



Hope for the future

iHV Evidence-based Practice Conference
Thursday 21 September 2023

King's House Conference Centre
King's Church, Sidney Street, Manchester, M1 7HB



iHV Evidence-based Practice Conference



Important Conference Information

Your ticket includes lunch and refreshments throughout the day.

For WiFi, please connect to the network entitled 'Kings House' using password 'Welcome247'.

Join the conversation using #IHVEBP2023 when tweeting or posting to social media during the conference.

Your certificate of attendance and CPD record will be available for you to download once you have completed our post-conference survey. Please complete the survey so that we can continue to improve the conferences we provide - you will receive the link to the survey straight after the conference has ended and it is available to access via QR code on page 15.

IMPORTANT TO NOTE: We will be live streaming, filming and taking photographs to capture the event - if you don't wish to be photographed, then let us know and we'll make sure that you're not in any of the photos/film footage that we may use in future iHV marketing, publications and resources.

For any queries or assistance throughout the day, please contact any of our iHV team who are easily identifiable by a pink lanyard.

Conference Aim:

This year's conference aims to give practitioners hope for the future by integrating research evidence with clinical expertise to improve health outcomes and reduce inequalities for babies, children and families.

Learning outcomes:

- To hear and learn the latest evidence and research on key public health priorities for babies, children, and families
- To equip health visitors and practitioners working in health visiting teams with new knowledge and skills to address key challenges in prevention and early intervention work, to reduce inequalities and improve access to health care
- To explore equitable solutions to address barriers that prevent access to high-quality care and improved health outcomes
- To explore ways of improving community and population health, building partnerships, and advance diversity and inclusion
- To hear about the latest national developments for health visiting
- To hear and learn from cutting-edge researchers, national and local experts, and parents/carers/those with lived experience
- To gain insight into how place-based, multi-professional, integrated working can support local system planning to improve people's health and life chances
- To hear about recommendations for policy and practice
- To gain CPD points to support NMC revalidation
- To have networking opportunities with peers to further develop relationships and share best practice

Donate to the iHV

The iHV is a charity established to improve health and reduce inequalities for babies, children and families through a strengthened health visiting service. We do not make a profit from our conferences and subsidise our ticket prices to ensure as many people as possible are able to attend. If you would like to support our mission and help us to keep advocating for the profession, you can make a donation - please scan the QR code.



Alison Morton

CEO Institute of Health Visiting



Welcome!

We are absolutely delighted to welcome you to our 2023 Evidence-based Practice conference in Manchester. This year's conference provides a wonderful opportunity to meet together as health visiting practitioners from all four corners of the UK, as well as internationally. I hope that you will find lots of inspiration, practical ideas, sound evidence and encouragement from the wide range of keynote speakers and concurrent sessions - as well as opportunities to catch up with old friends and make new ones.

There is no denying that the last few years have been 'bumpy' for health visiting across the UK. Despite the challenges, you have continued to support families through the aftermath of the pandemic, the cost-of-living crisis, and ongoing workforce shortages in many areas. Your energy, innovation and leadership was plain to see in the largest ever number of abstract submissions that we received for this year's conference - the quality of submissions was phenomenal. Yet, health visitors' vital work is often hidden behind front doors and doesn't get the attention that it deserves. That's why it's so important that we meet together, to shine a spotlight on the very best of health visiting practice, innovation and research.

The future of health visiting lies in health visiting! Whether you are a frontline practitioner, in a leadership position, an educationalist, an aspiring researcher, or a seasoned academic - everyone has a part to play in advancing our wonderful profession.

This year's 'Hope for the future' conference is focused on strengthening health visiting - being real about the 'here and now' and with our eyes fixed on

the future. Where are we heading? How will we get there? How do we ensure that health visiting remains relevant and equipped to address the most pressing public health challenges now and in the future? The health and care landscape is changing and health visiting has a vital part to play in it!

This year we also have a fantastic exhibition for you to enjoy during the break times - many of our exhibitors are also our partners in various projects. Please also share your learning with your colleagues, so that they may benefit from it too.

The Institute is a vibrant and busy health visiting community. Please do come and say hello to the team - we would love to hear about the work that you're doing, or your ideas/ suggestions for us. We are also always happy to chat about any aspects of our work that you might be interested in.

If you are not an iHV member already, do consider joining us. Not only does that help to sustain us as the national voice for health visiting, but it means you hear about the latest developments and career opportunities as they happen. You also receive access to all the fantastic resources, member benefits and CPD opportunities. If you are not a health visitor, we can extend similar opportunities, through our Friends or student memberships, to others close to public health practice.

With very best wishes

Alison
iHV CEO

Programme

Our conference programme brings together local, national, and international experts and speakers who are focused on strengthening health visiting practice. The keynote presentations, concurrent sessions and breakout sessions cover a breadth of health visiting practice topics to suit different priorities and areas of interest. **Scan the QR code to learn more about each session.**



Time	Session
08:30 - 09:30	Registration, welcome refreshments and exhibition
09:10 - 09:30	Sponsor Breakfast Session - Novartis Gene Therapies UK Spinal muscular atrophy (SMA): The touchpoints for finding babies with SMA and the importance of early referral Stephanie Tanner Nurse Specialist and mother of 2 children with SMA, Newcastle upon Tyne Hospitals NHS Foundation Trust
09:30 - 11:30	Keynote Session 1: Building a fairer world
09:30 - 09:40	Welcome from the chair and opening remarks Alison Morton CEO, Institute of Health Visiting
09:40 - 10:00	Families, finances and food insecurity: Implications for health visitors and public health practitioners Professor Flora Douglas Professor of Public Health, Robert Gordon University
10:00 - 10:20	Parent Voice - Lived experience of homelessness Mike Hurst CEO, Lads Like Us Louise Hamer Deputy Designated Nurse Safeguarding Children and Children in Care, Lancashire and South Cumbria Integrated Care Board
10:20 - 10:40	Our children today are our adults tomorrow – making home a better place for children living in temporary accommodation Professor Monica Lakhanpaul Professor of Integrated Community Child Health, UCL Great Ormond Street Institute of Child Health, University College London
10:40 - 11:00	Q&A
11:00 - 11:30	Break: Exhibition, refreshments, and networking
11:30 - 12:30	Concurrent Sessions <i>Please follow information on room location for your chosen concurrent session</i>
11:30 - 12:30	Foundations for future health
Session 1	Cardiovascular Disease Vicky Gilroy, Victoria Jackson, Laura Ferguson and Laura Trevor A narrative inquiry approach to understand how women from different socioeconomic backgrounds experience the UNICEF UK Baby Friendly Initiative standards Pippa Atkinson Q&A

Time	Session	
11:30 - 12:30	Integrated Pathways	
Session 2	Assessing the Risk of Postnatal Depression (PND) in Mothers Receiving the Health Visiting Service - A Best Practice Implementation Project Amanda Holland, Rachel Raymond and Kim Jones Supporting Children with Special Educational Needs and Disabilities in the Community Nikki Freeman and Kirsty Jacques Exploring how the uptake of childhood immunisations can be improved in England: A Systematic Review Sophie Ames Q&A	
11:30 - 12:30	Reaching underserved communities	
Session 3	Feed Your Way – a co-produced public breastfeeding campaign in Nottingham Jill Smith Engaging parents, carers and staff in health visiting clinic redesign Pippa Martin, Têrie Stancombe and Lauren Gascoyne The Fight for Every Child Sharon Reeve and Tracey Jones Q&A	
11:30 - 12:30	Developing the workforce	
Session 4	Pan-London SCPHN workforce development Nicky Brown and Georgina Mayes Right place, right time, right door, but is it the right person? Health Visitors as deliverers of a mental health intervention Melanie Farman Passion, motivation, joy; invigorating Public Health Staff Nurses in 0-19 years Children and Young Peoples services Dr Karen Rees and Miriam Buckley Q&A	
12:30 - 13:30	Lunch break and exhibition	
13:30 - 14:00	Breakout Sessions: Oral Presentations <i>*vote for the best poster presentation!*</i>	
Oral Presentations 1 - 4:	Oral Presentations 5 - 8:	Oral Presentations 9 - 12:
Safeguarding families Seminar room 1	Supporting child development and enhanced health visiting Auditorium	Improving health and access to care Seminar room 3/4
Kerry Champion Kate Codd Judith Rees and Nilushka Perera Louise Saunders	Barbara Kombe Dr Catina Adams Helen Rush Rhona Clover and Vita Martin-Achong	Lynn McGuinness Christopher Sweeney Amy Morton Kate Oxlade

Time	Session	
14:05 - 15:05	Research	📍 Seminar room 3/4
Session 5	Building Research Capacity Vicky Gilroy and Dr Sharin Baldwin	
	Focus on early eating drinking and swallowing (FEEDS): Improving health and nutrition for young children with disability Professor Jeremy Parr	
	Research Health Visitors - the way forward Louise Wolstenholme, Tracey Long, Lisa Manlove, Stuart Gormley, Terri Wright and Izzy McKeever	
	Q&A	
14:05 - 15:05	Protecting children from harm	📍 Seminar room 1
Session 6	Protecting babies and children from harm Sally Shearer OBE	
	Hidden in Plain Sight: Making families living in domestic abuse refuge visible Tricia Bradshaw and Jemma Simpson	
	Child or Parent? What helps health visitors balance the needs of infants and their teenage parent? Kate Frith	
	Q&A	
14:05 - 15:05	Improving access, experience and outcomes	📍 Auditorium
Session 7	Experiences of COVID-19 and Telehealth in Health Visiting Services Bethany Gill	
	Improving access to healthcare for non-English speaking families with young children Amy McDonald and Dr Caroline Swindin	
	Partnership approach to reducing health inequalities for families in Derbyshire - Citizens Advice and 0-19 referral project Claire Scothern and Melanie Mallinson	
	Q&A	
14:05 - 15:05	Managing childhood illness	📍 Seminar room 5
Session 8	Delivering what Fathers want - An information Pack for New and Expectant Fathers Felicity Callon	
	Unravelling the surge in A&E attendances and evolving health visiting practice Georgina Mayes	
	Strep A, Flu and Respiratory Illnesses - Resources to support practice Victoria Jackson	
	Q&A	
15:05 - 15:20	Break: Exhibition, refreshments, and networking	📍 First floor hall

Time	Session	
15:20 - 16:40	Keynote Session 2: Hope for the Future	📍 Auditorium
15:20 - 15:25	Welcome Back Vicky Gilroy Head of Projects & Evaluation, Institute of Health Visiting	
	15:25 - 15:45	Genomics Sally Shillaker Practice Development Lead – Genomics, Institute of Health Visiting <i>Genomics Q&A Support - Dr Ed Miller</i> Education Specialist, Health Education England Genomics Education Programme
15:45 - 16:05	The Nanny State in the 21st Century, Who Is Nannying Who And What Type Of Nanny Do We Need Greg Fell Director of Public Health in Sheffield	
16:05 - 16:20	Leading with a compass Alison Morton CEO, Institute of Health Visiting	
16:20 - 16:25	iHV SCPHN Student Health Visitor Award Winner - Spotlight on saving babies' lives Leonie Grundy Student Health Visitor, Manchester Metropolitan University	
16:25 - 16:40	Q&A	
16:40 - 16:45	Award Presentations iHV SCPHN Student Health Visitor Award 2023 Breakout Session: Best Oral Presentation Award	
16:45	Close	



Leading in a complex world

Wednesday 6 December 2023 | 📍 10 Union Street, London

The iHV annual Leadership Conference has become an important date in the calendar for health visitors. Bringing together high-profile speakers, leaders, academics and practitioners, the iHV Leadership Conference will examine current and future challenges that are impacting the life chances of babies, children and families in the UK. Most importantly, we will focus on solutions and the value of health visiting. Through keynote presentations, panel discussions and interactive sessions, we will explore the latest research, policy and practice aimed at strengthening practice and collaborative working to improve health and reduce inequalities. **Scan the QR code to find out more.**




Keynote speakers

Our keynote speakers will focus on how we can build on the present to help shape the future of health visiting and tackle inequalities and improve outcomes for babies, children and families. We are privileged to be joined by such eminent speakers.

Stephanie Tanner

Nurse Specialist and mother of 2 children with SMA
Newcastle upon Tyne Hospitals NHS Foundation Trust



Stephanie qualified as a nurse in 2014 and started her career working for The Newcastle Hospitals NHS Foundation Trust. Here she worked for 9 years in neurosurgery before having her children. Stephanie is a mother to three under 5 years of age, two of whom have spinal muscular atrophy (SMA). Following her son's diagnosis of SMA, Stephanie developed a personal and professional interest in neuromuscular diseases and has since gone on to become a Nurse Specialist in Genetic Neuromuscular Diseases at The John Walton Muscular Dystrophy Research Centre. UK | SEP 2023 | 305244

Professor Flora Douglas

Professor of Public Health
Robert Gordon University



Flora Douglas is a Professor of Public Health based at the School of Nursing, Midwifery and Paramedic Practice at The Robert Gordon University, Aberdeen. Flora originally worked in adult nursing during her early career, in Glasgow and Western Australia, where she developed her interest in social and health inequalities. Flora has over two decades of public health intervention and applied health services research experience, which includes its current focus on poverty and household food insecurity and its impact on health and healthcare use, and the evaluation of policy and programme interventions intended to address these issues. @FloraD

Mike Hurst

CEO
Lads Like Us



Mike is the co-founder of Lads Like Us. In early life he experienced significant adverse childhood experiences which resulted in numerous mental health disorders. He found himself in a life of crime and antisocial behaviour. Mike uses his experiences of childhood trauma as his driving force to make changes for future generations. Mike is now an international speaker, trainer and safeguarding consultant - proving to himself and others that recovery from trauma is possible. Lads Like Us is a Manchester-based non-profit organisation whose journey started with a mission dedicated to informing the practice of professionals and organisations that had failed its founders as children and adults. @Lads_Like_Us

Louise Hamer

Deputy Designated Nurse Safeguarding Children and Children in Care
Lancashire and South Cumbria Integrated Care Board



Louise first trained as a paediatric nurse over 20 years ago, specialising in child and adolescent mental health before qualifying as a Health Visitor in 2006. She has worked across London and Greater Manchester as a health visitor but moved into specialist nursing roles for safeguarding children and children in care in 2016. Louise is passionate about the role of Specialist Community Public Health Practitioners in safeguarding children, their parents and their community. Louise attended the 'Million Pieces' training by Lads Like Us earlier in the year and realised she had worked with Mike as his health visitor in 2015. @loujhamer

Professor Monica Lakhanpaul

Professor of Integrated Community Child Health
UCL Great Ormond Street Institute of Child Health, University College London



Professor Monica Lakhanpaul is Professor of Integrated Community Child Health at UCL Great Ormond Street Institute of Child Health and an academic, clinician, science communicator and poet. She is also Consultant Paediatrician at Whittington NHS Trust, PPI lead for the Great Ormond Street Biomedical Research Centre, and Global Strategic Academic Advisor (India). Professor Lakhanpaul focuses on using collaborative, participatory research methods incorporating the arts at the intersections of health, education and the environment in order to optimise the health and wellbeing of children, adolescents and families affected by social and structural inequalities with the aim of influencing practice and policy. @ProfLakhanpaul

Sally Shillaker

Practice Development Lead – Genomics
Institute of Health Visiting



Sally currently has a dual role, working for the iHV as Practice Development Lead - Genomics and for Genomics England as Clinical Content Developer. Both roles centre on the opportunities that genomics provides to improve health outcomes for children and families while recognising important concepts which underpin genomics, such as ethics, equity of access, dealing with uncertainty, transparency in care, and ensuring families' understanding of genomics. It's an exciting time to be working in genomics and health visitors have a vital role to play in supporting children and families. @sally_shillaker

Greg Fell

Director of Public Health
Sheffield



Greg is the Director of Public Health in Sheffield. He graduated from Nottingham University with a degree in biochemistry and physiology in 1993. He worked as a social researcher in a maternity unit; in health promotion and public health before joining the public health training scheme. Greg worked as a consultant in public health in Bradford in the PCT then Bradford Council. Since Feb 2016 he has worked for Sheffield City Council as the Director of Public Health. Greg was also appointed to the role of Vice President to the Association of Directors of Public Health (ADPH) in December 2021. @felly500

Alison Morton

CEO
Institute of Health Visiting



Alison is the CEO and Fellow at the Institute of Health Visiting. She is driven to ensure that every child has the best start in life. Alison has an extensive background in health visiting practice, research, leadership and policy, and was one of the Professional Advisors for Health Visiting at the Department of Health from 2014. Alison joined the Institute as Director of Policy and Quality in 2019, delivering 'Health Visiting in England: A Vision for the Future' - iHV's evidence-based blueprint for health visiting. Alison was appointed as iHV's CEO in April 2021. Previous roles include: Best Start in Life Programme Manager at Public Health England; Head of Nursing for children's public health in Hampshire; and NIHR Clinical Academic with an interest in implementation science and co-production. @Alison_Morton2

Concurrent session speakers

Our concurrent speakers will be sharing their latest research and innovations across a range of hot topics and you will have the chance to discuss the challenges and opportunities with the experts. The numbers below correspond to the sessions our speakers will be presenting in, as listed in the programme on pages 4-7. Scan the QR code to learn more about our concurrent session speakers.



2 **Sophie Ames**
0-19 Clinical Team Manager
0-19 Public Health Integrated Nursing Service, Leeds Community Healthcare

1 **Pippa Atkinson**
Doctoral Fellow and Lecturer
National Institute of Health and Care Research Applied Research Collaboration Northwest Coast

5 **Dr Sharin Baldwin**
Senior Health Visiting Research Lead
Institute of Health Visiting

6 **Tricia Bradshaw**
Locality Manager
Derbyshire Community Health Services NHS Foundation Trust

4 **Nicky Brown**
Senior Nurse/Public Health Specialist
Babies, Children and Young People
Office for Health Improvement and Disparities

4 **Miriam Buckley**
Workforce Development Lead
Children and Young People Services
Dorset HealthCare NHS Trust

8 **Felicity Callon**
Father Inclusivity Senior
Project Officer
Small Steps Big Changes

4 **Melanie Farman**
Development Manager
Enhanced Healthy Child Pathway & Specialist Services
Blackpool Better Start

1 **Laura Ferguson**
Children's Services Locality Lead
Enhanced and SEND Health Visiting Teams, Bury Health Visiting Service, Northern Care Alliance

2 **Nikki Freeman**
Health Visitor Clinical Lead for SEND
Hertfordshire Community NHS Trust

6 **Kate Frith**
Lecturer Children's Nursing
London South Bank University

3 **Lauren Gascoyne**
Communication, Engagement & Project Officer
Derbyshire Community Health Services NHS Foundation Trust

7 **Bethany Gill**
PhD Student
NIHR ARC NWC and University of Central Lancashire

1 5 **Vicky Gilroy**
Head of Projects & Evaluation
Institute of Health Visiting

5 **Stuart Gormley**
Lead Nurse, Research and Innovation
Sheffield Children's NHS Foundation Trust

2 **Amanda Holland**
Professional Services Lead
Institute of Health Visiting

1 8 **Victoria Jackson**
Senior Programme Manager
Institute of Health Visiting

2 **Kirsty Jacques**
Health Visitor
Hertfordshire Community NHS Trust

2 **Kim Jones**
Specialist Health Visitor Perinatal Mental Health
Cardiff and Vale University Health Board

3 **Tracey Jones**
Specialist Health Visitor for Homeless Families
Southend-on-Sea City Council

5 **Tracey Long**
Nurse Consultant & NIHR Senior Research Leader Nursing & Midwifery
Rotherham Doncaster and South Humber NHS Foundation Trust


7 **Melanie Mallinson**
Senior Operations Manager
Derbyshire Districts Citizens Advice

5 **Lisa Manlove**
Health Visitor Team Leader
Sheffield Children's NHS Foundation Trust


3 **Pippa Martin**
Service Development Lead 0-5 years
Derbyshire Community Health Services NHS Foundation Trust

4 8 **Georgina Mayes**
Policy & Quality Lead
Institute of Health Visiting

7 **Amy McDonald**
Evaluation Manager
Small Steps Big Changes




5 Izzy McKeever
Research Health Visitor
Sheffield Children's NHS
Foundation Trust




5 Professor Jeremy Parr
Professor in Paediatric
Neurodisability
Newcastle University




2 Rachel Raymond
Senior Nurse
Cardiff Flying Start Health Visiting
Service




4 Dr Karen Rees
Principal Lecturer - Public Health and
Health Visiting
Bournemouth University




3 Sharon Reeve
Specialist Health Visitor for
Homeless Families
Southend-on-Sea City Council




7 Claire Scothern
Professional Quality Lead
Derbyshire Community Health
Services NHS Foundation Trust



6 Sally Shearer OBE
Health Member
National Child Safeguarding Practice
Review Panel




6 Jemma Simpson
Specialist Community
Public Health Nurse
Derbyshire Community Health
Services NHS Foundation Trust



3 Jill Smith
Senior Project Officer
Small Steps Big Changes




3 Têrie Stancombe
Head of 0-19 Children's Service
Derbyshire Community Health
Services NHS Foundation Trust




7 Dr Caroline Swindin
Salaried GP
Small Steps Big Changes



1 Laura Trevor
Health Visitor for Children with
Additional Needs
Bury Health Visiting Service,
Northern Care Alliance



5 Louise Wolstenholme
0-19 Research Lead
Sheffield Children's NHS
Foundation Trust



5 Terri Wright
Health Visitor
Sheffield Children's NHS
Foundation Trust

Dr Ed Miller - Genomics Q&A Support

Education Specialist
Health Education England, Genomics Education Programme



Dr Ed Miller is an Education Specialist for NHS England's National Genomics Education Programme which exists to deliver learning and development opportunities to both healthcare professionals involved in NHS Genomics Medicine service and the wider workforce.

Ed provides educational steer and input across the programme and leads a number of projects to support the education and training of healthcare professionals in genomics, with a particular focus on the nursing and midwifery workforce.

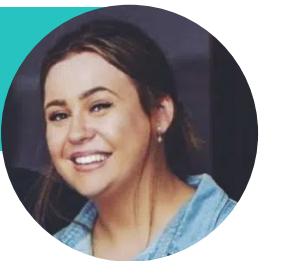
Before joining the Genomics Education Programme, Ed researched DNA damage repair and replication and has a PhD from the University Birmingham.

iHV Student SCPHN Presentation Winner




Leonie Grundy

Student Health Visitor
Manchester Metropolitan University



Leonie won first place in our 2023 iHV SCPHN Student Health Visitor Award. Leonie will share her initiative and be presented with her award. Leonie is extremely passionate about safer sleep and believes that if her project can change one family's decision on a safe sleep space, this will reduce the risks of sudden infant death. Leonie submitted her abstract to the iHV with the hope that more people would hear the message that safe sleep saves lives.



Time to branch out!

Delegates will have the opportunity to enter a prize draw.
Our prize draw gives you the chance to win:

One free conference ticket and an optional second half-price ticket valid until Dec 2024
A £50 gift voucher from National Book Tokens

To enter, delegates will need to use their stamp cards (found in the delegates packs), visit each of our 'tree-mendous' exhibitors and sponsors in the first floor hall to get a stamp and then drop their completed card into the iHV Leafy Letterbox!

The prize draw will be made at the end of the conference.

Oral Break-out Presenters

Listen to this year's highest scoring abstract submissions. Speakers will be showcasing their work with a short presentation in three breakout sessions. Delegates will have the opportunity to vote for their favourite! **Scan the QR code to learn more.**



Oral Presentations 1 - 4: Safeguarding families

Seminar room 1

Health Visitors and Domestic Abuse: Working Together to make a difference for Women and Children in refuge
[Kerry Champion](#) | Specialist Health Visitor for Domestic Abuse, Lewisham and Greenwich NHS Trust

In conversation with health visitors and women: talking about domestic violence. Analysing experience through a feminist lens

[Kate Codd](#) | Health Visitor and PhD researcher, Staffordshire University

Safer Beginnings: Improving emotional and physical safety and reducing inequalities before, during and after birth
[Judith Rees](#) | Director of Operations, The For Baby's Sake Trust

[Nilushka Perera](#) | Head of Impact and Implementation, The For Baby's Sake Trust

What interventions should Health Visitors use to promote reduction of unintentional injury in the under 5s?
 A Literature Review

[Louise Saunders](#) | Clinical Team Lead, Southern Health NHS Foundation Trust

Oral Presentations 5 - 8: Supporting child development and enhanced health visiting

Auditorium

Developmental Assessments - The future

[Barbara Kombe](#) | Clinical Nurse Specialist - Neurodevelopment, Guy's and St Thomas' NHS Foundation Trust

Maternal and Child Health Nurses in Victoria, Australia, supporting the caregiving experiences of neurodivergent parents

[Dr Catina Adams](#) | Course coordinator, Child Family and Community Nursing, La Trobe University

A collaborative approach to improving speech, language and communication in the early years: it's everybody's business

[Helen Rush](#) | Early Years Specialist, Better Start Bradford

[Chloe Stevenson](#) | Maternal and Child Health Development Lead, Better Start Bradford

Family Partnership early intervention intensive visiting service for families experiencing vulnerabilities in Kent

[Rhona Clover](#) | Head of Operational services - Health Visiting, Kent Community Health NHS Foundation Trust

[Vita Martin-Achong](#) | Family Partnership Programme Manager, Kent Community Health NHS Foundation Trust

Oral Presentations 9 - 12: Improving Health and access to care

Seminar room 3/4

Nottingham City Targeted Healthy Lifestyle Pilot

[Lynn McGuinness](#) | Clinical Service Manager, Nottingham CityCare Partnership

A qualitative systematic review of the barriers and facilitators of help seeking in parents of children aged 1-5

[Christopher Sweeney](#) | Clinical Academic Fellow, The University of Edinburgh

Addressing perinatal morbidity to improve women's wellbeing: A continuation of the debate

[Amy Morton](#) | Senior Lecturer, Birmingham City University

Journey of the child: early intervention to working in partnership with health improvement practitioners to deliver Health4Life

[Kate Oxlade](#) | Professional Lead, Southend-on-Sea City Council

Opportunities to ask questions

Whether you're joining online, or in-person, use Slido to post your questions to our speakers. You can also vote for the questions that you most want answered. If you are here in person, you can use Slido or revert to the 'old fashioned' method of raising your hand.

Join the conversation by scanning the QR code.



Resources to support you

The Institute of Health Visiting recognises that it has a responsibility to the environment beyond legal and regulatory requirements. We are committed to reducing our environmental impact and continually strive to improve our environmental performance which is an integral part of our business plan and objectives.

At this year's conference, printing will be kept to a minimum. All conference details will be available on our website. We have created a QR code which will take you to our iHV resources. Scan the QR code above to access.

To support your continuous professional development after the conference, we have collated a list of iHV resources that are relevant to the topics presented today. iHV members have full access to all iHV resources. Non-members have access to 'open access' resources only. Membership of the Institute is open to health visitors and anyone working with health visitors, or interested in their work. To find out more about membership, see page 16.



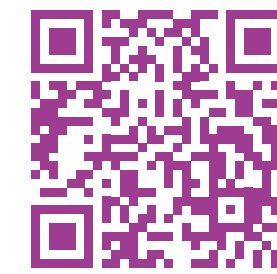
Post-conference evaluation and certificate of attendance

We hope that you really enjoy our Evidence-based Practice Conference. Your feedback is so important to us and it helps us to shape and improve our future conferences.

Please tell us what you think by completing the evaluation survey. Use the QR code, or the link in the email that we will send you after the conference.

Once you have completed the evaluation survey, your certificate of attendance and CPD points will be available for you to download.

If you have any queries, please don't hesitate to email: events@ihv.org.uk



Benefits of iHV Membership

Membership of the iHV brings health visitors, and practitioners working in health visiting teams, together as a professional community. By working together with you, we aim to improve health outcomes and reduce inequalities for babies, children, families and communities through a strengthened health visiting service.

Being an iHV member provides opportunities to participate in UK-wide developments. Members receive our monthly electronic newsletter, **iHV Times**, which contains the latest news, evidence, reports, briefings and other relevant resources and opportunities to support health visiting practice.



Increased Professionalism

- Membership of a large, vibrant and rapidly-growing community of health visitors
- Opportunity to participate in our developments
- Opportunity to join a working group in specialist areas
- Link to national work and opportunity to influence policy and practice



Member Offers

- Discounts (including priority booking) to iHV conferences on key topics
- Discounts to attend our award-winning training programmes
- Priority free-access to grant-funded training
- Tax relief on your subscriptions (for individual members only)



iHV Insights

- Run exclusively for iHV members
- Regular one-hour webinars on key HV topics
- Add to your CPD record
- Interactive live sessions with Q&A
- Access recordings, slides and supporting resources after the event



Networking Events

- Run exclusively for iHV members
- Meet and collaborate with colleagues across the UK
- Share your experiences and learning from practice
- Keep informed about our workstreams and the national direction



Our Website

- Access the latest tools, guidance and evidence-based materials
- Instant access to member-only iHV resources including Good Practice Points
- Comprehensive A-Z of resources
- Dedicated mental health section with resources

The iHV Corporate membership scheme

is designed to help employer organisations ensure that their entire health visitor workforce has access to all iHV membership benefits, plus access to project-funded training, iHV presentations at HV service staff meetings/forums/events. iHV Corporate membership is a popular health visitor recruitment and retention incentive.

#TeamiHV is on hand to support members with any issues, whether it be logging in, locating a resource or answering enquiries - our members are always our priority! Contact: admin@ihv.org.uk

**Not a member?
Join today and receive a free
iHV notebook*!**


*Free gift offer valid to new members only who sign up today - please visit the iHV Membership stand at today's conference.

Our Sponsor

We are delighted that Novartis Gene Therapies UK is sponsoring this year's iHV Evidence-based Practice Conference. Join their breakfast session in the Main Auditorium at 9:10am and visit their stand in the first floor exhibition hall to find out more about the work that they are doing.

Scan the QR code to visit the Think 3 for SMA website and learn more about spinal muscular atrophy



Good Practice Points for Health Visitors 

Identifying, referring and supporting infants with Spinal Muscular Atrophy - type 1

What is Spinal Muscular Atrophy?
Spinal muscular atrophy (SMA) is a rare, progressive, inherited monogenic disease characterised by lower motor neuron degeneration, muscle weakness and breathing and swallowing difficulties.¹

A monogenic disease is caused by a single gene being missing or altered so it doesn't function. SMA only develops when a person inherits the faulty gene from both parents (autosomal recessive). SMA represents a continuum or spectrum of disease and is typically classified into four types (types 1 to 4) that can range in severity and age of onset (see table of classifications below).¹

In SMA type 1, the most severe and common form and the focus of this Good Practice Points resource, most lower motor neuron degeneration occurs in the first few months of life causing rapid and irreversible damage.^{1,2}

Please see table (2) on page 2 for details of the other types of SMA.

Importance of rapid identification

- Treatments are now available for children with SMA type 1. Early and fast diagnosis is vital because any lower motor neuron damage occurring before treatment is irreversible.^{1,3}
- In the absence of treatment, the majority of infants with SMA type 1 will not survive or will need permanent ventilatory support by 2 years of age.⁴ Untreated, SMA type 1 is the number one genetic cause of infant death.^{1,3}
- Without early diagnosis and expert intervention, infants with SMA type 1 will never achieve major motor milestones like rolling over or sitting independently.^{1,2}
- The earlier a baby is diagnosed, the sooner they receive treatment and support and the better their outcomes.⁴
- Health visitors and other allied health professionals are uniquely placed to spot the signs and take action.

Incidence

- SMA affects around 1 in 10,000 live births⁵, approximately 70 births per year in the UK.^{6,10-12}
- Around 40 of those births are SMA type 1.^{6,10-12}
- While SMA occurs in all ethnic groups, there is variation in genetic carrier frequency between ethnic groups.¹¹

Signs and symptoms

- Infants with SMA can appear alert, attentive and bright at the time of diagnosis.¹⁴ Unless there is a family history, diagnosis is generally prompted by the clinical signs of SMA.¹⁵ Parents who have previously had a child with SMA may be offered genetic testing for any future or non-symptomatic children.¹⁶

*According to 2018 national birth statistics for England, Scotland, Wales and Northern Ireland.

More information on page 2

For additional resources see www.ihv.org.uk

The information in this GPP was produced on 20/09/2023. It will be reviewed again in 09/2025 and when new evidence becomes available. The production of this GPP included editorial support and sponsorship from Novartis Gene Therapies.

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These Good Practice Points set out what health visitors need to know on identifying, referring and supporting infants with Spinal Muscular Atrophy – type 1.

Spinal muscular atrophy (SMA) is a rare, progressive, inherited monogenic disease characterised by lower motor neuron degeneration, muscle weakness and breathing and swallowing difficulties.

SMA represents a continuum or spectrum of disease and is typically classified into four types (types 1 to 4) that can range in severity and age of onset. In SMA type 1, the most severe and common form and the focus of this Good Practice Points resource, most lower motor neuron degeneration occurs in the first few months of life causing rapid and irreversible damage.

This GPP outlines some practical measures along with up-to-date evidence and references.

The production of this GPP included editorial support and sponsorship from Novartis Gene Therapies UK – and is open access to all.



Scan the QR code to read the GPP.

The iHV only works with partner organisations whose goals, values and actions align with our own to improve health and/or reduce inequalities. The iHV undertakes ethical reviews for all commercial and partner organisations prior to the event to ensure there are no conflict of interest. Our sponsors have no input to the agenda or content of the conference, other than providing a sponsor session as described in the programme.

Our Exhibitors

Scan the QR code to find out more about who is exhibiting at iHV Evidence-based Practice Conference 2023. All exhibitors will be situated in the first floor exhibition hall.

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Barnardo's is the UK's largest children's charity and one of the most comprehensive providers of integrated health and social care services for children and young people, bringing over 150 years' experience of supporting those facing the most challenging circumstances.

We work with a range of commissioners across ICS footprints, NHS England, Department of Health and Social Care, Department for Education and Local Authorities to deliver cost-effective, integrated health and wellbeing support.

Our services take a trauma-informed and inclusive approach, addressing health inequalities, operating across the spectrum of prevention, early intervention, targeted and specialist support in a variety of place-based settings.

www.barnardos.org.uk/commission-us/health
@BarnardosHealth



The Early Years Research Network is focused on strengthening future research opportunities and the evidence base to enhance professional practice with the 0-5 age group and their parents / caregivers – particularly on the impacts of nurturing care, psychosocial factors, and environmental influences on child development. We are striving for the Network to be multi-purpose for, and to, anyone working in early years, across England, in the development of research readiness. We envisage our multipurpose to include virtual networking opportunities, training webinars, research readiness resources, and developing collaborations between researchers and settings/services. Funded by the Oxford Health NIHR BRC.

<https://oxfordhealthbrc.nihr.ac.uk/research/mental-health-in-development/early-years-research-network/>



<https://designability.org.uk/meet-wizzybug/>
@DesignabilityUK
@designabilityuk

Designability provides Wizzybug free of charge to families across the UK. Wizzybug is a powered wheelchair designed especially for young disabled children. It is suitable from 14 months until approx age 5 and grows with the child. Families keep Wizzybug for as long as it is suitable for their child, then it is returned to be refurbished. Families can self-refer using the application on our website bit.ly/ApplyForWizzybug6. Low-income families can apply to our Access Fund for help with the cost of attending their appointment.

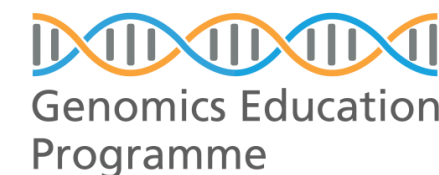
Appointments are held at our Bath HQ, William Merritt Centre, Leeds and Mae Murray Foundation, NI.



BBC Tiny Happy People is an early years language intervention resource, designed to help and support parents and caregivers with their children's language development in the home learning environment. The main message is a simple one- talk to children from as early an age as possible, starting from pregnancy.

BBC Tiny Happy People provides a wide range of free resources including films, articles, activities, and parenting tips that have been specially created with health experts to help nurture children's language and communication skills.

www.bbc.co.uk/tiny-happy-people
@bbctinyhappypeople



NHS England's National Genomics Education (NGE) Programme exists to deliver and advise on learning and development opportunities that prepare current and future NHS professionals to make the best use of genomics in their practice.

Rapid advances in technology and understanding mean that genomics is now more relevant than ever before. As genomics increasingly becomes a part of mainstream NHS care, all healthcare professionals, and not just genomics specialists, need to have a good understanding of its relevance and potential to impact the diagnosis, treatment and management of people in our care.

www.genomicseducation.hee.nhs.uk/
@genomicsedu



Maternal Early Childhood Sustained Home-Visiting (MECSH) is a high-quality, evidence based, nurse-led structured programme for families identified as needing extra support in their parenting journey. Through the MECSH co-design process, the programme is adaptable to fit with local systems and match local needs. Clients are assessed for eligibility, recruited and retained through the routine care provided by the local service provider. Families are ideally recruited prenatally, but the programme allows for families to enrol within 6-8 weeks after the baby is discharged home from the birthing admission. MECSH is a programme of Western Sydney University, Australia.

www.earlychildhoodconnect.edu.au
@TranslationalR2



Action Cerebral Palsy is a registered charity working to improve public, professional and political awareness of the issues facing children and young people with cerebral palsy. Our aim is to ensure that every child and young person in the UK with cerebral palsy has access to the best possible intervention, care, education and support to meet their complex and changing needs. We have recently sponsored the first-ever All Party Parliamentary Group on Cerebral Palsy and launched a public awareness campaign, entitled If In Doubt, Check It Out, about the early warning signs of cerebral palsy.

www.actioncp.org
@action_cp

The iHV also has exhibition stands at today's conference, please visit our stands and have a chat with our team about how the iHV can support you!

Read about the iHV's other areas of work: Projects and Evaluation

The iHV Projects and Evaluation team has worked on several different projects over the last year, co-producing resources and training, as well as engaging in research and evaluation.

Here are some examples of our work and links to resources to support your practice:



Brand New Minor Illnesses Resources

Funded by the NHS Health and Wellbeing Fund, we worked with partners to co-produce resources to raise health visitors' and parents' awareness of minor illnesses in babies and children:

- A series of webinars for health visitors
- A suite of short guides on 'when to worry' available in a range of formats, including translated resources and easy read, learning disability accessible resources.
- A set of films on 'when to worry' - the English versions feature TV star Dr Ranj, and also films in five languages.
- An animation on 'when to worry' about Strep A and Scarlet Fever.

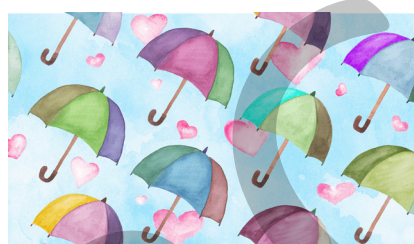
Please access the new resources by scanning the QR code.



iHV Postnatal Contraception Training

Through a test and learn project, funded by the Sexual Health Reproductive Health and HIV Innovation Fund, and developed with key partners including the Faculty of Sexual and Reproductive Health, we co-designed a half-day training session to specifically support health visitors' work to promote postnatal contraceptive conversations and choices - this has been endorsed by the Faculty of Sexual and Reproductive Health. This project built on the sexual and reproductive health project, where resources and health visitor e-learning were created, available on elearning for healthcare (elfh). If you are interested in accessing this training programme, please contact training@ihv.org.uk.

Scan the QR code for the full set of resources including the e-learning and a Good Practice Point.



Healthy Weight, Healthy Nutrition (HWHN)

Toolkit for iHV Members

The HWHN Toolkit contains a wide range of HWHN resources to support your practice and also focuses on oral health and physical activity. The resource is free for all iHV members and can be accessed through the iHV website and then clicking on the iHV LEARN tab.

New HWHN Ambassador training

This year, we developed new HWHN Ambassador training for health visitors, their teams and the wider early years workforce. The training focuses on direct work with families and how to support them to improve their HWHN, physical activity and oral health choices. If you are interested in this training or the HWHN Champion training, please come and speak to us at our event stand today or email training@ihv.org.uk.



Autism and behaviour Ambassadors

We have now combined our training on autism with training on behaviour and least restrictive practice into a brand new one-day programme. Following attendance, Ambassadors have access to an interactive toolkit and a wide range of resources to support practice. For more information contact training@ihv.org.uk



Autism Factographic

With support from the NHS England Learning Disabilities Team, we worked with professionals, families, those with lived-experience and subject experts to create a factographic about autism in babies and really young children. Scan the QR code to explore the factographic.

Genomics and health visiting

Over the last two years, we have been working with Genomics England Programme (GEP) and developed a series of webinars and GPP eXtras to support health visitors' role in genomics advice. We continue to work with GEP to consider how to expand the learning and resources over the next two years. To access the resources scan the QR code.



Working in partnership with families - let's talk heart health

The Burdett Trust for Nursing has funded the iHV to develop an adapted version of the Family Partnership Model and blended programme of learning to support health visitors in their work with families with complex and multiple needs. The project focuses specifically on the modifiable risk factors for cardiovascular disease (smoking, alcohol consumption, physical inactivity and unhealthy diets) to reduce CVD risk.

If you are interested in being involved please contact projects@ihv.org.uk.



BabyBreathe

This is an NIHR, UK-wide Randomised Control Trial to consider the impact and effectiveness of a health visitor-led intervention to support postnatal women staying smoke-free. The iHV is a collaborator on the study leading the North East Site.



Yorkshire and Humber Community of Research Practice 0-19

This project, supported by NIHR, and in partnership with Sheffield Children's NHS Foundation Trust, aims to equip four health visitors and school health nurses to be Research Champions in their areas. This includes a bespoke training programme and supervision to support them to create a Community of Research Practice in their locality. We are fully evaluating this with Leeds Beckett University.

If you would like to know more about any of our projects or research, or want to get involved, please come and visit us during the conference or email projects@ihv.org.uk.

iHV Training Programmes

Our training department at the Institute of Health Visiting is equipped to develop and deliver training packages to meet the needs of individual organisations. All training programmes have been developed in collaboration with some of the country's leading subject experts, and we have earned a reputation for quality, proving hugely popular as witnessed by the participant reviews.

We offer a wide range of training subjects – and these can be modified to meet your bespoke needs for your workforce. Our Ambassadors model is a blended learning approach with live training and a digital toolkit of resources for further learning. Our programmes include:

Ambassadors Programmes:



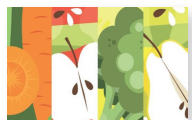
Changing Conversations: Autism & Supporting Behaviour Ambassadors

"My mind was whirling with ways I could use the information to support families!"



Surviving to Thriving: Neonatal Families Ambassadors

"The stories were truly valuable in this training to fully understand the impact this experience has had on them and their family"



Healthy Weight, Healthy Nutrition Ambassadors

"I can pass on useful information to my colleagues and guide them where to gain access (to the toolkit) and be proactive with my work and include the information I learnt today"



This Mum Moves Ambassadors

"I am much more confident about delivering the current CMO guidelines for [physical activity for pregnant women] as well as postnatally, and being able to signpost women to appropriate resources and available services/groups!"

Workshops & Development Programmes:



Sexual Reproductive Health – Postnatal Contraception Workshops for midwives & HVs

"I feel much more confident in informing parents about contraception and won't feel I need to signpost to GP/sexual health for advice as much"



Leading Excellence in Practice - Leadership Development programme for aspiring SCPHNs

"I am so very grateful for the opportunity to do the course as the knowledge gained will benefit me in everything I do (already using in work and home life - think everyone would benefit from the course). Thank you so much."

And - not forgetting our acclaimed and award-winning Perinatal & Infant Mental Health programmes...

Choose from Champions or Awareness level for Perinatal & Infant Mental Health, Fathers & PMH, LGBTQI+ People & PMH, and our Emotional Wellbeing. Our programmes are multi-agency in focus and suitable for delivery to support an empowered Start for Life Family Hubs workforce. We are offering iHV Hosted Champions events where individual places can be purchased for each of these programmes throughout Autumn 2023 – come & speak to us for more information!

Contact us with your specific training requirements by email to: training@ihv.org.uk

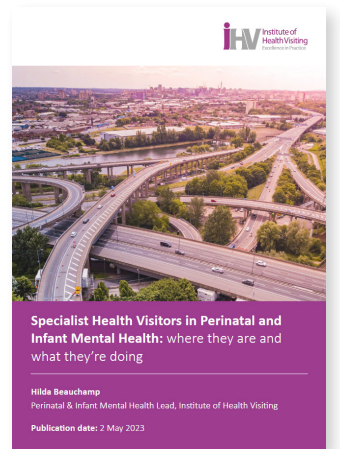
Our programmes are CPD-accredited by an external organisation, so you can be sure of the quality of delivery.

The CPD Standards Office
CPD PROVIDER: 21481
2022-2023
www.cpdstandards.com



Specialist Health Visitors in Perinatal and Infant Mental Health: where they are and what they're doing

As part of Maternal Mental Health Awareness Week 2023, iHV launched a report on the unique role of Specialist Health Visitors in Perinatal and Infant Mental Health (Sp HV PIMH). The report shines a light on how specialist provision within health visiting services offers the opportunity to drive clinically and cost-effective high-quality evidence-based PIMH care across the whole system. There is still work to be done but much to be celebrated. The leadership and commitment of these pioneering specialist health visitors ensures that families at risk of, and those impacted by, mental health problems have the best chance of receiving timely, high-quality, cost-effective care within health visiting services and beyond, helping to give all babies and young children the very best start in life.



Scan the QR code to read the report.

If you are a Specialist Health Visitor, but not yet a member of the iHV SpHV Group, please get in touch at mentalhealth@ihv.org.uk

Alarm Distress Baby Scale (ADBB) trial

iHV is delighted to be leading an exciting feasibility study, in partnership with Professor Jane Barlow, University of Oxford, and funded by the Royal Foundation Centre for Early Childhood, on the use of the Alarm Distress Baby Scale within health visiting services in England. This small-scale field trial is running across two sites, Humber Teaching NHS Foundation Trust and South Warwickshire University NHS Foundation Trust. It aims to assess the acceptability and feasibility of using the ADBB to support the promotion of infant wellbeing and social development. Health visitors have been trained in the full and modified versions of the scale and are currently being interviewed about how their enhanced observation skills are helping to better identify infants at risk. Results from the study will be published early in the new year - watch this space!

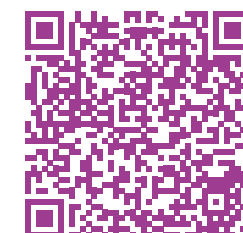


iHV Insights | Thursday 19 October 2023: Supporting infant regulation: a relational approach

Some of the most common questions that parents ask health visitors about are how they can manage their baby's colic, crying, feeding, and sleep. Without support, problems with infant regulation can have a significant impact on both parental and infant mental health. This event will encourage HVs to think about how they can help parents to understand, tolerate, and manage their baby's distress and discomfort, by taking a relational approach.

iHV Insights are open to all iHV members. Scan the QR code to book onto the event.

To book on, you'll need your membership number to use as an access code. Should you need reminding of this, please get in touch at admin@ihv.org.uk.





Institute of Health Visiting

A Registered Charity Number 1149745

c/o Royal Society for Public Health, John Snow House, 59 Mansell Street, London E1 8AN

Telephone: +44 (0) 207 265 7352 | Email: events@ihv.org.uk

www.ihv.org.uk