

Comparison of PHN outcomes
for adolescent and adult
mothers with and without the
Mental health problem



Diane B. McNaughton, PhD, APHN-BC
Carolyn Garcia, PhD, MPH, RN
David M. Radosevich, Ph.D., RN
Joan Brandt, PhD, MPH, RN, PHN
Karen Monsen, PhD, RN, FAAN

Background

- Latinos in the US
 - Increasing numbers (17% of population)
 - High birth rates
 - Multiple life stressors
 - High rates of depressive symptoms for Latinas
- PHN family home visiting: unique opportunity to promote health for at risk families

Research Questions

1. What was the prevalence of mental health problems among Latina adolescent and adult mothers?
2. How did discharge ratings of mental health knowledge, behavior, and status differ between Latina adolescent and adult mothers with a mental health problem and matched comparison groups?

Methods

Setting:

- Midwest metropolitan public health agency (2007-2010)

Design:

- Retrospective cohort analysis of de-identified home visiting records
- Nested-block by age of client and mental health problem.
- General linear mixed models adjusted for number of problems, length of service and the number of visits.
- Outcomes were expressed as a change in Knowledge, Behavior and Status scores

Inclusion criteria & sample

- Women of Latina ethnicity
- Received Family Home Visiting services

N=680

Mental health status	Yes	No	Total
Age 14-17 yrs	N=30	N=100	N=130
Age 18-52 yrs	N=128	N=422	N=550
Total	N=158	N=522	N=680
Percentage	23	77	

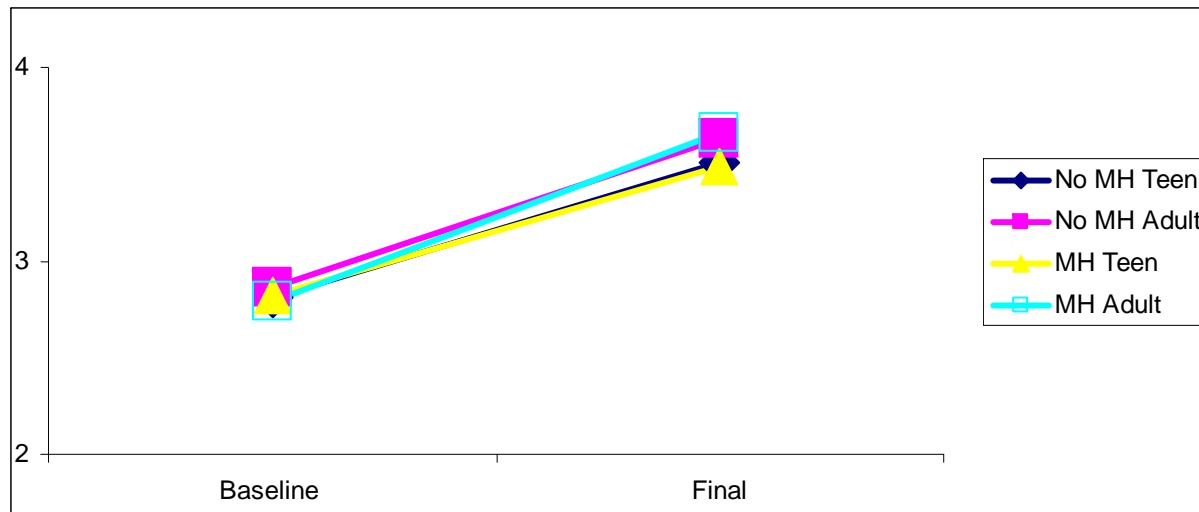
Findings: mental health problem

Definition: “development and use of mental/emotional abilities to adjust to life situations, interact with others, and engage in activities”.

- Improved knowledge for all mothers
- Improved behavior for adult mothers ($p=0.013$)
- Improved status for adolescent mothers ($p=0.012$)
- Improved status for adolescents was positively related to number of home visits

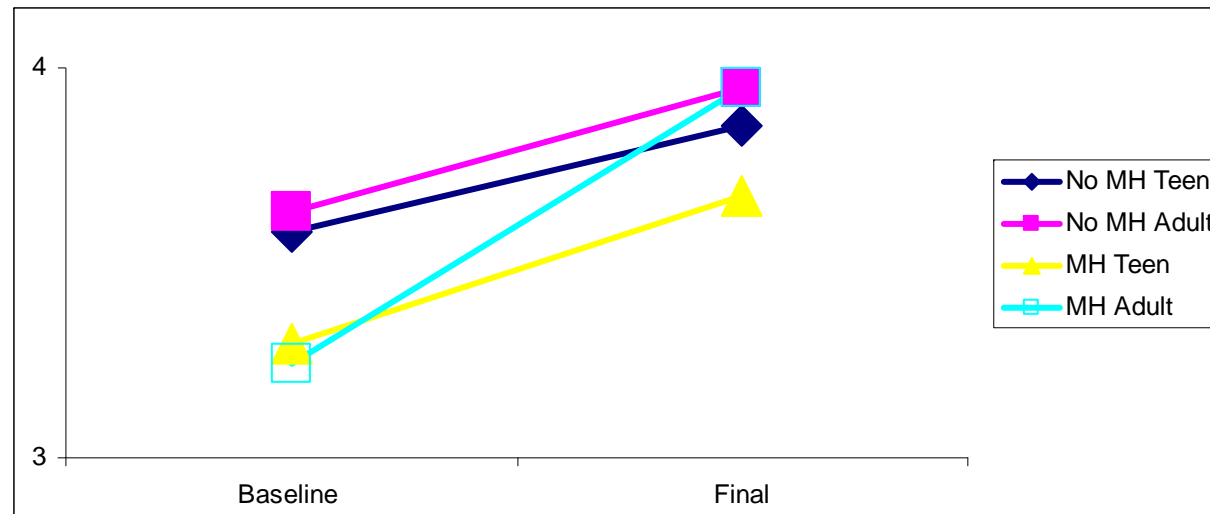
Findings: knowledge

Knowledge improved equally for all groups.



Findings: behavior

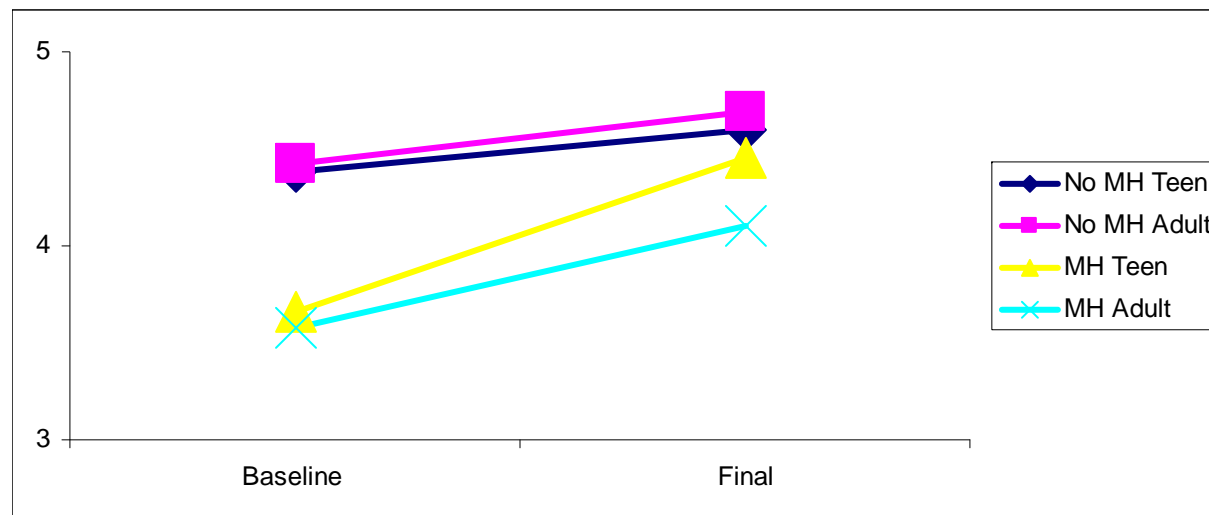
Behavior improved most for adult clients with mental health problems ($p = 0.013$).



Findings: status

- Status showed the greatest statistical improvement for adolescents with mental health problems ($p = 0.012$).

-



Conclusions

- Omaha system supported analysis of:
 - Specific client health outcomes
 - Comparison of health knowledge, behavior and status between groups
 - Identification of high risk populations
 - Identification of populations who may benefit most from PHN services.
- Mothers with mental health problems had greatest improvement
- Further study is needed to identify characteristics of nursing interventions associated with client improvement