



## RESEARCH ALERT:

### Primary prevention of intimate partner violence (IPV) in the context of nurse home visits: Overview of the Nurse-Family Partnership (NFP)-IPV Intervention

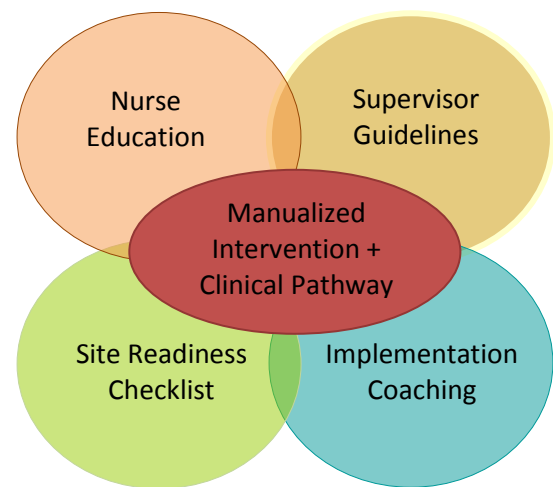
#### Purpose of the Alert:

In Research Alert 1 of this series, we described the development of an intervention to prevent IPV in the context of the Nurse-Family Partnership (NFP) home visiting program. This was based on emerging evidence for primary prevention of IPV, and is being tested in a randomized controlled trial (see Research Alerts 2 and 3). The present Alert briefly describes the core components of the NFP-IPV Intervention developed by Dr. Susan Jack and colleagues.

#### The NFP-IPV Intervention

The complex intervention includes five interconnecting components:

- ✓ Education to increase knowledge, skills and confidence among nurse home visitors and supervisors to identify and respond to IPV;
- ✓ A manualized intervention that includes an intervention manual, a clinical pathway, and home visit facilitators with accompanying nurse instructions;
- ✓ Supervisor guidelines for reflective supervision;
- ✓ A site readiness checklist and;
- ✓ Ongoing coaching to support adoption and uptake of the intervention into home visiting practice.



#### Clinical Pathway and SASS Intervention Model (see diagrams on the next page)

Nurses first conduct both universal and targeted IPV assessments to determine exposure and risks, and understand the nature, pattern and severity of any abuse experienced by the woman, and her immediate safety. In most cases, a positive response to any of the questions on either assessment means the woman is experiencing abuse in her current relationship (or the past 12 months) and should receive all elements of the IPV intervention.

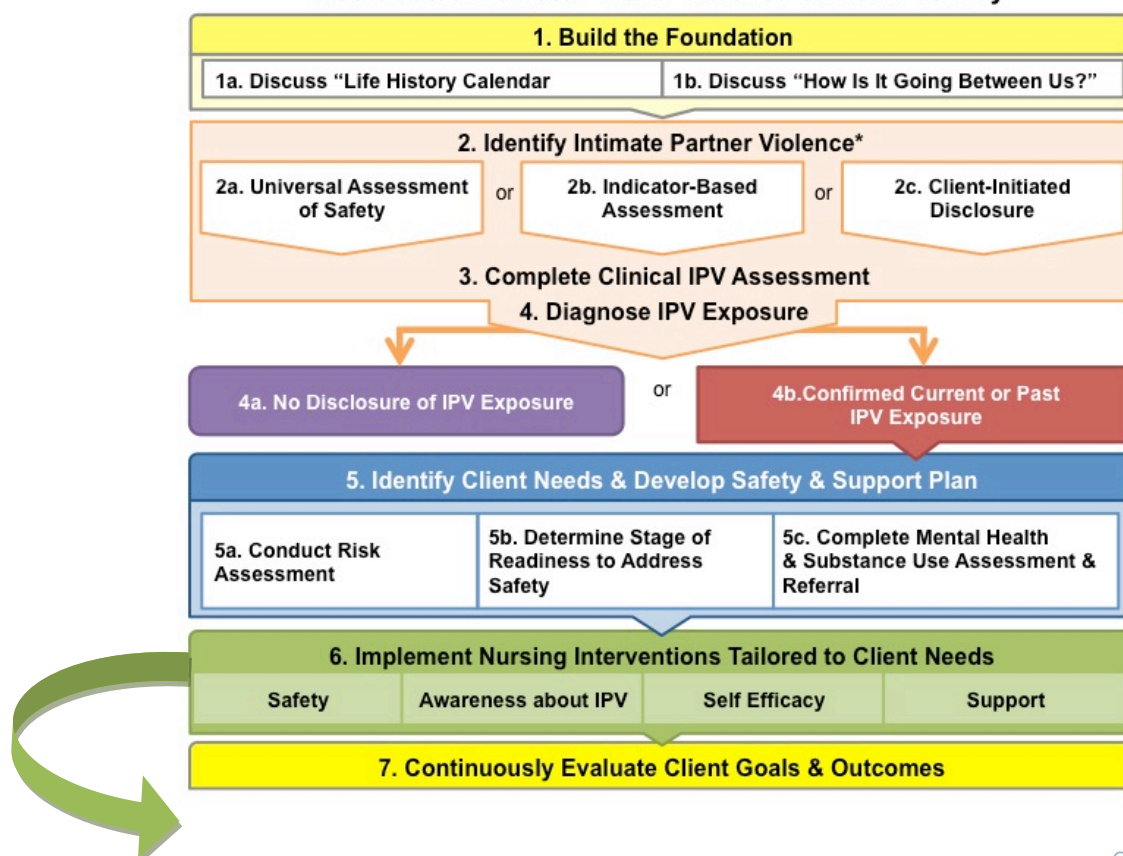
Based on the initial IPV risk and safety assessments, and on the woman’s readiness to address IPV, the nurse tailors subsequent intervention elements in four areas, which we refer to as SASS:

- **Safety: *How can I protect my baby and myself?***
- **Awareness about IPV: *What if someone is hurting me?***
- **Self-efficacy: *Goal-setting***
- **Support: *How can I find support?***

Interactive facilitators help the nurse structure and guide the interaction, and are used based on the client’s level of readiness to address safety in her relationship, along with the nurse’s judgment. The nurse uses non-judgmental, active listening to validate the woman’s experiences and while acknowledging the difficulty of living with abuse, respecting the client’s autonomy in decision-making and ensuring confidentiality.

## Abbreviated Intimate Partner Violence Clinical Pathway

CO 2015



### SASS (Safety, Awareness, Self-Efficacy, Support) Intervention



#### Supporting Mothers to Disengage from Abusive Partners

Based on client's level of readiness, client preference and nursing judgment use the choice sheets from the following four packets & select a minimum of one SASS activity to complete per home visit.

SAFETY	AWARENESS ABOUT IPV	SELF-EFFICACY	SUPPORT	
<b>HOW CAN I PROTECT MY BABY AND MYSELF?</b>	<b>WHAT IF SOMEONE IS HURTING ME?</b>	<b>GOAL SETTING</b>	<b>HOW CAN I FIND SUPPORT?</b>	
Safety During a Violent Event Safety for My Child Safety in a New Place Safety in My Neighborhood Safety in a Rural Area Safety at School or Work Safety & Alcohol or Drug Use Safety on the Internet Safety & Social Networking Getting a Protection Order Safety With a Protection Order Safety When Leaving an Abusive Partner Safety & My Emotional Health	My Wheel for My Life Choices Sticks and Stones Verbal Abuse Hurts What is Intimate Partner Violence? Children & Intimate Partner Violence	Client Goal Worksheets Focus on My Strengths Making Changes in My Life (generic) Making Good Choices My Dreams Potholes that Block My Path Imagining My Life The Importance Game Let's Talk About Goals Shopping at the Values Store What I Do & How I Feel Why Some Goals Don't Work for Me	Baby's Family Tree Who Supports Me? Who to Call? Continuum of Caring Wheel What Happens Next? Safety and Support	
<b>Not Ready To Make A Change</b>	<b>Thinking About Making A Change</b>	<b>Getting Ready To Make A Change</b>	<b>Making The Change</b>	<b>Keeping It Up</b>
<b>NO</b> <i>Committed to the Relationship</i>	<b>MAYBE</b> <i>Committed but Questioning</i>	<b>MOVING TOWARD YES</b> <i>Considering Changes and Options</i>	<b>YES!</b> <i>Breaking Away or Curtailing Abuse</i>	<b>MAINTAINING...</b> <i>Establishing a New Life Together or Apart</i>
<b>Motivational Interviewing</b>				

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