Post-birth Wellbeing Plan”
- Response to Local Government Association (LGA)’s analysis on children’s social care
- iHV comments on Children’s Commissioner’s publication “Bleak Houses: Tackling the crisis of family homelessness in England”
- Letter from Kemi Badenoch MP, Parliamentary Under-Secretary of State for Children and Families

October 2019

- Launch “Health Visiting in England: A Vision for the Future”
- iHV and NSPCC briefing to MPs for Parliamentary debate
- Parliamentary Debate on health visiting cuts – iHV mentioned
- Letter to Matt Hancock, Secretary of State for Health & Social Care requesting meeting
- iHV becomes one of the #SafeTea campaign foundation ambassadors
- 2 new Trustees appointed to Board
- Updated HWHN training first cohort delivered
- iHV visits IoW for PATH project

- Partner on new framework published for safeguarding children and young people
- Sign PHE’s “Prevention Concordat for Better Mental Health”
- Welcome new NHS Long Term Plan
- Commissioned by PHE to develop Speech, Language and Communication (SLC) training for health visitors

January 2019

- Letter to Rt. Hon James Brokenshire MP
- iHV publishes new “Recommended National Curriculum for Specialist Community Public Health Nursing – Health Visiting/ School Nursing”
- Letter from Jackie Doyle-Price MP
- Welcome LGA call for fresh investment into health visiting
- Director of Policy and Quality – Alison Morton joins
- Updated iHV resources published for #safer sleep week

March 2019

- Response from Rt. Hon James Brokenshire MP to iHV
- Partner in launch of “National Bereavement Care Pathway”
- iHV survey on role of Health Visitor and Infant Mental Health
- Letter to Chief Secretary to the Treasury for renewed focus on strengthening health visiting in Spending Review
- New GPP - Recognising Sepsis in a child
- Dr Cheryll Adams CBE meets First Lady of Kenya at launch of GNPHN conference
- iHV “Health for All Children Now” Conference in Manchester

May 2019

- Briefing for Inter-Ministerial Group on Early Years Family Support
- iHV mentioned in Early Years Family Support Debate in Parliament
- “Making the case for health visiting” - Article by Dr Cheryll Adams CBE published in CYP Now
- Response from Dr Sarah Wollaston MP, Chair of Health and Social Care Committee
- Updated GPP - “Babies who have neonatal jaundice” published
- HV Research Champions Event in London

July 2019

- iHV partner in launch of new national e-learning programme on caring for people bereaved through pregnancy loss and baby death
- Annual PIMH conference – “Perinatal and Infant Mental Health: Relationships Matters” – in collaboration with MMHA
- Supporting partner in PHE Consensus Statement: “Supporting professionals to have healthier weight conversations”
- Updated mental health GPPs
- PATH project meeting in Plymouth

September 2019

- Updated GPPs and Parent Tips to support updated “Healthy Weight, Healthy Nutrition” training
- iHV support Blackpool Conference - “Transforming Blackpool Together”
- PATH project meeting in Rotterdam
- Final SLC training delivered - with over 1000 HVs now trained
- First session of “This Mum Moves” delivered
- iHV Mentor training with NHS Leadership Academy

November 2019



Our Work in Mental Health



To date we have trained over 1,898 PIMH Champions in England as well as a further 876 trained in awareness. An iHV Champion is an ambassador and place-based leader, taking an active role to improve PIMH outcomes for all families through:

- upskilling the workforce by cascading the training on to colleagues
- ensuring families with lived experience are partners in the planning and of shaping local services
- being the voice of the child
- dispelling myths and proactively working to challenge and reduce stigma
- making certain that services are developed to meet the needs of its population with respect to diversity, equality and equity
- progressing local integrated pathways in line with national transformation plans for related pathways
- promoting evidenced-based practice at all levels

The iHV Champions project has become a social movement of people and organisations who are committed to improving mental health. We know that in order to maximise and sustain the potential of the Champions movement, Champions need ongoing support. One of the ways we do this is via our vibrant regional iHV PIMH Forums.

The Forums bring together iHV PIMH Champions twice per year regionally, with an opportunity to attend a national annual Champions PIMH conference. Through the Forums, Champions are supported and enabled to network, engage in research and hear, share and learn from: each other, parents with lived experience and guest speakers.

For services to be universally improved, we believe that “big innovation” and excellence in practice has to be mainstream. The iHV PIMH Forums are an excellent opportunity to promote a culture of “can do” – making excellence and innovation mainstream!

REGIONAL iHV PIMH CHAMPION FORUMS

GREATER MANCHESTER & NORTH WEST COAST FORUM

This Forum has worked with researchers from King’s College London to develop a suite of multi-media resources on eating disorders in pregnancy. It is currently engaged in developing the relationship between arts and health with the fantastic Learning and Engagement team at Manchester Museums.

NORTH EAST FORUM

The North East Forum, partnered with Oxford Brookes University, is supporting a PhD researcher to develop an evidence-based intervention framework for health visiting.

YORKSHIRE & HUMBER FORUM

The Yorkshire and Humber Forum, hosted by the University of Hull Faculty of Health and Social Care Research Department, inputs into ongoing faculty projects.

MIDLANDS FORUM

This Forum is set to work alongside Professor Elizabeth Boath, Professor of Health & Wellbeing, Staffordshire University to support devising an App to identify perinatal mental health issues across cultures.

EAST OF ENGLAND FORUM

The new East of England Forum, supported by the local strategic clinic network, commences with a focus on maintaining resilience within the Champion role, in addition to infant mental health promotion and working with specialist parent infant mental health teams.

THAMES VALLEY FORUM

Working alongside expert researchers exploring how HVs can effectively deliver VIG to parents recovering from mental illness to increase sensitive parenting and improved child outcomes.

LONDON FORUM

The London Forum is partnered with King’s College London and Champions at this Forum are engaged with research on paternal mental health and developing father-inclusive services.

SOUTH WEST FORUM

Supported by PHE and the SW Clinical Network, the Forum will be reviewing the latest focus group data on Fathers’ mental health support. This will contribute to the development of brand new resources that will support families across the whole of the European 2 Seas PATH project areas.

WESSEX FORUM

The Wessex Forum is working alongside Queen’s University Belfast and a PhD student researching family-focused practice, health visiting and maternal mental illness.

SOUTH EAST FORUM

This Forum is working in partnership with researchers from University of Surrey to co-produce innovative resources: “By Parents and Professionals for Parents and Professionals - Factographics!”

“Being a member of the iHV PIMH Champion Forum is an honour and vital to ensuring current and future care provision is of the highest standard and equitable for women experiencing perinatal mental health illness and their babies and families. This forum enables us to develop relationships and keep abreast of current research and policy; learning from colleagues across the locality”.

CHAMPION

“I thought the Forum was a wonderful chance for research and practice to come together. I found the forum incredibly useful to engage with practitioners who are on the ground working with families. The forums provided the space to discuss issues that practitioners were facing, and how these could be incorporated and tackled by research. For me, it was great to hear that my research was relevant and would be beneficial for health visiting”.

RACHEL LEONARD, PHD STUDENT, SCHOOL OF NURSING AND MIDWIFERY, QUEEN’S UNIVERSITY BELFAST

“As someone who has experienced perinatal mental health issues, I have valued attending the iHV PIMH Champion Forums, where I work in partnership alongside a welcoming group of engaged, interested and supportive professionals who want to put women and their families at the heart of their work and service development”.

PARENT



We have developed a section on our website focusing on our Mental Health work providing a wealth of related information and resources (NB. some areas are only available to iHV members). Visit bit.ly/2LkZtEn

ACKNOWLEDGEMENTS

We would like to thank the AIM Foundation who have made this project possible through their continued support. We would also like to say a special thank you to all the iHV Champions for their fantastic commitment to making a difference for all families every single day.

Results of HV Survey

The year's "State of Health Visiting" survey results for England (sample size 1040) present a mixed picture. Whilst there were reports of some areas leading the way in delivering forward looking health visiting services, most responses were very disturbing. The findings highlight significant deterioration in the quality of service that health visitors can offer most families as their work is increasingly focused on safeguarding, from preventative public health based on proportionate universalism.

Since 2015, the headline data published by Public Health England indicates a small improvement in the total number of children receiving the mandated reviews, yet we found this masks significant unwarranted variation between local authorities and concerns about the validity of this data:

- Only 10% of HVs reported that all 2-2.5 year reviews were completed by a health visitor – the remainder are delegated to the skill-mixed team
- Reviews are being completed by post or over the telephone
- Service "offer" rather than completed contacts are being counted in some local authorities
- Health visitors report reduced capacity to meet needs once they are identified
- 75% of all families are not seeing a health visitor formally after the infant's 6-8 week check.

The health visitor's unique selling point is that they are trained to assess and support physical, emotional and social needs for both adults and children. The evidence is also clear that continuity of health visitor, alongside a high level of practitioner skill to build a level of trust, elicit health needs and broker engagement is central to improving outcomes.







iHV will be sharing full results of the survey with local government and health policy representatives over the coming year, and they will also be available on the iHV website.

82%	reported there was now too much focus on ticking boxes rather than delivering services that make a difference
2.8%	report that they can always offer continuity of care to families
4%	report that they can deliver an excellent service, and 17% a good service
31%	report their service is inadequate and 7% that it is poor
51%	reported a lack of professional autonomy to follow up families when needs were identified
40%	doubted they can make a difference as their time is spread so thinly

Table: % of contacts delivered by a health visitor to all families

Contact	2019
Antenatal visit	34%
New birth visit	85%
6-8 week visit	73%
3-4 month visit	10%
9-12 month review	19%
2-2½ year review	10%

Education

-  Publication of Recommended National Curriculum for Health Visiting and School Nursing, March 2019.
-  Regular participation in United Kingdom Standing Conference on SCPHN Education (UKSC) events.
-  Participation in Enhanced Practice Advisory Group.
-  Representation on NMC steering group on post-registration standards from November 2019.
-  Challenging the reduction in health visitor numbers and training places in England; lobbying for a risk assessment of the implementation of training funded via the Apprenticeship Levy; and retaining best practice of the Practice Teacher function to support high quality learning in practice.
-  Major written submission to NMC and meeting with Chief Executive and Director of Education and Standards on shaping the future of health visiting and health visiting regulation, recommending:
 - The professional status of health visitors should be reinstated as a protected title and a regulated profession to protect the public and to provide a valid basis from which to affirm and shape this distinctive form of practice.
 - The distinctively interdisciplinary knowledge base and mode of practice of health visitors should be reflected in more flexible but focused pathways of entry, qualification, induction and preceptorship with purposeful professional development centred around standards for proficiency for health visiting.
 - This should be inclusive of nursing and midwifery but not exclusive of other pathways to registration as a health visitor.

International

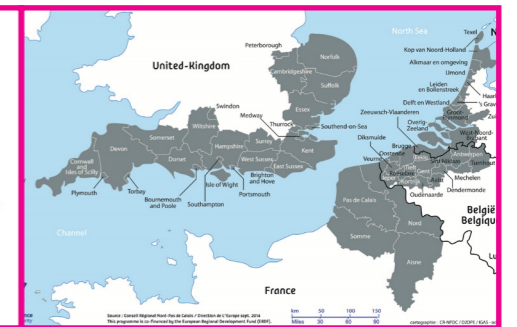
The Institute continues to work in the International space!



In early February, Dr Cheryll Adams and Dr Karen Whittaker provided keynote presentations at the the 2019 National Home Visiting Summit in Washington DC.



February saw the start of a new 3½ year collaborative European Interreg PATH 2 project between iHV and 12 other partners from England, France, Belgium and the Netherlands. This project is centred on developing innovative ways for addressing perinatal mental health challenges for mothers and fathers. The iHV team has already attended meetings in Kent, Antwerp, Rotterdam and Plymouth to take the project planning and delivery items forward. The iHV lead is Diane Massey actively supported by the perinatal mental health department.



In May, Dr Cheryll Adams and Vicky Gilroy addressed the Global Network for Public Health Nursing conference in Nairobi. As a council member of the Network, Dr Adams also had the honour of meeting Madame Kenyatta who supported the conference with her presence.



In September, Dr Esther Mugweni addressed the European Forum for Primary Care Conference in France.

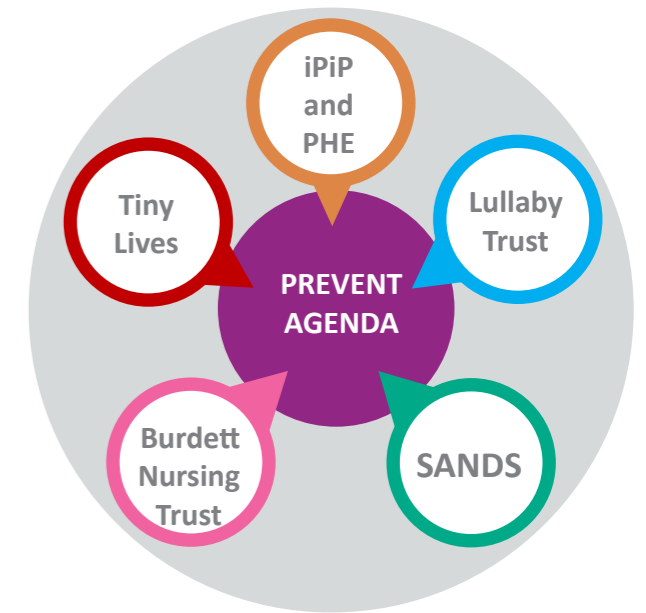
Dr Adams continues to act as an adviser to UNICEF Geneva and a council member of the Global Network for Public Health Nursing whose next conference will be hosted by the Japanese Public Health Nurses Association in Osaka, Japan in 2021. The mental health department remain active members of the International Marcé Society and the World Association of Infant Mental Health (WAIMH) and have started to connect directly with the Harvard Center for the Developing Child.

Working in Partnership

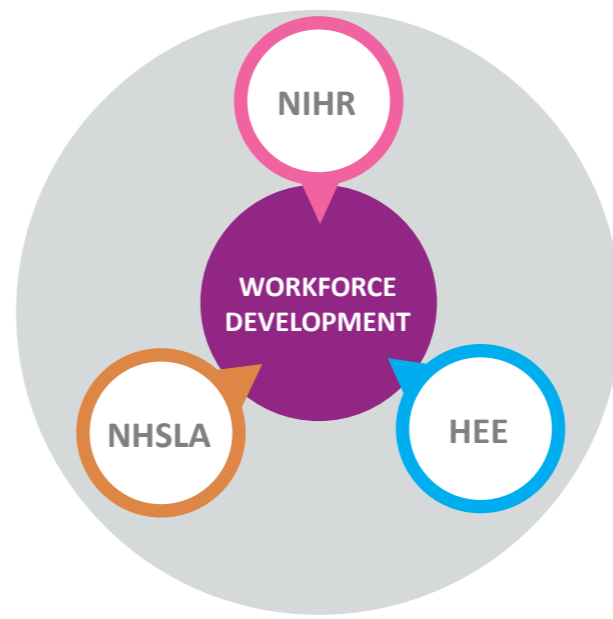
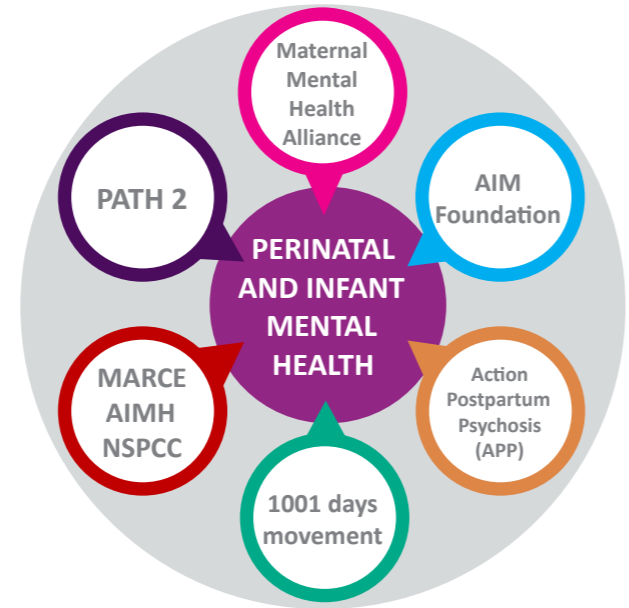


- Promoting oral health working in partnership with the Faculty of Dental Surgeons and PHE.
- Infant feeding working alongside First Steps Nutrition and leading policy advisors to ensure contemporary advice is available to practitioners.
- Joint working with ukactive to promote physical activity in pregnant women and new mothers.
- Promote UNICEF Baby friendly through all our work.
- Active Member of the Obesity Health Alliance, support national campaigns to reduce obesity levels.
- Supported by AIM Foundation to refresh Healthy Weight, Healthy Nutrition training.

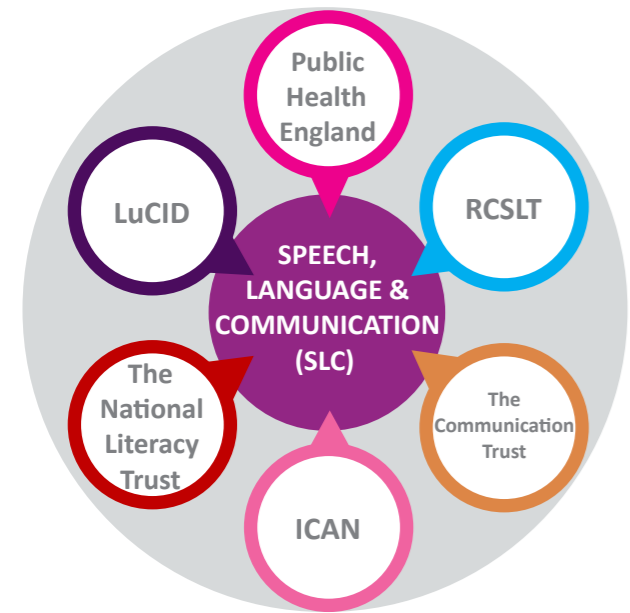
- PHE-funded project work offering training to help health visitors/practice nurses to offer Very Brief Advice (VBA) on smoking to pregnant women/new mothers.
- Work alongside The Lullaby Trust to promote the latest evidence on SIDS.
- Supported the launch of the SANDS-led National Bereavement Care Pathway with SANDS, Tommy's, Lullaby Trust and Bliss.
- Supporting the development of awareness training to support health visitors work with families with early identification of autism.
- Working to develop training and resources to support families of babies who access neonatal care.



- Member of the Maternal Mental Health Alliance Operations Group.
- Perinatal and Infant Mental Health Champions Forums supported by AIM Family Foundation.
- Working with APP & other parents who are experts by experience to co-produce training, resources, conferences and events.
- Partners in the 1001 days movement.
- Working alliances with many national and international organisations including international MARCE Society, NSPCC, Association for Infant Mental Health.
- Working as part of a European Interreg 2 Seas collaborative project with 12 other partners from across England, Belgium, France and the Netherlands.



- Supported NIHR with the development of research champions in health visiting.
- Working in partnership to renew and develop e-learning resources on a range of topics.
- Working with the NHS Leadership Academy to develop the iHV leadership programmes and iHV mentors.



- Member of PHE expert reference group for SLC and commissioned to develop and deliver SLC training to health visitors.
- Supporting the development of training and resources to support awareness of SLC in the workforce.
- Supporting the development of the PHE SLC training for health visitors building on TCT films.
- Working in partnership to promote early language development at every opportunity.
- Supporting the development of training and resources to support awareness of SLC in the workforce.
- Supporting the development of training and resources to support awareness of SLC in the workforce.

Our work extends beyond these areas and we have worked with a number of other partners including (but are not limited to): -

ROYAL COLLEGE OF MIDWIVES
 MATERNITY STAKEHOLDER COUNCIL UNIVERSITIES
 STRATEGIC CLINICAL NETWORKS PEOPLE WITH LIVED EXPERIENCE
 HEALTH EDUCATION ENGLAND RESEARCHERS
 EMPLOYERS DEPARTMENT OF HEALTH & SOCIAL CARE
 LOCAL AUTHORITIES GOVERNMENT MINISTERS
 NATIONAL INSTITUTE FOR HEALTH RESEARCH NHS LEADERSHIP ACADEMY
 ROYAL COLLEGE OF MIDWIVES NATIONAL HEALTH SERVICE
 NATIONAL HEALTH SERVICE EXECUTIVE HEALTH EDUCATION ENGLAND
 SPECIALIST PIMH TEAMS MEDICAL ROYAL COLLEGES NEWCASTLE UNIVERSITY
 ROYAL COLLEGE OF NURSING BURDETT TRUST FOR NURSING

Conferences

Another busy year for Institute-run conferences!

iHV Leadership Conference: Leadership for Change

Held on 4 December 2018 in London, what a fabulous inspiring and energising day we had at the iHV leadership conference and annual celebration 2018 event! With over 160 delegates plus speakers and exhibitors, the room was buzzing all day. Our expert speakers were amazing and shared their key messages to the rapt audience.



iHV's Evidence-based Practice Conference: Health for All Children Now

Held on 9 May 2019 in Manchester, this sold out conference was the must-attend event in 2019 for those interested in evidence-based infant and family public health and health visiting. Delegates heard the latest guidance and recommendations included in the newly-published fifth edition of Health for All Children. It was a full and packed day - with keynote sessions and concurrent sessions plus lots of amazing posters.



Perinatal and Infant Mental Health Conference: Relationships Matters!

Held in collaboration with the Maternal Mental Health Alliance on 10 September 2019 in London, this very popular annual conference prioritised and placed relationships at the heart of perinatal and infant mental health care. We shared, discussed and reflected on latest evidence, research and experiences of PIMH care in the context of relationships being fundamental to good parental and infant mental health.



For further details on our previous conferences, please visit: <http://bit.ly/35gErRX>

We always seek to ensure our activities comply with the UNICEF Baby Friendly Initiative. Our events are not and never will be sponsored by the formula milk industry.

Publications

Our publications are an invaluable resource for our members – as evidenced again in our annual survey and membership survey.

New publications include:

- ✓ New Recommended National Curriculum for Specialist Community Public Health Nursing – Health Visiting/School Nursing (March 2019).
- ✓ iHV Position Statement - Worrying cuts to health visiting across England: Ticking the box but missing the point - updated July 2019.
- ✓ iHV Briefing for Inter-Ministerial Group on Early Years Family Support: England is in danger of losing its vital 'safety net' for infants - July 2019
- ✓ Making the case for health visiting - Article by Dr Cheryll Adams CBE published in CYP Now - July 2019
- ✓ iHV response to the Prevention Green Paper: Advancing our health: prevention in the 2020s – consultation document - October 2019
- ✓ Health Visiting in England: A Vision for the Future - October 2019
- ✓ iHV and NSPCC briefing to MPs for Parliamentary debate on 23 October 2019

New GPPs

- Recognition and Treatment of Haemangioma
- Recognising Sepsis in a child
- Working with birth trauma
- Duchenne Muscular Dystrophy – recognition, diagnosis and clinical care
- Supporting children with Down's syndrome and their families (including growth, feeding and development)

Updated GPPs:

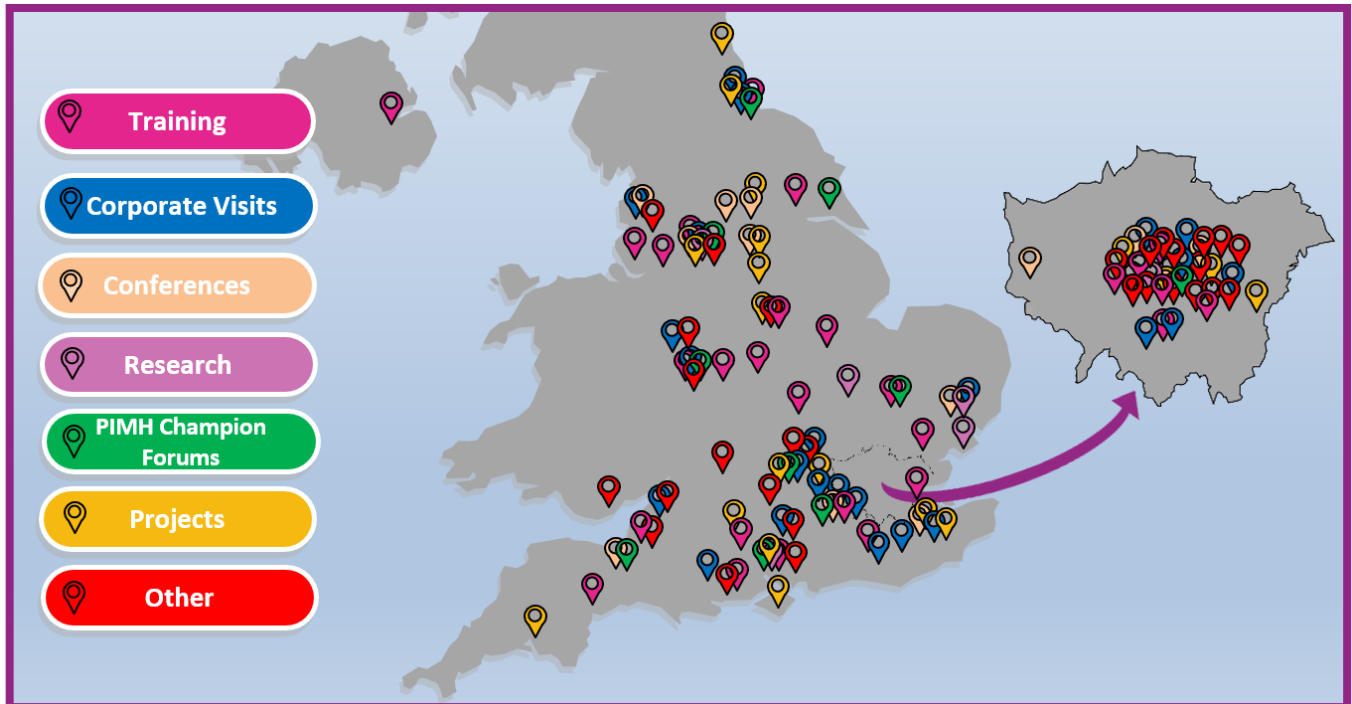
- Safer sleep
- Complementary Feeding and Baby-led Weaning
- Helping the older child to eat well
- Babies who have neonatal jaundice
- How to reduce unintentional injuries in children under five years
- How to reduce unintentional injuries in children under 5 years (accident prevention)
- Understanding Mothers' Mental Health & Wellbeing
- Understanding Fathers' Mental Health & Wellbeing
- Engaging with Fathers
- Postnatal Psychosis

Updated PTs

- Safer sleep for your baby
- Managing Food Allergies in children under 5 years
- Introducing your Baby to Solid foods
- How to help babies and children maintain a healthy weight
- Vitamins for children
- Helping your older child to eat well
- How can I encourage my child to eat vegetables?
- How to reduce unintentional injuries in children under 5 years (accident prevention)
- Safety in the Home/Burns and Scalds
- Safety in the Home/Falls
- Staying safe in the sun
- Safety in the home/ Water safety
- Safety in the home/ Suffocation and strangulation
- Preventing Choking



Where have we been in the UK this year?



For further information on our work or to discuss how we can help you, please contact us.



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