

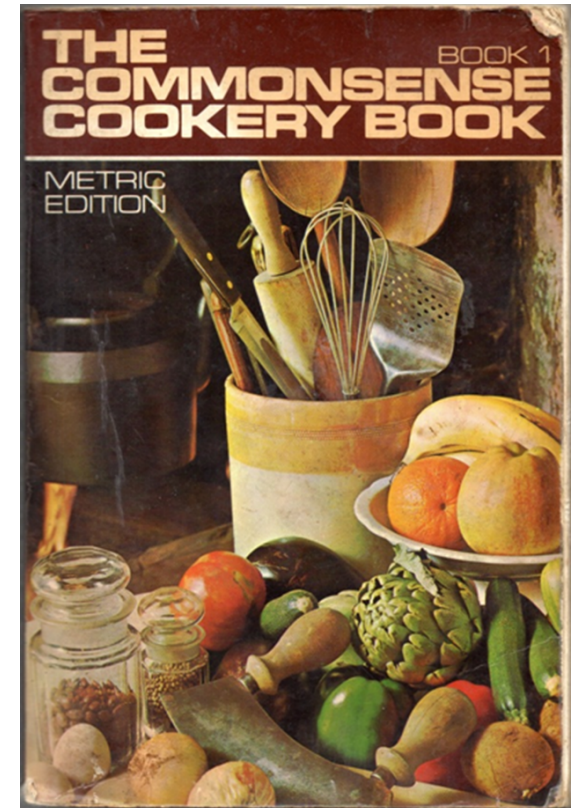
Sustained nurse home visiting for all who could benefit: taking the MECSH program to scale

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Research and Evaluation



“Off the shelf” versus embedded, adapted programs



8. Add remainder of cake mixture, spreading with knife dipped in hot water if necessary.
9. Bake in a moderate oven, 180°–190° C, for 20 to 30 minutes.
10. When cool, cover with warm icing flavoured with lemon juice.
11. Sprinkle with cinnamon.

BASIC PLAIN CAKE

INGREDIENTS

$\frac{1}{2}$ cup margarine or butter	2 eggs
$\frac{3}{4}$ cup sugar	2 cups self-raising flour
4 drops vanilla essence	$\frac{1}{2}$ cup milk

METHOD

1. Grease and lightly flour desired pan (see step 5 below).
2. Cream margarine, sugar, and vanilla.
3. Beat eggs and add gradually, beating well after each addition. If using an electric mixer use unbeaten eggs, one at a time, and mix each one in on speed 8.
4. Add sifted flour alternately with the milk, beginning and ending with flour. Beat 1 minute on speed 4 of electric mixer, or 30 strokes with a wooden spoon.
5. Spread in prepared pan. This quantity fills:
 - a. two 18 cm shallow cake pans
 - b. one 25 × 15 × 6 cm loaf cake pan
 - c. two 25 × 9 × 5 cm bar cake pan
 - d. one 18 × 7 cm deep cake pan
 - e. one 28 × 18 × 4 cm slab cake pan
 - f. one 20 × 7 cm ring pan
6. Cook on centre shelf in a moderate oven, 180°–190° C, (a), (c) and (e) 30 to 35 minutes; (b), (d) and (f) 40 to 45 minutes.
7. Test if cooked by inserting a clean thin skewer lightly into the centre of the cake. If it comes out free from mixture, the cake is cooked.
8. Stand pan on cake cooler 5 to 10 minutes before turning cake out. Cool.
9. Finish as desired.

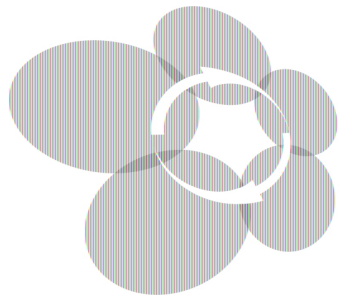
Variations

- CHOCOLATE CAKE** Add $\frac{1}{2}$ teaspoon bicarbonate of soda and 4 level tablespoons cocoa to the flour. Increase milk by one tablespoon.
- ORANGE CAKE** Add 2 teaspoons grated orange rind to sifted flour. Decrease milk by 3 tablespoons. Add 3 tablespoons orange juice separately from the milk.
- COCONUT CAKE** Add $\frac{1}{2}$ cup desiccated coconut before the flour and milk.
- APPLE CAKE** Use a ring cake pan. Top batter with very thin slices of peeled apples. Sprinkle with 2 teaspoons sugar and $\frac{1}{2}$ teaspoon cinnamon mixed together.
- PATTY CAKES** Spoon into 24 greased patty pans.
- SPICE CAKE** Add 1 teaspoon ginger, $\frac{1}{2}$ teaspoon cinnamon, and $\frac{1}{2}$ teaspoon nutmeg to flour. Decrease sugar to 1 cup and add $\frac{1}{2}$ cup brown sugar.
- MARBLE CAKE** Divide batter into three in separate bowls. Leave one plain. Add red food colour to another. Add 2 tablespoons cocoa, $\frac{1}{2}$ teaspoon bicarbonate of soda and 1 tablespoon milk to the third. Drop in alternate colours into the prepared pan until all batter is used. Draw a thick skewer or thin bladed knife in circles through the batter to streak the colours.
- CHERRY CAKE** Add 1 cup drained cherries cut into large pieces before adding flour. Almond essence may be used instead of vanilla.
- SEED CAKE** Add 1 tablespoon caraway seeds before the flour.

CHEESE CAKES

INGREDIENTS

- 1 quantity shortcrust pastry (see p. 133)
- Jam
- 1 quantity plain cake mixture (see opposite)

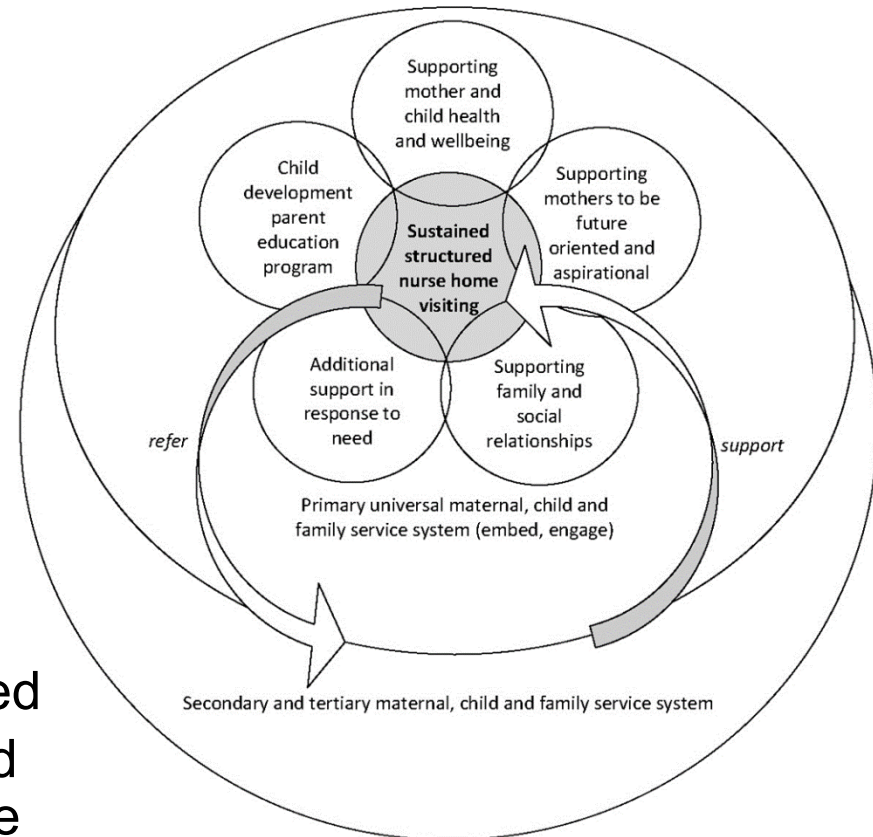


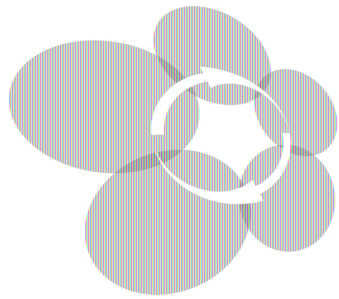
MEC

Maternal Early Child
Sustained Home Visiting

Core ingredients

- Sustained structured nurse home visiting
- Supporting mother and child health and wellbeing
- Supporting mothers to be future oriented and aspirational
- Child development parent education program
- Supporting family and social relationships
- Additional support in response to need
- Embedded in primary, secondary and tertiary child and family health service systems





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Maternal Early Child
Sustained Home

Core methods

Home visiting:
scheduled quantity

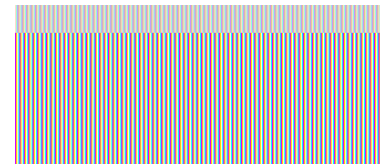
Child development
parent education:
structured program

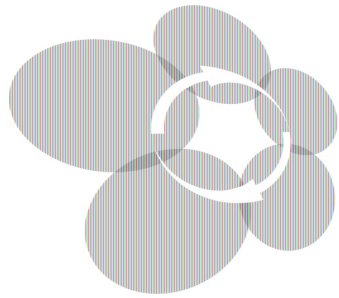


Group activities



Other services and supports



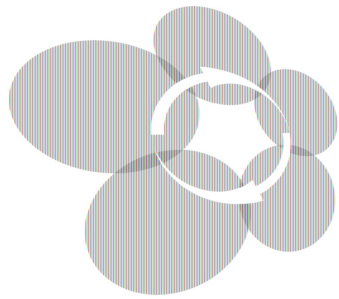


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Maternal Early &
Sustained Home

Core equipment

- Practitioner and service capacity to identify and respond to remediable risk in the population – where and when needed
- Partnership between the nurse and the family
- Ecological and multidisciplinary approach to support family, practitioner and service capacity building and access to resources
- Proportionate universal approach with service for vulnerable families embedded within the broader universal service system



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Maternal Early Child
Sustained Home

Variations

- Incorporate local healthy child programs and interventions
- Use local materials, practices and policies
- Respond/incorporate local concerns
- Work within local professional and service system requirements and capacities





Program Manual

September 2012

UNSW Research
Centre for Primary Health Care and Equity



Addendum to the MECSH® manual
to support the trial of a
Sustained Nurse Home Visiting Program
with families in Tasmania
2013 – 2016



Centre for Primary Health Care and Equity
Research that makes a difference

Bulundidi Gudaga
MECSH Program Adaptation
Addendum



October 2010



MECSH-UK Plymouth

Addendum to the MECSH manual
to support the implementation of sustained
home visiting with families in Plymouth

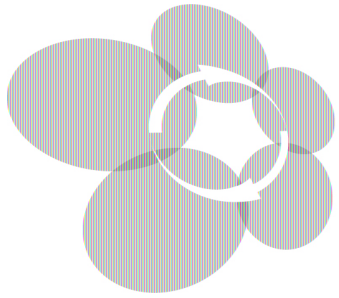


MECSH-UK Essex

Addendum to the MECSH manual
to support the implementation of sustained
home visiting with families in Essex

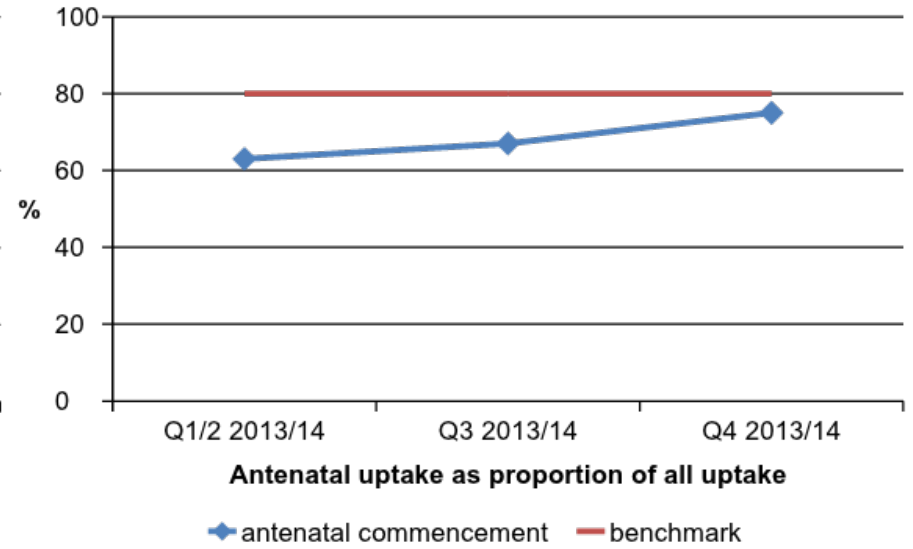
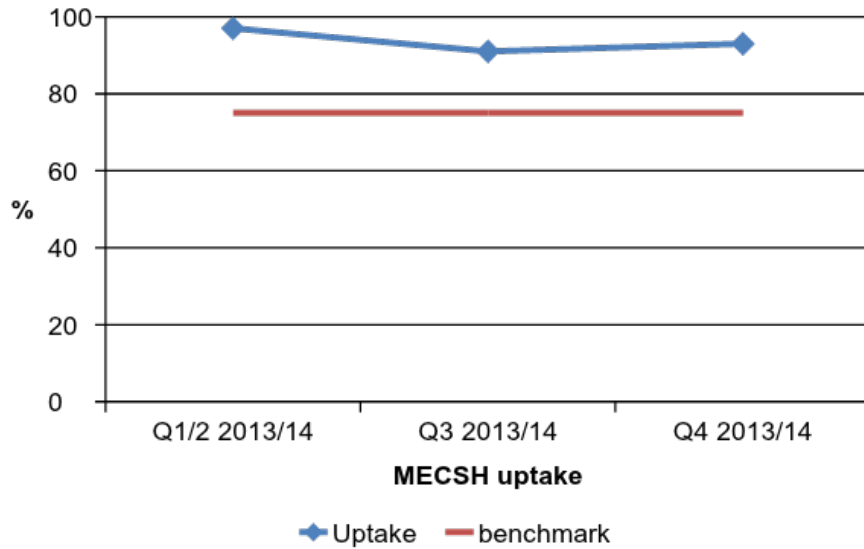
MECSH program fidelity

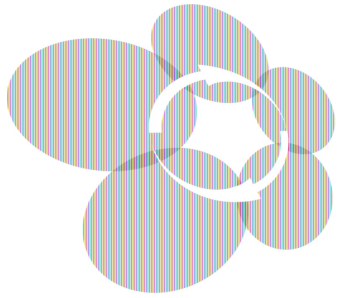
- Are all eligible families being identified and offered the program?
- Are most eligible families taking up the offer to participate in the program?
- Are most eligible families taking up the offer of antenatally?
- Are the program staff provided with the capacity (training, supervision, resources, multidisciplinary support) to deliver the program?
- Are participating families fully engaging in the program?
- Is the program being delivered in accordance with the program protocol?
- Is the program being delivered with quality?
- Is the Child Development Parent Education program being delivered with quality in accordance with the program protocol?
- Are other resources and tools to support families being delivered with quality?



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Sustained Home

Monitoring quality

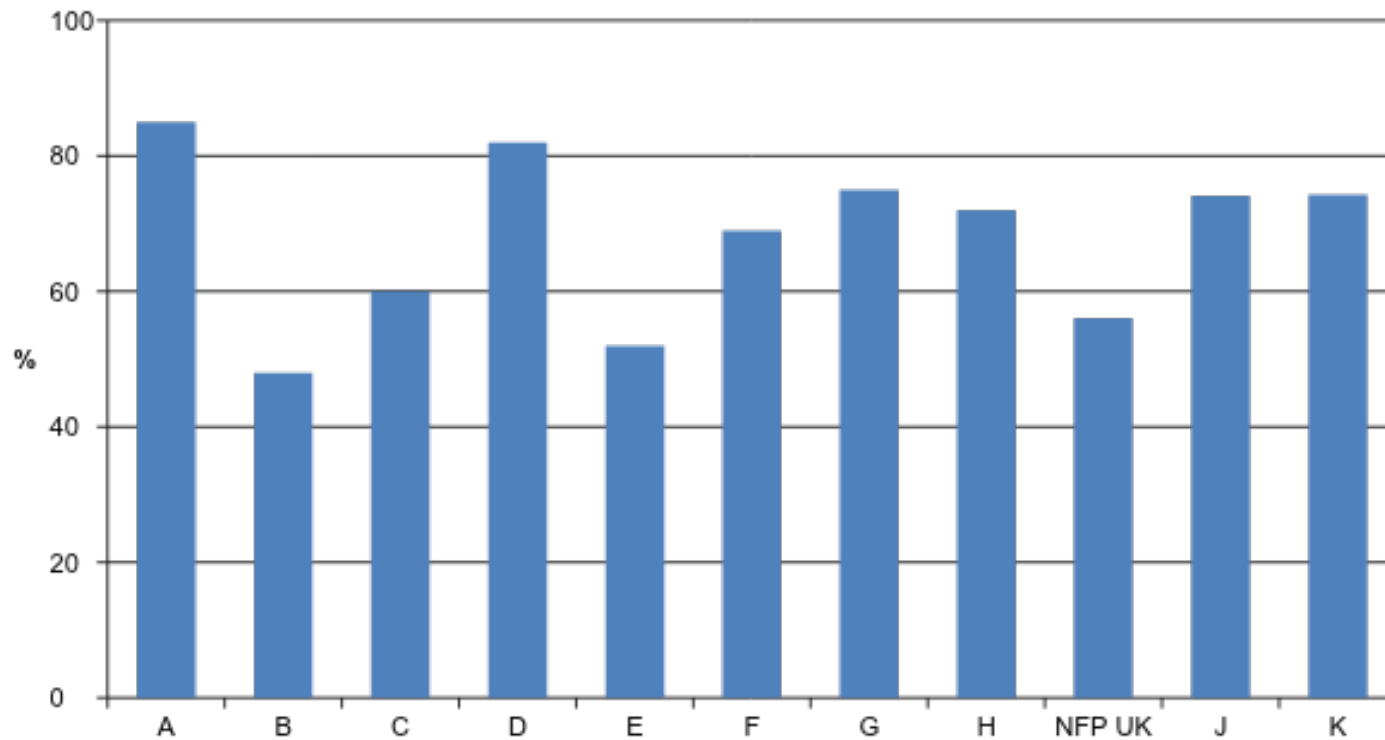


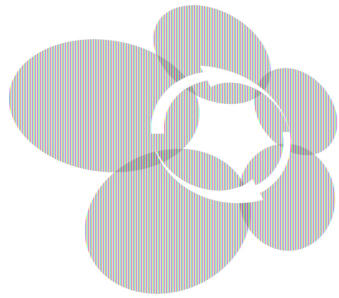


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Benchmarking MECSH

Proportion of families receiving minimum number of scheduled visits or more





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Why bother to cook?

- Use a proven, tested recipe (HomVEE)
- Time consuming
- Equipment and skills required
- Source local ingredients
- Tailored to local tastes
- Quality, sustainable product

