

Extended home visits in the frame of a Family center in Sweden

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Introduction

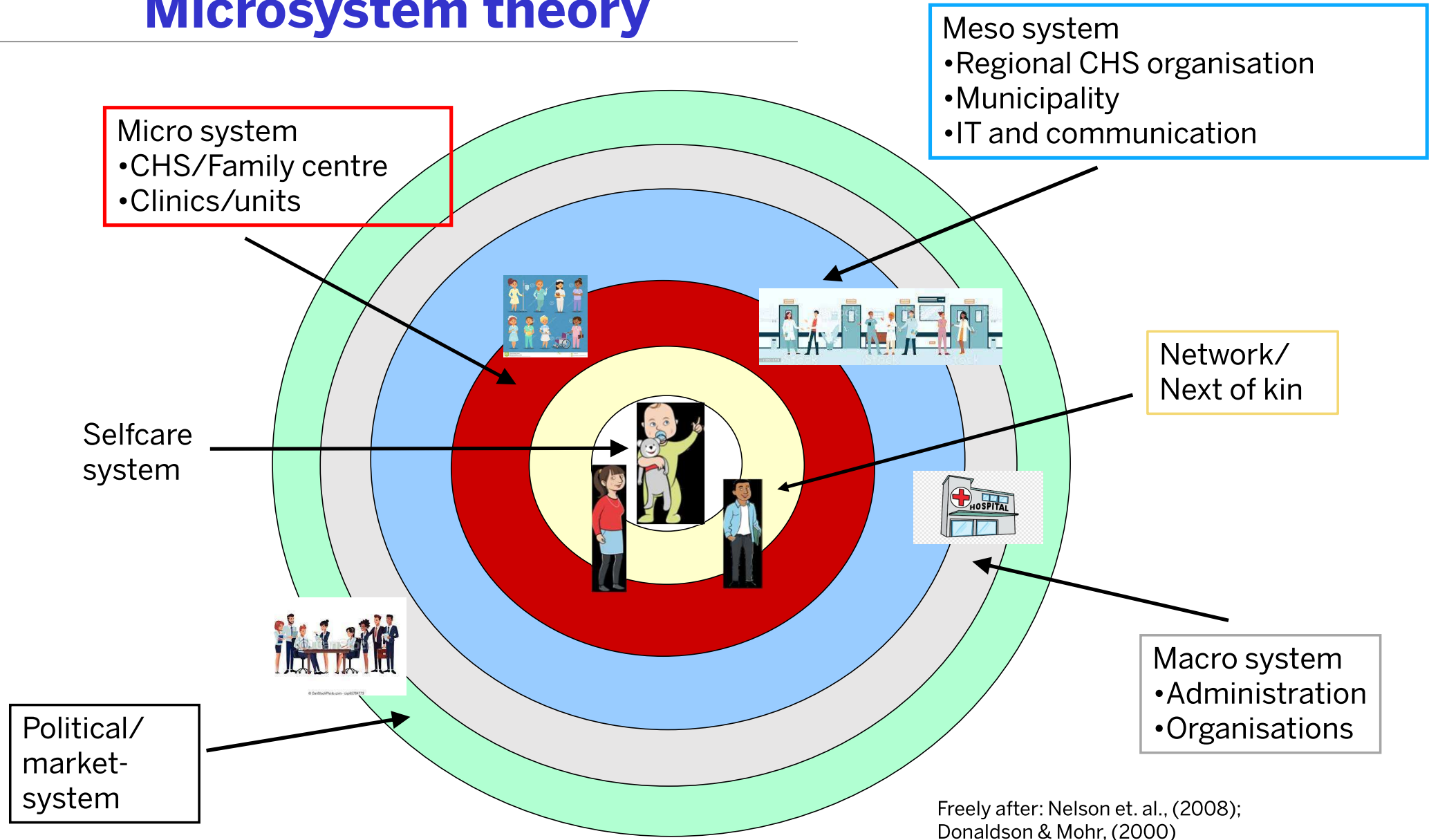
Child health services (CHS) is a health-promoting activity that meets almost all children aged 0 – 6 years and their parents and thus has unique opportunities to help create the conditions for good and equal health in the entire population.

Home visits are a form of evidence-based early parenting support, is used internationally with the aim of promoting children's health and strengthening parenting skills.

Several studies show that different home visit programmes are an effective way to improve children's health and affect the families' psychosocial living conditions, thus contributing to good and equal health for all families.

To provide parental support, some Swedish regions carry out an extended home visit program, with CHS nurses and social workers visiting first-time parents several times, aiming to give families more universal visits and thereby expand the task of promoting the child's health and increase the possibilities of discovering risk factors earlier.

Microsystem theory



Micro system
•CHS/Family centre
•Clinics/units

Meso system
•Regional CHS organisation
•Municipality
•IT and communication

Network/
Next of kin

Macro system
•Administration
•Organisations

Political/
market-
system

Freely after: Nelson et. al., (2008);
Donaldson & Mohr, (2000)

Aim

To explore parents and professionals' experiences of an extended home-visit program conducted at a Family Center in Sweden

Methods

The study used a qualitative design and were performed in one municipality in the Region Jönköping County.

Parents were interviewed individually (n=19).

The staff, CHS nurses (n=3 and n=5), social workers (n=3), and managers (n=3) were interviewed in four focus groups.

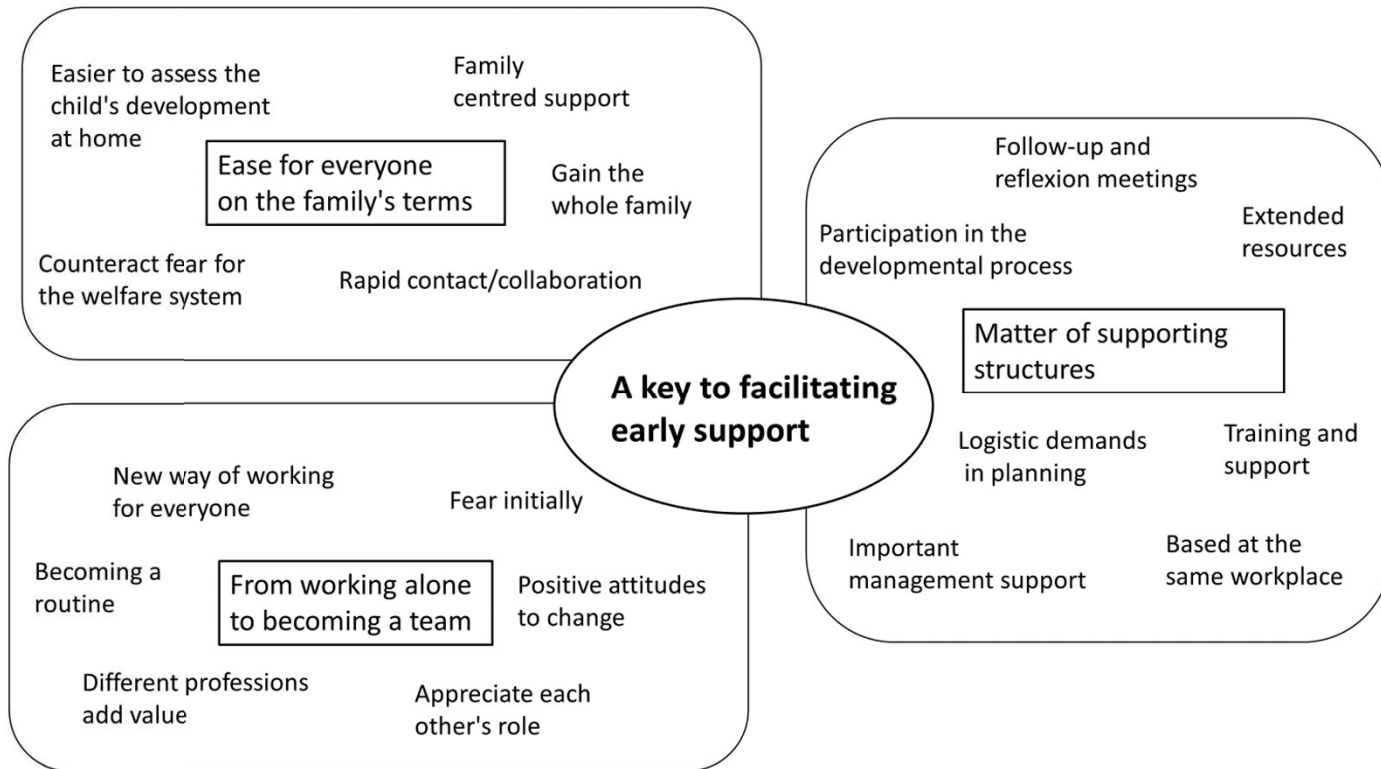
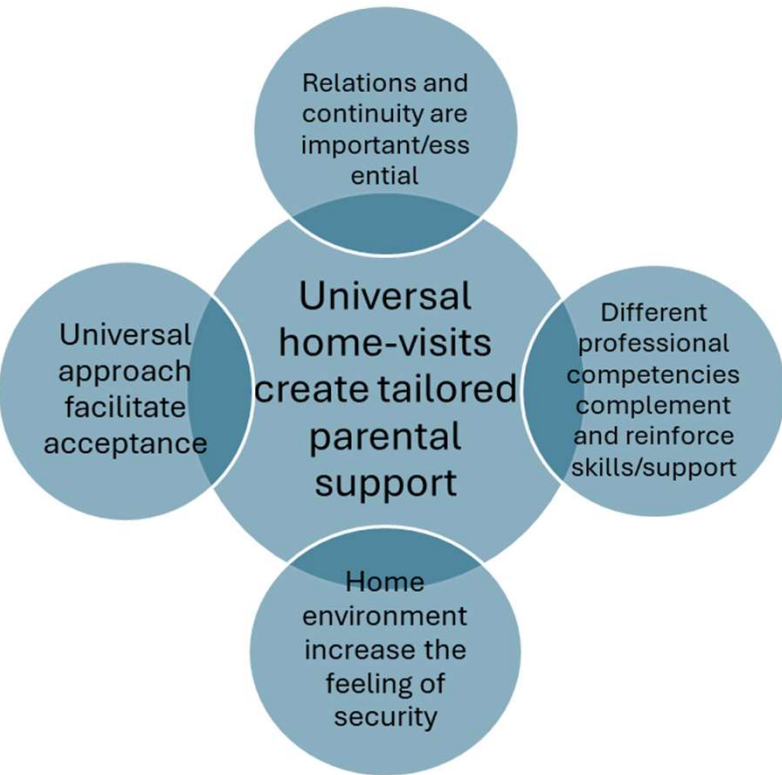
The material was handled as two datasets, each analyzed using a reflexive thematic approach.

The two results were then aggregated at a latent level.

Results

Parents

Professionals



Aggregated results and conclusions

Extended home-visits facilitate and create early tailored parental support

- The extended home visits were appreciated by all participants, and they were experienced as useful and as adding value for the children and families.
- There are a larger focus on the whole family and their situation, not only the child, which is often the case when meeting with the CHS nurse at the family centre.
- It is important with continuity in building trustful relationships with both the CHS nurse and the social worker.
- Flexibility and logistical demands are important to consider to make collaboration work.

Thank you!

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