



# BarnSäkert – From Pilot to Policy:

Implementing the Safe Environment for Every Kid (SEEK) Model  
to Promote health in Children in Region Skåne

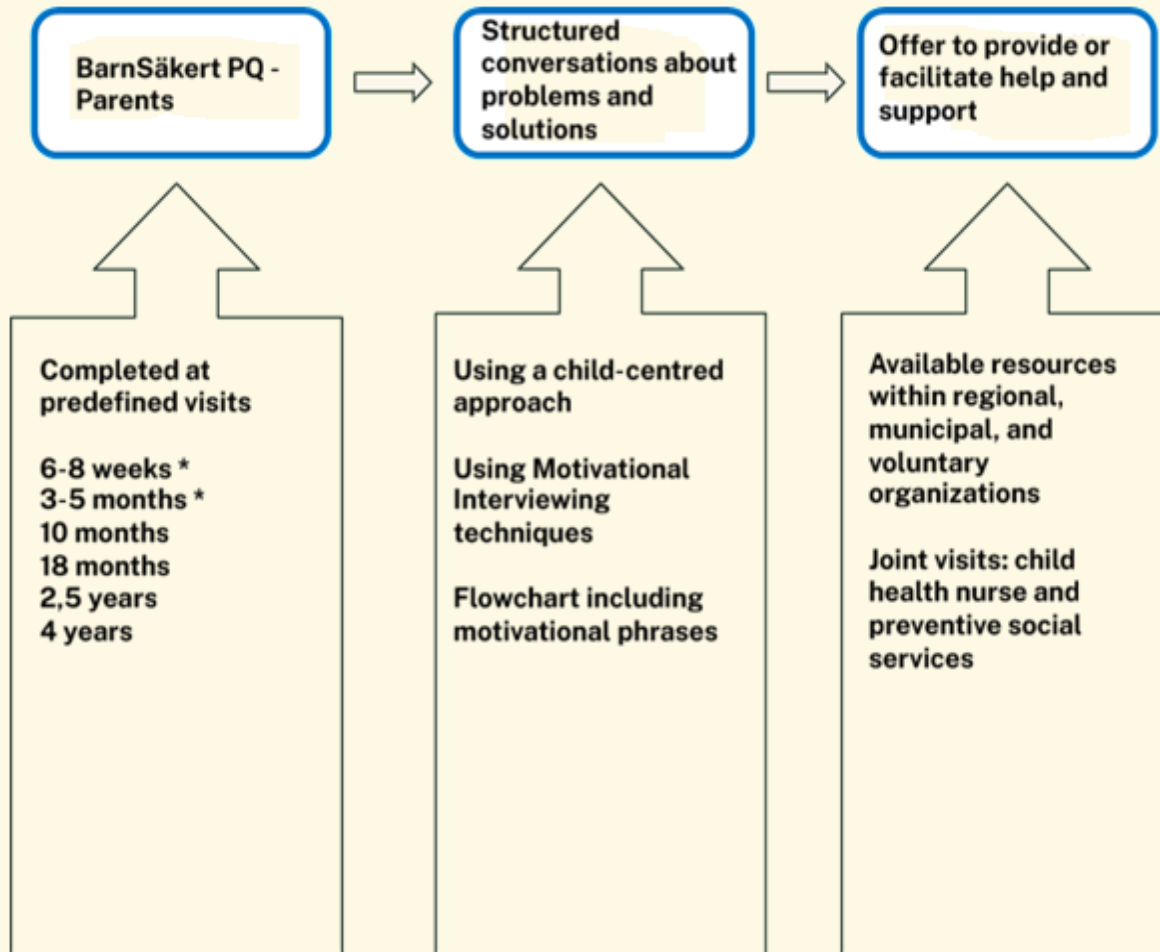
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# Background

- BarnSäkert (SEEK) aims to provide children (0-6 y) with the best possible conditions for good and equitable health and development, and a childhood free from violence and neglect, by supporting parents and strengthening families
- BarnSäkert (SEEK) is an evidence-based, practical approach which supports nurses in Child Health Services to address common psychosocial problems

# BarnSäkert



Parents are asked to complete a questionnaire consisting of 18 questions addressing the following risk factors:

- **Child safety**
- **Financial strain**
- **Low mood / depressive symptoms**
- **Extreme parental stress**
- **Intimate partner violence**
- **Hazardous use of alcohol**

Based on the identified needs, the nurse offers help and support drawing on a range of resources

Parental questionnaires are collected in a national register for BarnSäkert

# Objective for pilot BarnSäkert in Region Skåne

The overall aim was to assess whether BarnSäkert is applicable within the context of the Child Health Services in Skåne prior to a possible full-scale implementation

- What percentage of parents report psychosocial risk factors in the BarnSäkert questionnaire ?
- Does BarnSäkert, a structured model, contribute to increased nurses' self-efficacy in identifying risk factors and offering parental support?

# Method

- The nurses completed a survey regarding their perceived self-efficacy before a one-day training, and 6–9 months after (6-point Likert-scale)
- Parental questionnaires were collected in a national register for BarnSäkert.
- Focus-group interviews were performed with nurses and social workers.

# Results – parental questionnaires

Outcome parental questionnaire	Women (%)	Men (%)	In total (%)
Child safety	20.3	18.4	19.7
Financial strain	13.3	11.3	12.7
Low mood / depressive symptoms	25.3	22.7	24.6
Extreme parental stress	15.5	13.7	15.0
Intimate partner violence	7.7	4.2	6.6
Hazardous use of alcohol	2.7	3.9	3.1
<b>Reported at least one psychosocial risk factor</b>	<b>49.8</b>	<b>54.4</b>	<b>51.2</b>

n:2920

# Results – nurses survey

- Survey responses (n = 47 baseline; n = 24 follow-up) showed substantial improvements in nurses' self-efficacy across all risk factors (mean 3.86 to 4.48)
- Lowest self-efficacy (mean 3.0 to 3.8) and less improvement was connected to the risk factor hazardous use of alcohol
- The highest score of risk of jeopardizing the relationship with the parents (from 79.5% to 67%) was also connected to the risk factor hazardous use of alcohol

# Conclusions

- **Using a structured, intersectoral approach**
  - Contributes to early identifying of psychosocial risk factors
  - Strengthens professional self-efficacy
  - Increases multidisciplinary collaboration
- **Translating policy into practice**
  - Full-scale implementation of BarnSäkert in Region Skåne 2026-2027

# Take home message

- Implementing BarnSäkert (SEEK) provides nurses within the Child Health Services with a structured model to address psychosocial risk factors, leading to increased self-efficacy, early identification of families in need of support, and positive impacts on public health through reduced health inequalities and improved health and well-being among children



# Thank you!

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