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
    - (1) Knowledge; (2) Behavior; (3) Status
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

- Income: 100%
- Parenting: 90%
- Pregnancy: 60%
- Postpartum: 50%
- Mental health: 40%
- Substance use: 20%
- Abuse: 10%
- Interpersonal relationship: 0%
- Nutrition: 0%
- Physical activity: 0%
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?