

Health visitors:  
*improving  
health outcomes*

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# The NMC

- statutory regulator for nurses and midwives including specialist community public health nurses
- register for over 660,000 nurses and midwives, including approximately 16,000 health visitors
- the largest professional healthcare register in the world
- safeguard health and well-being of patients and public by setting standards of education, training, conduct and performance

# The health visitor

## Entry to the profession:

- trained nurses or midwives
- critical thinkers able to navigate complex social situations manage and lead care in a multi-professional in a variety of settings

## Focus:

- individuals, their families and their community

## Role parameters:

- public health; well being, growth and development of individuals e.g. children and families
- work closely with at-risk groups and tackle the impact of social inequality on health

# Challenges and opportunities

## Disinvestment in the profession *downward spiral*

- not attracting new practitioners
- focus of service delivery
- viability of education programmes

## Ageing workforce:

- ageing workforce with 20% over 50yrs
- 6,000 lapsed on the register

## Workload priorities:

- education proficiencies allow practice learning in local priorities (e.g. safeguarding)

# NMC role in addressing challenge

- raise awareness of flexible learning to more encourage providers
- alternative routes into profession (Kings College London and City University London, two + one year courses)
- contact “lapsed” health visitors
- ensure education standards are not compromised

# Future development of the profession

- public health white paper wants health visitors to *“have a new role in building a stronger local community, in partnership with local voluntary and community groups”*
- public health to be commissioned locally
- health visitors will play the key part in this new strategy and new relationships must be built
- NMC will strengthen its third part of the register to reflect the importance of this advanced public health role, including the education standards reflecting new level of practice

## **Kings College study (Blewett et al) in press**

- sustaining links between Sure Start Children's Centres and health professionals
- centres found to support health professionals to maximise access to health provision; increased likelihood of improved outcomes
- effective integrated team work
- Health outcomes central to design of individual services and activities

## A day in the life....

**Tiny Tots** – a group for babies, toddlers and their carers.

**The Joy of Food** - cook and eat session including cooking recipes, trying new foods and learning how to plan and shop for healthier, more sustainable choices.

**Specialist ante natal clinic** - a specialist ante natal clinic for expectant parents in the local community.

**Under 2/3 Baby Group** - a group for new parents and their babies aged 2/3 and under including baby massage, breast and bottle feeding, weaning, sleep routines and budgeting.

**Up 2 Ones** - a group for first time parents with under 1's to have coffee and chat with other parents.

**Bumps 2 Babies** - a teenage parent craft group with our midwife and young parent advisor explaining all you need to know before you have your baby and after.



Thank you

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