Towards Precision Strategies for Parent Involvement in Home Visiting

Kelly M. Bower, PhD, RN
Allison L. West, PhD

@KellyBowerRN
@HV_HARC
Background on Parent Involvement

• Estimated that 40% of families invited to enroll in home visiting do not do so
  • Of those who do enroll, 80% receive less than the intended number of visits and up to half dropout prior to completion

• Many factors are hypothesized to influence parent involvement

• A precision approach to improving parent involvement has not yet been widely utilized

Sources: Sparr, Zaid, Filene, & Denmark, 2017; Korfmacher, 2008; Daro, 2003
## Parent Involvement Defined

<table>
<thead>
<tr>
<th></th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Enrollment</strong></td>
<td>Agreeing to or completing initial visit</td>
</tr>
<tr>
<td><strong>Participation</strong></td>
<td><em>Quantity</em> of contact: #, frequency, length, duration, and intensity</td>
</tr>
<tr>
<td><strong>Engagement</strong></td>
<td><em>Quality</em> of contact; emotional response or feelings of parent toward service</td>
</tr>
<tr>
<td><strong>Retention/Attrition</strong></td>
<td>Remaining in the program through completion / dropping out prior to completion</td>
</tr>
</tbody>
</table>

Source: Korfmacher, 2008
Multi-Level Factors Influencing Parent Involvement

Sources: McCurdy and Daro, 2001; Korfmacher, 2008
Purpose

Integrative Review

Review extant empirical literature to distill factors contributing to parent involvement in evidence-based home visiting.

Qualitative Study

Elucidate factors that influence enrollment into home visiting by interviewing women who had been offered home visiting services.

Precision Home Visiting Research
Methods: Integrative Review

Systematic search of parent involvement studies
  • Dates: 2007 to 2018
  • Databases: PubMed, Embase, Cochran, CINAHL
  • Reviewed references list of included articles

Inclusion Criteria
  • Original quantitative or qualitative research
  • Dependent variable of parent involvement
  • Sampled from at least one of the MIECHV eligible home visiting models
  • Study conducted in the US
  • English language peer reviewed journal
Results: Literature Review

• 3,640 unduplicated studies were retrieved
  • 25 articles eligible articles were included (21 using inclusion criteria & 4 from references)

• Methodologies included 14 quantitative (56%), 8 qualitative (35%), & 3 mixed methods (12%) studies

• Home visiting programs sampled included:
  • 65% from Nurse Family Partnership (n=7), Healthy Families America (n=7), or both (n=2)
  • Early Head Start (n=4), SafeCare® (n=4), Family Connects (n=1), Minding the Baby (n=1)

• Marked variation in definitions and measurement of parent involvement
<table>
<thead>
<tr>
<th>Factors</th>
<th>Enrollment \textsuperscript{n=6}</th>
<th>Engagement \textsuperscript{n=7}</th>
<th>Participation \textsuperscript{n=11}</th>
<th>Retention \textsuperscript{n=12}</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent, \textsuperscript{n=19}</td>
<td>NCE</td>
<td>NCE</td>
<td>NCE</td>
<td>Busy Schedules</td>
</tr>
<tr>
<td>Program, \textsuperscript{n=17}</td>
<td>NCE</td>
<td></td>
<td>Flexibility &amp; Staff Turnover</td>
<td></td>
</tr>
<tr>
<td>Home Visitor, \textsuperscript{n=10}</td>
<td>NCE</td>
<td>Relationship Quality &amp; Personal Characteristics</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Neighborhood, \textsuperscript{n=4}</td>
<td>NCE</td>
<td>NCE</td>
<td>Disadvantage</td>
<td>NCE</td>
</tr>
</tbody>
</table>

NCE = No consistent evidence
Methods: Qualitative Study

• Purpose
  • Elucidate factors that influence a parent’s acceptance or decline of a referral

• Qualitative Interviews
  • N=49 women who were offered home visiting
    • n=28 accepted a referral (prior to initiating services)
    • n=21 declined a referral

• Setting
  • Baltimore City
  • Central triage system for MA and HV
  • Referrals to NFP, HFA, Early Head Start, Healthy Start
## Results: Qualitative Study

<table>
<thead>
<tr>
<th></th>
<th>Total N=49</th>
<th>Accepted Referral n=28</th>
<th>Declined Referral n=21</th>
<th>Comparison (t-test, (X^2))</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Age, m(SD)</strong></td>
<td>28.5 (5.9)</td>
<td>28.6 (5.4)</td>
<td>28.2 (6.7)</td>
<td>0.83</td>
</tr>
<tr>
<td><strong>Race/Ethnicity, #(%)</strong></td>
<td></td>
<td></td>
<td></td>
<td>0.30</td>
</tr>
<tr>
<td>Non-Hispanic Black</td>
<td>42 (85.7)</td>
<td>26 (92.9)</td>
<td>16 (76.2)</td>
<td></td>
</tr>
<tr>
<td>Non-Hispanic White</td>
<td>1 (2.0)</td>
<td>0 (0)</td>
<td>1 (4.8)</td>
<td></td>
</tr>
<tr>
<td>Non-Hispanic Other Race</td>
<td>5 (10.2)</td>
<td>2 (7.1)</td>
<td>3 (14.3)</td>
<td></td>
</tr>
<tr>
<td>Hispanic</td>
<td>1 (2.0)</td>
<td>0 (0)</td>
<td>1 (4.8)</td>
<td></td>
</tr>
<tr>
<td><strong>Education, #(%)</strong></td>
<td></td>
<td></td>
<td></td>
<td>0.77</td>
</tr>
<tr>
<td>Less than HS</td>
<td>12 (24.5)</td>
<td>7 (25.0)</td>
<td>5 (23.8)</td>
<td></td>
</tr>
<tr>
<td>HS or GED</td>
<td>21 (42.9)</td>
<td>13 (46.4)</td>
<td>8 (38.1)</td>
<td></td>
</tr>
<tr>
<td>Greater than HS</td>
<td>16 (32.7)</td>
<td>8 (28.6)</td>
<td>8 (38.1)</td>
<td></td>
</tr>
<tr>
<td><strong>Unemployed, #(%)</strong></td>
<td>32 (65.3)</td>
<td>22 (78.6)</td>
<td>10 (47.6)</td>
<td><strong>0.02</strong></td>
</tr>
<tr>
<td><strong>Financial instability, #(%)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Not married/no committed partner</td>
<td>25 (51.0)</td>
<td>13 (46.4)</td>
<td>12 (57.1)</td>
<td>0.46</td>
</tr>
</tbody>
</table>
Results: Qualitative Study

Reasons to Decline

- Not needed
- Too Busy
- Didn’t understand service
- Inadequate Benefit
- Too Invasive, Distrust, and Fear of Judgement

“...these days, you can Google anything.”

“...I figure it’s not too much you could do visiting me in a home except talking to me.”

“...it was an invasion of my space. They had to come to my house. I didn't know if they were going to be investigating, or what they were going to be doing...”

“...maybe somebody's going to come out to my house and judge how it looks, or judge how it smells, or judge how I'm taking care of my baby.”
Results: Qualitative Study

• Participants in the accept group also reported not understanding what home visiting provides

• 10 participants who declined referral told the study team that they wanted home visiting
  • Didn’t understand the service
  • Thought they had accepted
  • Did not recall being offered
  • Changed their mind since offer

• In both groups, most had been pregnant before but had no previous knowledge of home visiting
  • Of those who said they knew someone who had received home visiting, 4/5 were accepters

• Phone calls as the primary outreach method was a barrier for both groups
### Implications & Future Research

<table>
<thead>
<tr>
<th>Implications</th>
<th>Directions for Future Research</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inconsistent measures of involvement make comparisons across studies difficult</td>
<td>Develop standardized measures of involvement</td>
</tr>
<tr>
<td>The study of parent parent factors has not yielded consistent results. Home visitor and program factors show more consistent results.</td>
<td>Quantitative studies of the relationship between involvement and program and home visitor factors</td>
</tr>
<tr>
<td>Few home visitor- and program-level interventions to promote parent involvement have been tested.</td>
<td>Precision approach to testing active ingredients to promote parent involvement.</td>
</tr>
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</table>
Opportunities for Testing Active Ingredients

- Messaging & Outreach
  - Understanding of Home Visiting Services (Near Term Outcome)
  - Enrollment
- Supervision & Training
  - Quality of Parent-Home Visitor Relationship (Near Term Outcome)
  - Participation or Retention
References


Thank You!

@KellyBowerRN
@HV_HARC
Results: Qualitative Study

Reasons to Accept

- Education/referrals
- Convenience
- Emotional support
- Someone to “check on” mom/baby
- Tangible resources