

4–5–6 Model for Health Visiting

“Transformed” Health Visiting Services

Health visitors are experts at ‘adding value’ through their ‘routine’ practices and universal services. A 4-5-6 model of health visiting summarises key elements of what is commissioned and ‘specified’ nationally for the service but we offer more than 4-5-6 bit.ly/1dWV7CI

The aim is to achieve for all families:

- Improved access
- Improved experience
- Improved outcomes
- Reduced health inequalities

4 Level service model

- Your community
- Universal
- Universal Plus
- Universal Partnership Plus

5 Mandated Elements

- Antenatal health promoting visits
- New baby review
- 6-8 week assessment
- 1 year assessment
- 2 to 2 1/2 year review

6 High Impact Areas

- Transition to parenthood and the early weeks
- Maternal (perinatal) mental health
- Breastfeeding
- Healthy weight (healthy diet and being active)
- Managing minor illnesses & reducing accidents
- Health, wellbeing & development at 2 years & support to be ‘ready for school’

Key messages for Health Visitors

Health visitors work with families & communities to improve access, experience, outcomes and reduce health inequalities.

How do they achieve this?

The 4-5-6 model of health visiting offers a framework for health visitors to provide a unique, universal, unsolicited and non-stigmatising service to all families with children under 5 years of age by:

- Building trusting relationships that support parents and their relationships with their children that makes early intervention possible.
- Strengthening relationships for partnership working to integrate early years services and community assets around the needs of children and families.
- Leading the Healthy Child Programme, the use of evidence based interventions and contributing to Joint Strategic Needs Assessments (JSNA). You can view a video on JSNA on the iHV website: bit.ly/1QD3JAn

References:

Department of Health (2009) bit.ly/1uD55hQ. Department of Health (2015) <http://bit.ly/1i2cPNb>

Additional resources:

1001 Critical Days Manifesto: bit.ly/1KTdiWZ

Building Great Britons (2015): bit.ly/1To8PIX

CPD - tools to support you in practice around the 6 high impact areas. download here: bit.ly/1QPB1ah

Early Intervention Foundation (2014) *Getting it right for families* bit.ly/1GInUln

Watch a video of Professor Dame Sarah Cowley on the value of a Health Visiting Service: bit.ly/1dznHtH

Watch a video of Viv Bennett, who provides an overview of the 6 high impact areas and how health visitors can use them to explain the importance of their role to local authority commissioners: bit.ly/1f5AifR