

Long-Term Conditions Bulletin NZ



Long-Term Conditions Network & Health Navigator Charitable Trust

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Welcome to the Long-Term Conditions Bulletin – August 2015

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1. News

Independent Life Expectancy in New Zealand 2013



A report has recently been released on July 15 updating life expectancy data for New Zealanders. “Overall, people are living longer, but spending more time in dependent health states (morbidity)... As independent life expectancy is not keeping pace with life expectancy, these findings indicate an increasing need in the future for the treatment of long-term conditions with relatively low fatality. They also highlight substantial inequality between Māori and non-Māori groups. These issues are particularly important at a time when the health system is facing challenges associated with population ageing and increased expenditure on long-term care.

- www.health.govt.nz/publication/independent-life-expectancy-new-zealand-2013-0

We're overdosing on medicine – it's time to embrace life's uncertainty



View some of the stimulating conversations on The Conversation - an independent source of news and views, sourced from the academic and research community and delivered direct to the public. Their aim is to ensure high quality journalism to allow for better understanding of current affairs and complex issues leading to better quality of public discourse and conversations.

Topics covered range from art and culture to health, technology, environment and society. Here's the link to a recent article about the challenge of medicine going too far.

“What we tend to forget is that medicine cannot save lives – it can only postpone death. Yet we persuade ourselves it might somehow keep extending our lives, and we come to view almost every death as a failure of medicine.”

- <http://theconversation.com/were-overdosing-on-medicine-its-time-to-embrace-lifes-uncertainty-44715>



OECD Report

The OECD have recently released their latest Economic Survey for New Zealand. The key recommendations relating to health are:

- Adopt a comprehensive approach to reducing obesity, covering personal actions, factors that influence physical activity and nutritional practices, and improved obesity management through primary care.
- View the report at: www.oecd.org/eco/surveys/New-Zealand-2015-overview.pdf



Managing health and disability as New Zealanders get older - Simplhealth - Will you still need me, will you still feed me when I'm 65?

This white paper was produced by Simplhealth and provides a summary covering:

- Background to our changing population
- Its complexity and current trends
- A summary of the existing system and how it is managing care needs
- An approach that could support efficiency gains, in the face of the increasing pressure.
- <http://resources.simplhealth.co.nz/aged-care/will-you-still-need-me-will-you-still-feed-me-when-im-65>



New online telehealth resource to encourage uptake

“Health Minister Jonathan Coleman has launched a new online resource which will help encourage the uptake of telehealth by health professionals across the country. The New Zealand Telehealth Resource Centre website brings together information about the various regulations and guidelines that apply to telehealth. It includes case studies of where telehealth is already providing benefits. Site visits, workshops and demonstrations are also offered by the resource centre team.”

- Visit the New Zealand Telehealth Resource Centre at www.nztrc.org.nz



Advice on Innovative Technologies in e-Mental Health - Briefing Paper for the National Mental Health Commission

There is strong evidence supporting the role of technologies and the effectiveness and cost effectiveness of e-mental health solutions, yet translating this into practice and policy is limited in both Australia and NZ. This Australian report to the National Mental Health Commission by Young and Well Cooperative Research Centre identifies some key recommendations. These include:

1. **Integration** – align, consolidate and integrate the use of e-mental health technologies with the existing mental health system.
2. **Re-orient the system** – technologies allow for a tailored approach on a mass scale, placing the individual at the centre of their own care.
3. **Future-proofing through R&D** – leverage new and emerging technologies to develop integrated digital products and services that deliver effective services and augment face-to-face care.
4. **Leadership** – the sector is in need of strategic and transformational leadership in order to move into the 21st century.

5. **Sustainable funding** – transform how the sector is funded through innovative business and funding models for sustainability (such as Public Private Partnerships; social impact bonds, etc)

The paper presents 25 sub-recommendations that will “see the realisation of a system reimagined.”

- See more at: www.youngandwellcrc.org.au/knowledge-hub/publications/advice-on-innovative-technologies-in-e-mental-health/#sthash.wQDfTywg.dpuf

2. Recommended Resources

Fad diets – what do dietitians say about the latest crop?

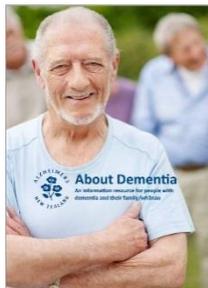


The Nursing Review have recently produced a great summary about fad diets after talking with Diabetes New Zealand dietitian Margaret Thorsen and Heart Foundation nutrition spokesperson Dave Monro about four of the current dietary trends. The article includes a brief summary about: 1) the Paleo diet, 2) the 5:2 intermittent fasting diet, 3) the ‘no sugar’ regime and 4) the low-carb, high-fat (LCHF) approach.

“The dietitians give thumbs-up to some of the positive take home messages common to the latest fashions, highlight some of the pitfalls or dangers, and also share some advice on guiding long-term condition and other patients towards sustainable healthy eating habits.

[www.heartfoundation.org.nz/uploads/Nursing_Review_\(embargo_July_7_2015\)_Fad_Diets_.pdf](http://www.heartfoundation.org.nz/uploads/Nursing_Review_(embargo_July_7_2015)_Fad_Diets_.pdf)

About Dementia booklet



About Dementia is the first in a comprehensive series of booklets being developed to provide New Zealanders with the most up to date knowledge and information available on dementia.

Appealing design and useful for each general practice to have a few copies in their waiting room or to give to patients or carers.

See more at: www.alzheimers.org.nz/getmedia/fcc4b510-8555-4fc5-9411-c79b9cfacdcce/About-Dementia-booklet.pdf/

3. Training

Rheumatic fever e-learning course



A new rheumatic fever e-learning course is available at www.Learnonline.health.nz

The course is free and is aimed at primary care nurses, public health nurses and community health workers, locum general practitioners, general practitioners new to New Zealand and pharmacists.

Made up of four modules, the course includes information about:

- rheumatic fever in New Zealand
- how to identify people at high risk of rheumatic fever and how to assess and manage sore throats based on the identified risk
- ways to reduce the transmission of sore throats within the household
- how to identify the main symptoms and signs of rheumatic fever, as well as how it is typically managed.



Stop smoking practitioner training

1 - 2 September 2015, Waitakere Hospital

19 - 20 November 2015, Ellerslie Heart Foundation offices, 9 Kalmia Street, Ellerslie

The National Heart Foundation is hosting its next Stop Smoking Practitioner training for those who want to extend their knowledge and skills to help people stop smoking. Courses are free.

www.heartfoundation.org.nz/programmes-resources/health-professionals/resource-centre/stop-smoking-training



QI Connect Scotland - monthly webex videos

Healthcare Improvement Scotland host an exciting line up of monthly WebEx sessions presented by international experts on quality improvement. Here are some of the recent sessions.

Either link in from your own desk to join the webex session, or watch later.

www.healthcareimprovementscotland.org/our_work/clinical_engagement/qi_connect.aspx

Professor Mary Dixon-Woods	What's so tough about patient safety?	28 May 2015
Professor Martin Marshall CBE	How relevant is improvement science to general practice?	28 April 2015
Professor Robert M Wachter	The Digital Doctor, Hope, Hype and Harm at the Dawn of Medicine's Computer Age	26 March 2015
David Grayson	Quantum collaboration: The Ko Awatea experience down under	20 January 2015
Dr Beth Lilja	How to engage the civic society in creating a person-centred health care system: The use of methods from social movement	23 February 2015

4. Articles of Interest



Health Informatics - portals, web, text.....

Patient and provider attitudes toward the use of patient portals for the management of chronic disease: A systematic review (International)

There are mixed attitudes from patients and their providers regarding the use of patient portals to manage their chronic disease. Standard patient portal design providing patients with the resources to understand and manage their chronic conditions will promote the adoption of patient portals in health care organisations. <http://doi.org/10.2196/jmir.3703>

Mobile text messaging for health: a systematic review of reviews. (US)

Author concludes, sending text messages as part of health improvement programmes can help to

kick start behaviour change, but the longer-term effectiveness remains unknown.

www.ncbi.nlm.nih.gov/pubmed/25785892

Patients' online access to their electronic health records and linked online services: A systematic review in primary care

Patients reported improved satisfaction with online access and services compared with standard provision, improved self-care, and better communication and engagement with clinicians. Safety improvements were patient-led through identifying medication errors and facilitating more use of preventive services. <http://dx.doi.org/10.3399/bjgp15X683941>

Diabetes Text-Message Self-Management Support Program (SMS4BG): A pilot study (NZ)

In this study, the authors investigated the usability and acceptability of a tailored text message-based diabetes support intervention called Self-Management Support for Blood Glucose (SMS4BG). The authors conclude from the results that the intervention is both acceptable and useful in supporting self-management in people with poorly controlled diabetes. Read more: <http://doi.org/10.2196/mhealth.3988>

Health Literacy and Shared Decision Making

The effect of ethnicity on different ways of expressing cardiovascular treatment benefits and patient decision-making (New Zealand)

The authors identify some ethnic differences in patient preferences for communication formats and decision-making and suggest that these "... should be considered when tailoring effective communication in primary care. However, individual preferences cannot be presumed and a combination of methods should routinely be used".

<https://www.rnzcgp.org.nz/assets/documents/Publications/JPHC/March-2015/JPHCOSPRavalMarch2015.pdf>

New guidance from NICE on medicines optimisation in England aims to involve people more in decision-making about their care (UK)

NICE guidance on medicines optimisation recommends that organisations should consider using a range of methods to identify patient safety incidents related to medicines use.

<https://www.nice.org.uk/news/article/ensuring-the-safe-and-effective-use-of-medicines>

Higher levels of knowledge reduce health care costs in patients with inflammatory bowel disease. (Italy)

Authors conclude patient information and education should be a priority. People with greater knowledge about their conditions are less likely to use healthcare services.

www.ncbi.nlm.nih.gov/pubmed/25636120



5. What's on



Health Promotion Calendar – September 2015

- | | |
|---------------------------|--|
| 1 – 30 th Sept | Cervical Screening Awareness Month
www.nsu.govt.nz/national-cervical-screening-programme |
| 1 – 30 th Sept | Save our Sight www.saveoursight.co.nz/ |

	1 – 30 th Sept	Prostate Cancer Foundation's national awareness campaign http://blueseptember.org.nz/
	21 st Sept	World Alzheimer's Day www.alzheimers.org.nz/

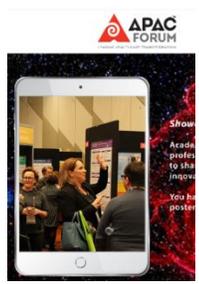


11th Annual National Conference
Count me in: Partnerships in chronic care
Thursday 10th - Friday 11th September, 2015
Brisbane Convention Centre
Queensland

Count me in: Partnerships in chronic care – 11th Annual National Conference
10 – 11th September 2015, Brisbane Convention Centre Queensland

Join others at the annual Australian Disease Management Association conference. Keynote speakers include:

- Prof Juliana Chan, Chair Professor, Department of Medicine and Therapeutics; Director, Hong Kong Institute of Diabetes and Obesity
- Prof Gary Egger, Adjunct Professor, Health and Applied Sciences, Southern Cross University, and Director, Centre for Health Promotion and Research, NSW
- Many more... www.adma.org.au/images/Conference_Flyer_2015.pdf



APAC FORUM

4TH APAC Forum
23rd – 25th September 2015, Auckland

Rated as one of the top conferences to attend for 2015, view the impressive list of 130 high-profile speakers and pre-conference 'intensive' sessions. You will hear from international and local presenters who are pioneering change and making a real difference to their organisations and to the lives of their patients.

View the conference website <http://apacforum.com/>



ANZOS
Annual Scientific Meeting

Obesity is Everyone's Challenge – ANZOS Annual Scientific Meeting
15-17 October 2015, Melbourne

The Australian and New Zealand Obesity Society (ANZOS) are holding their Annual Scientific Meeting. Registration and abstract submission are now open. For more information about the conference, abstract submission and to register [visit the ANZOS website.](#)

6. About Us & Subscription Information



Suggestions & Regional News

We are always interested in receiving suggestions, regional news and articles for future editions of the Long-Term Conditions Bulletin. Send to editor@healthnavigator.org.nz

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To unsubscribe reply to: admin@healthnavigator.org.nz

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