

## Health Visiting

### Background

A health visitor completed a GCP2 with a single mum who has two young children (2 years and 5 months old). The children had been on a Child Protection Plan for 10 months prior to the GCP2 being conducted, due to concerns of neglect. Mum seemed to be struggling with life and was often observed in her dressing gown throughout the day and appeared overwhelmed. There seemed to be a decline in the quality of care that the children were experiencing from January to April 2022 and so the GCP2 was commenced.

### Using GCP2

The Health Visitor worked with a colleague to complete the GCP2. By completing it together, this helped the practitioners to develop their skill and confidence.

The tool was introduced to mum as a way to help identify the strengths of her parenting, but also the areas where change was needed. The GCP2 Parent Guide was also used to help inform mum. Mum was accepting, although passive. The Health Visitor spoke to mum about the different areas of care and discussed the available evidence, but mum was not involved in grading herself due to the practitioners' concern about how overwhelmed mum was feeling.

### The Outcome

By using the GCP2, the Health Visitor says that they were able to get a thorough and holistic view of the child's lived experience. It made them realise how many of the areas of care within the GCP2, impact upon the health of the children, and that surprisingly they could complete most of the tool from their own evidence.

This family was also quite chaotic, and it was found that the GCP2 was

helpful in providing the practitioners with a structure to follow, which meant they could be focused on gathering the necessary evidence required within the GCP2, rather than distracted by the disorder.

When the tool was completed, it showed that mum's emotional warmth towards the children was actually quite positive, and this had not been previously acknowledged. However it also showed how broad other concerns were and gave a helpful indication about the cumulative impact on the children.

### Learning

- **'Using the GCP2 is not as bad as I thought it was going to be!'**- The practitioner was honest in sharing that they believed the GCP2 was going to be time consuming, but that this was not the case. The GCP2 was completed over 2 visits plus other evidence that was gathered. The writing up of the report took more time, but the practitioner said that this was partly due to inexperience of using ECINS and that they believe this will get easier. The Health Visitor also said that even though it took some time to write the report, this was still worth it due to the quality of the end report.
- **GCP2 helps you to be more professionally curious-** as an evidence-based tool you don't just take things at face value and so this helps you to better understand the child's lived experience.
- **Shared language-** using the GCP2 between colleagues helps to provide more consistency.
- **By using the tool you gain more confidence-** the health visitor said that prior to using the GCP2, they would have been less likely to look in a fridge or in a child's bedroom, but using the tool encouraged them to be more professionally curious and enquiring.
- **Use the ECINS resources available** - if you use the [ECINS User Guide and video tutorials](#) at the time of writing your GCP2 report, this will help you.