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HEALTH4EUKIDS

NEWSLETTER

Slovenia with Nacionalni Institut of Public Health (NIJZ) in WP6





Nurses like you are like Angels on Earth







HEALTH4EUkids Your Kids' Health, Our Priority



Background

- Community nurses they visit families 9 times in the first three years and play an important role in promoting health of children
- National webpage ZDAJ.net for patents and for professionals

Target

- Community nurses Pilot training for 10 motivated community nurses and 4 regional coordinators of the community nursing program:
- 3 online meetings in the spring introducing the approach and identifying the most useful tools
- 2 in-person workshops developing practical skills in applying a strength-based approach and conducting motivational interviews
- Families enriching the national webpage for parents and professionals with Smart Family articles and tools
- Forty articles covering various topics for families with children, published weekly from June 24 to May 25.
- Promotion of the articles and tools through the Institute's social media channels.

Evaluation

- Questionnaire Motivation for implementation shows that the nurses that are included in the pilot training are highly motivated to learn and use the approach. As the main obstacle to implementation they enlisted lack of time. They are not yet fully confident that they will be able to implement it, even Questionnaire though the for motivating encouraging and professionals shows that they are actually already using many aspects of the Smart Family approach (most of them don't judge, they ask questions, they notice the good and give praise, they show interest, they are respectful and they genuinely care).
- Questionnaire Satisfaction with the meetings shows that they were satisfied with the meetings – they find content useful and relevant to their work

Implementation successes

- High participant motivation and strong commitment to engaging in the activities.
- In-person trainings that enhanced understanding of the method.

Implementation barriers

- Healthcare professionals are experiencing staff shortages, which places additional burdens on the remaining nurses. As a result, they often lack the time needed to provide comprehensive lifestyle counseling.
- Implementing the Smart Family approach requires a shift in perspective, which can be challenging as it demands time, training, and adaptation from healthcare professionals used to traditional methods.

Next steps and future plans

- Finalize the implementation of Smart Family tools
- Continue publishing Smart Family
 articles
- Hold a focus group to gather feedback
- Plan future activities to expand the Smart Family method to a broader group of community nurses



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