

Evaluation of evidence-based practice for adolescent mothers in public health nursing home visiting care



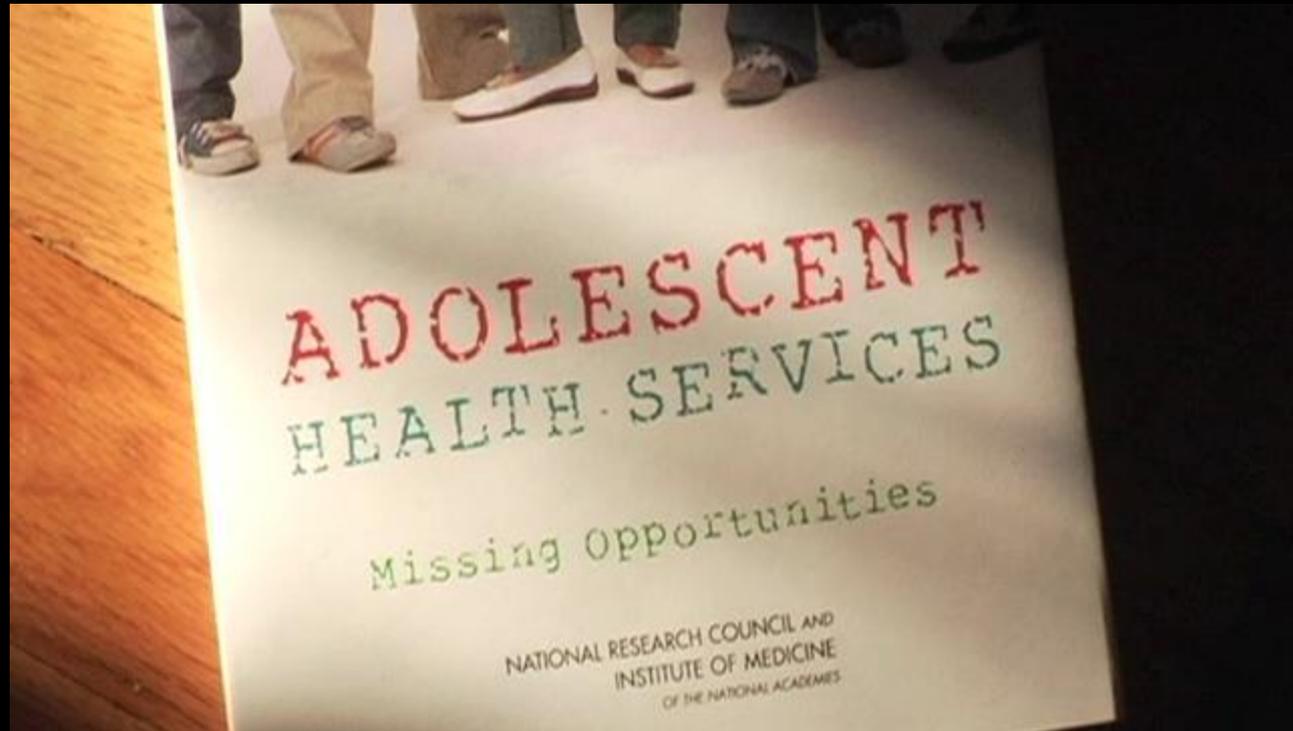
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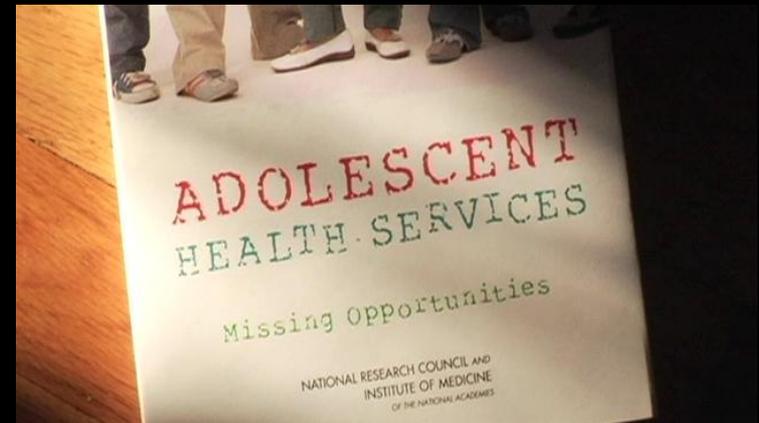
IOM report (2008):



U.S. health system not designed to meet needs of young people

IOM report (2008):

- Fragmented
- Uncoordinated
- Particularly for:
 - Mental health
 - Substance abuse
 - Reproductive health
- Shortage of providers skilled in adolescent health care



Public health nurses

- Largest segment of public health workforce (18%)
- Small & understudied segment of nursing workforce
 - 3% work in health departments
 - Home visiting programs serve adolescent mothers



Adolescent mothers



At high risk of receiving substandard care due to poverty, lack of age-appropriate health care

Adolescent mothers

- Repeat pregnancy
- Welfare dependency
- School dropout
- Mental health problems
- Substance use
- At risk for substandard care



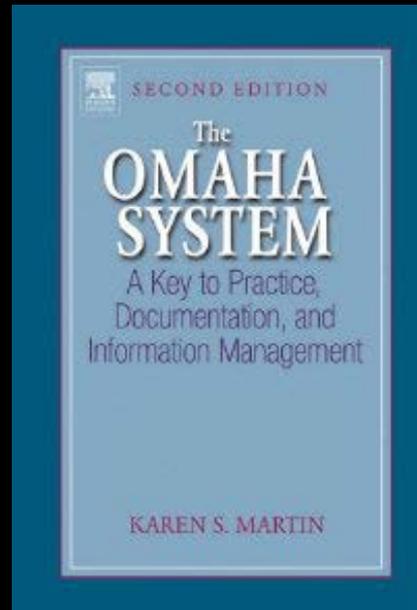
Study purpose

- To evaluate the services provided to high risk adolescent mothers in local public health nurse visiting programs in the Midwest
 - IOM: Assess existing service models to improve adolescent health services



Methods

- Descriptive study
- Secondary data from Omaha System
 - Most frequently documented problems



Omaha System: 3 components

- **Problem Classification Scheme** (*client assessment*)
 - Environmental (*e.g., Income*)
 - Psychosocial (*e.g., Mental health*)
 - Physiological (*e.g., Pregnancy*)
 - Health-related Behaviors (*e.g., Substance use*)
- **Intervention Scheme** (*care plans & services*)
- **Problem Rating Scale for Outcomes** (*client change/ evaluation*)
 - KBS rating:
 - (1) Knowledge; (2) Behavior; (3) Status

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- KBS rating
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Sample

- Convenience
- 192 high risk adolescent mothers ages 13-17
 - Enrolled in PHN home visiting programs in Minnesota during 2009
 - Risk criteria defined by MCHB Title V



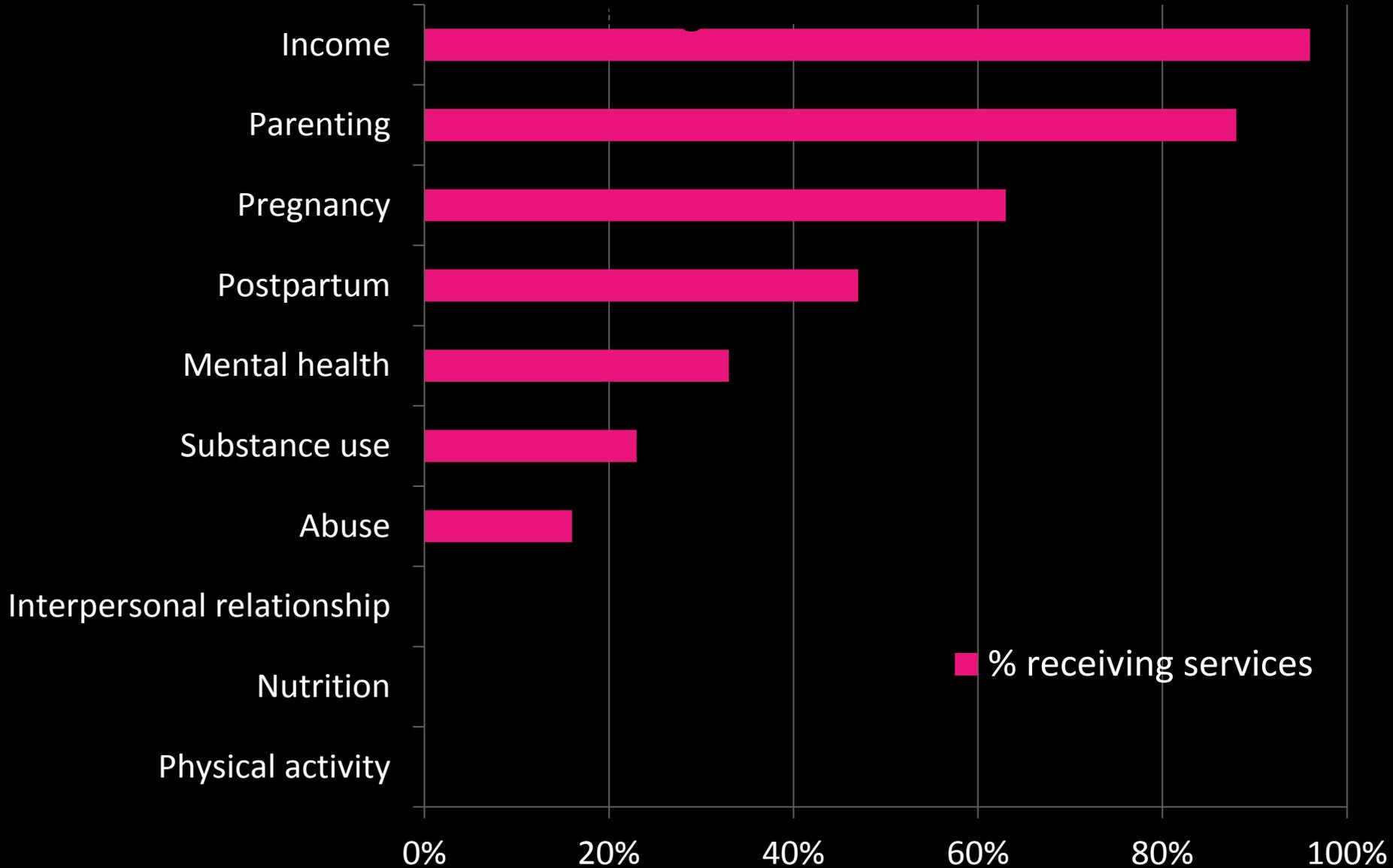


Analysis

- Descriptive analysis
 - Frequency of documentation
 - **Environmental**
 - Income (poverty)
 - **Psychosocial**
 - Interpersonal relationship
 - Mental health
 - Abuse
 - Parenting
 - **Physiological**
 - Pregnancy
 - Postpartum
 - **Health-related Behaviors**
 - Nutrition
 - Physical activity
 - Substance use



Results





Summary

- Public health nurses addressed needs of high-risk adolescent mothers
 - Poverty
 - Parenting
 - Pregnancy
- Critical interventions missing
 - Nutrition
 - Physical activity
 - Interpersonal relationships
- High levels of
 - Mental health
 - Substance abuse
 - Abuse

Conclusions

- Knowledge of EBP for adolescents may be lacking in the public health nursing workforce
- May be missing data due to documentation protocols
 - Need for more strengths-oriented documentation





Implications for practice & research

- Provide training to public health nurses to effectively address needs of pregnant & parenting adolescents
 - Minimal set of competencies
 - Fund interdisciplinary training programs
- Explore how Omaha System can be used to implement IOM recommendations
 - Development of coordinated primary health care system
 - Development of coordinated, linked, interdisciplinary adolescent health services

Questions?

