

HEALTH VISITOR PATHWAY

(0-19 Children's Health Service)

WHAT IS A HEALTH VISITOR?

Health Visitors (HV) work with children and their families from the antenatal period until children are five years old. Health Visiting teams are made up of Health Visitors, community nurses, nursery nurses, breastfeeding peer supporters, and clinical support workers (CHIS). They help to identify health needs as early as possible and improve health and wellbeing and support with things like:



WHAT HAPPENS IF A PERSON MISSES THEIR HV APPOINTMENT?

- After 1 Did Not Attend (DNA) – the family's contact details are checked by administrative staff on the record keeping system. A second appointment is offered no later than two weeks after the original appointment
- After 2 x DNA – the family is sent a letter in the post informing them of non-attendance. HV liaises with other professionals regarding non-attendance, for information sharing purposes. The child/family is then referred to MASH (children's social care).

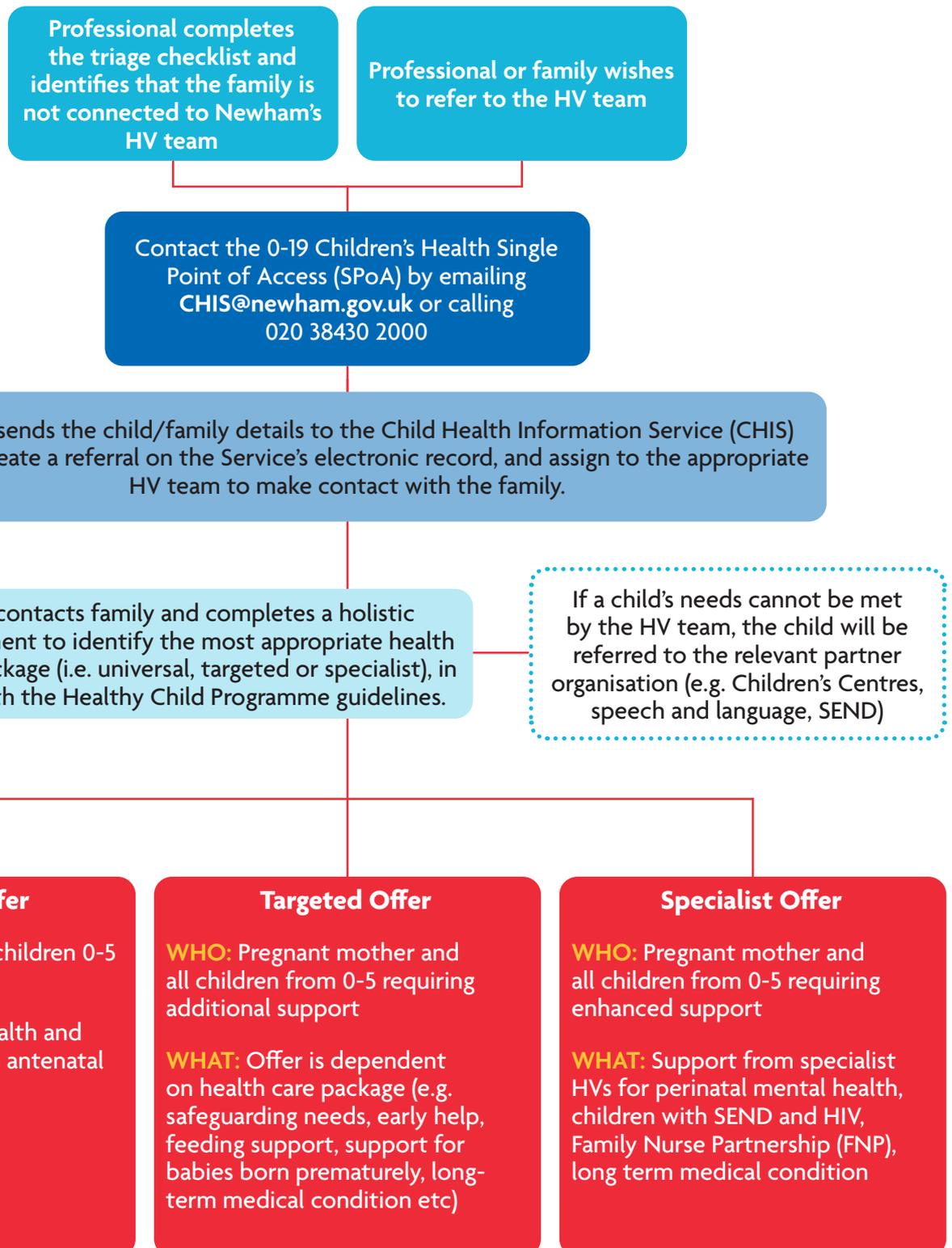
WHAT HAPPENS IF A FAMILY MOVES OUT OF BOROUGH?

If a family moves out of Newham, LBN's HV team undertake a handover to the relevant borough's HV team, including transferring of client records.

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CASE STUDIES

REFERRING A CHILD TO THE HEALTH VISITING TEAM

Bahar recently moved into a contingency hotel. She is pregnant with 2 children both aged under 5. After completing the family triage questionnaire with Bahar, a FN referred her family to Newham's HV team through the Single Point of Access (SPoA). An allocated HV contacted the family for an initial face-to-face information gathering and holistic assessment for Bahar and her 2 children. The HV liaised with the midwife (Maternity's Acorn team) for an update regarding antenatal contact and further support. In addition, the HV informed Bahar about accessing Children's Centre activities and nursery registration. To support with feeding and nutrition, Bahar was provided with the details of the Newham Baby Feeding Helpline. Bahar's children received further health review appointments and Bahar was informed to contact the HV or the SPoA number should she require further support.



SPEECH AND LANGUAGE SUPPORT

Esther is a single parent to Lucas, a 2 year old boy. Following the Ages and Stages Questionnaire (ASQ) assessment, the HV identified that Lucas has speech and language delays. Esther was told about health promotion learning activities to help improve Lucas's speech development. The HV encouraged Esther and Lucas to attend Talking Tot's sessions and the local Children's Centre Little Talkers and group sessions. Attending these sessions has helped improve Lucas' play, stimulation and socialisation skills.



PERINATAL MENTAL HEALTH SUPPORT

Almaz and Aaron have 2 children aged 7 and 1. The family lived in a country experiencing violence and war, and as a result, Almaz has been diagnosed with Post Traumatic Stress Disorder (PTSD). After a voluntary organisation referred the family to the HV team through the SPoA, an allocated HV visited the contingency hotel where the family was living to undertake a face to face holistic assessment. The HV completed a Maternal Mood Assessment and a Postnatal Depression (EPDS) assessment and found that the mother required mental health support. Almaz was referred to ELFT's perinatal mental health team and LBN's specialist perinatal mental health HV team for further support. The family's GP was also kept updated.

