BCM home nurse program helps young mothers, children

Baylor College of Medicine
HOUSTON -- (June 22, 2010) -- An innovative program at the Baylor Teen Health Clinic [1] designed to improve the health and well being of young first-time mothers and their children is celebrating its successes since launching nearly two years ago. The Nurse-Family Partnership program offers home-based nurse services to low-income Houston women (ages 15 to 24) and their children. A nurse makes home visits beginning during pregnancy and continues until the child is 2.

There are currently 78 women enrolled in the program, which is funded by a grant from the Texas Health and Human Services Commission [2]. Other Houston sites where women can enroll include Texas Children's Hospital [3] and the City of Houston [4].

Program participants from all three local sites are invited to an event at the Houston Zoo Friday, June 25. Each mother in the program will receive a free zoo ticket and lunch.

Nurse-Family Partnership

"We are very proud of this program and the successes of our young mothers and the nurses who work with them," said Dr. Peggy Smith, director of the Teen Health Clinic. "We're looking forward to celebrating their achievements as well as those made by our sister organizations that are part of the Nurse-Family Partnership."

Nurse coordinator Chelsea James said the Baylor program has reason to celebrate. More than 86 percent of the babies born to mothers in the program were full-term; 92 percent were born at or greater than the average birth weight; and 87 percent of the mothers have initiated breast feeding. In addition, 78 percent of the mothers are enrolled in some form of school.

Program benefits

Four nurses work in the Baylor program. They visit their clients at least twice a month, conducting routine health assessments on both the mother and the child. They also provide information on parenting skills, referrals for social and support services, offer resources on family planning, education and schooling and connect mothers with community services.

The national Nurse-Family Partnership [5] program was developed 30 years ago in New York, and started expanding across the country more than 10 years ago. It has been shown to improve prenatal health, lead to increased maternal employment

and improve school readiness of children. It has also led to a reduction in child abuse and neglect among participants, and children of the program grow up to have fewer arrests.

For more information visit the Baylor Teen Health Clinic website [6].

SOURCE [7]

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http://www.mdtmag.com/news/2010/06/bcm-home-nurse-program-helps-young-mothers-children?qt-most_popular=0

Links:
[1] http://www.teenhealthclinic.org
[2] http://www.hhsc.state.tx.us/index.shtml
[3] http://www.texaschildrenshospita.org
[4] http://www.houstontx.gov/
[5] http://www.nursefamilypartnership.org/
[6] http://www.teenhealthclinic.org/
[7] http://www.bcm.edu/news/item.cfm?newsID=2380&r=1