

# Long-Term Conditions Bulletin NZ



Long-Term Conditions Network & Health Navigator Charitable Trust

ISSN: 1179-6693

No.36: November 2016

## Welcome to November's Bulletin:



- News
- Recommended resources
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## News

### More Heart and Diabetes Checks Evaluation



Health targets are a set of national measures designed to improve the performance of health services. They focus on population health objectives and on reducing inequities. The More Heart and Diabetes Checks health target began in 2012 and includes a cardiovascular risk assessment (CVDRA) and a blood test for diabetes (HbA1c) delivered in primary care settings. This publication, conducted by Allen and Clarke for the Ministry of Health, evaluated this target and its implementation.

- Summary and full report can be accessed [here](#)

### National Depression Initiative – 10 years on



The National Depression Initiative (NDI), is marking its 10-year anniversary this month. Some of the key resources available include:

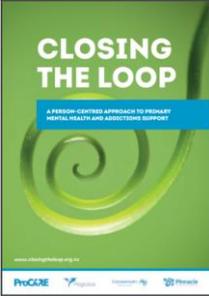
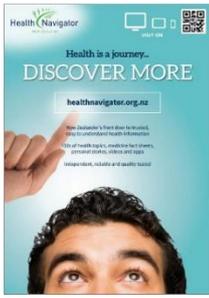
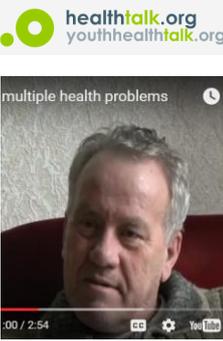
- The [depression.org.nz](http://depression.org.nz) website and [The Journal](#), a self-management tool fronted by Sir John Kirwan.
- The [LowDown](#) website for young people
- Series of [personal stories](#) & videos eg Ngaro's story ([Depression.org.nz Youtube](#))
- Links to help, text, call 24/7

### From knowledge to action: a framework for action



Developed by the Health Quality & Safety Commission in response to requests from the sector, this framework "articulates the primary knowledge and understanding that consumers and healthcare workers need to have and the actions they need to take, to achieve better quality and safety."

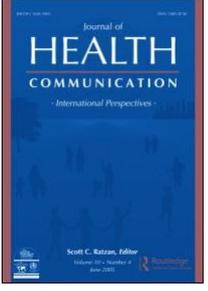
- Visit the [HQSC website to download](#)

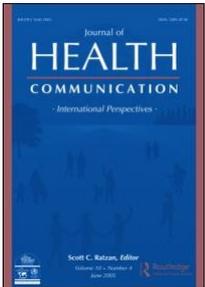
	<p><b>Closing the Loop</b></p> <p>Developed by the Network 4 group of PHOs, Closing the Loop "articulates a future vision of primary care-based mental health services that draw together the skills and resources of all the relevant agencies to transform a reactive, transactional system of treatment to a holistic, person-centred, responsive system of care and support."</p> <ul style="list-style-type: none"> <li>• Visit the <a href="#">website for more info</a></li> </ul>
<h2 style="color: #2e7d32; margin: 0;">Recommended resources</h2>	
	<p><b>Updates on Health Navigator Website</b></p> <p>Keep visiting the website as new topics are continually added. Some of the latest topics in the last month include:</p> <ul style="list-style-type: none"> <li>• <a href="#">Heart Palpitations</a></li> <li>• <a href="#">Folic Acid And Folate</a></li> <li>• <a href="#">Mental Health – Youth: CAMHS – Services For Youth</a></li> <li>• <a href="#">Psychosis &amp; Psychosis – Young People</a></li> <li>• <a href="#">Hepatitis C</a> – New direct acting antivirals</li> <li>• <a href="#">Mindfulness</a></li> <li>• <a href="#">Pre-Eclampsia</a></li> </ul>
	<p><b>Living with multiple health problems</b></p> <p>This UK web resource is for people who live with two or more medical conditions and for their health professionals and carers.</p> <ul style="list-style-type: none"> <li>• You can see and hear people sharing their stories about the effects of health problems on their lives and their experience dealing with the challenges they've faced and how many have to prioritise which health problem is the most important.</li> <li>• They talk about where the health service has worked well and where it hasn't.</li> <li>• Advice for patients and recommendations for improving care are offered.</li> </ul> <p>Access the resource <a href="#">here</a></p>
	<p><b>Supporting self-management: A guide to enabling behaviour change for health and wellbeing using person- and community-centred approaches</b></p> <p>This guide offers two things:</p> <ol style="list-style-type: none"> <li>1. A framework for understanding and changing behaviour, and</li> <li>2. Real-world examples of how these changes happen in practice.</li> </ol> <p>The guide is written for people who support those living with long-term conditions, or who help people avoid these conditions using person- and community-centred approaches. This group may include health, care and wellbeing professionals, people in voluntary or community groups, peer supporters, carers, patient leaders and people living with long-term conditions themselves.</p> <ul style="list-style-type: none"> <li>• The guide can be accessed <a href="#">here</a></li> </ul>
<p><i>Sugar in food</i></p> 	<p><b>New Sugar Resources</b></p> <p>The role of added sugar in health is a growing public health issue worldwide. The Royal Society of New Zealand has collated current scientific evidence on sugar and health, and recently released a range of new resources:</p> <ul style="list-style-type: none"> <li>• Short animation on added sugar in foods</li> <li>• Factsheet on sugar consumption on health</li> <li>• Review summary of the current evidence on sugar and health</li> </ul> <ul style="list-style-type: none"> <li>• Click <a href="#">here</a> to view these resources</li> </ul>

## Training

	<p><b>Advance Care Planning National Forum, 28-29 Nov 2016</b></p> <p>Ellerslie Event Centre, Auckland More information and register your interest by emailing <a href="mailto:acpcoop@adhb.govt.nz">acpcoop@adhb.govt.nz</a> with 'ACP Forum Update' in the subject line.</p>
	<p><b>Public Health Summer School, University of Otago, 7-24 February 2017</b></p> <p>The Public Health Summer School offers practical 1-3 day courses to anyone who wants to develop their public health knowledge and skills. Topics range from epidemiology to public health law and behavioural economics.</p> <ul style="list-style-type: none"><li>• Visit the <a href="#">website</a> and <a href="#">timetable</a> for specifics.</li></ul>
	<p><b>Healthy Conversations Skills Training: Latest courses</b></p> <p><a href="#">Gravida's Healthy Conversation Skills</a> training gives health professionals the tools to support and empower pregnant women and their whānau to make behaviour changes for a healthier lifestyle. Healthy Conversation Skills is available free-of-charge to all health practitioners and health promoters in New Zealand.</p> <p><a href="#">Click here for the latest dates and locations.</a></p>

## Articles of interest

	<p><b>Associations Between Neighbourhood Social Capital, Health Literacy, and Self-Rated Health Among People with Chronic Illness</b></p> <p>This study focused on health literacy skills in 4 domains related to the ability to access and understand health information and to the ability to perform self-management. The authors found a significant positive interaction between social capital and health literacy skills for accessing and understanding health information. This suggests that health literacy enhances people's ability to gain access to and use neighbourhood resources to benefit health.</p> <p>Access full article <a href="#">here</a></p>
	<p><b>Fairer decisions, better health for all: Health equity and cost-effectiveness analysis</b></p> <p>This report provides a non-technical introduction to practical methods for using cost-effectiveness analysis to address health equity concerns, with applications to low-, middle- and high-income countries. These methods can provide information about the likely impacts of alternative health policy decisions on inequalities in health, financial risk protection and other health-related outcomes that may be considered unfair, allowing for the distribution of costs as well as benefits. They can also provide information about the trade-offs that sometimes arise between improving total health and reducing health inequalities of different kinds.</p> <p>Access full report <a href="#">here</a></p>

	<p><b>Measuring care alignment in general practice consultations for people with long-term conditions: an exploratory study</b></p> <p>The chronic care Model (CCM) aims to make the care of people with long term conditions (LTC) planned, proactive and patient-centred. The patient assessment of chronic care (PACIC) and the authors recently developed modified PACIC (MPACIC) allow patient and provider views to be compared.</p> <p>In the discussion, the authors conclude - Agreement between patients and practitioners regarding the level of self-management support received and provided was relatively high. This study demonstrates ways the PACIC and MPACIC can be used together to measure patient/practitioner agreement about long-term condition care provision.</p> <p>Access full article <a href="#">here</a></p>
	<p><b>Developing interprofessional care plans in chronic care: a scoping review</b></p> <p>This study aimed to get an overview of the scientific literature on developing interprofessional shared care plans. The authors concluded - Care plan development is not a free-standing concept, but should be the result of an underlying process of interprofessional collaboration between team members, including the patient. To integrate the patients' perspectives into the care plans, their needs and values need careful consideration. This review indicates a need for new empirical studies examining the development and use of shared care plans and evaluating their effects.</p> <p>Access full article <a href="#">here</a></p>
	<p><b>Social Health Inequalities and E-Health: A systematic review</b></p> <p>E-health is developing rapidly and brings with it a promise to reduce social health inequalities (SHI). Yet, it appears that it also has the potential to increase them. The goal of this systematic review of the literature was to describe current knowledge on the link between e-health and SHI, to identify the characteristics of people at risk of experiencing SHI, to understand the causes of SHI in relation to e-health and to highlight strategies encouraging the development of the tool of e-health while reducing SHI.</p> <p>The authors conclude - E-health has the potential to widen the gulf between those at risk of SHI and the rest of the population. The widespread expansion of e-health technologies calls for rigorous consideration of interventions which are not likely to exacerbate SHI.</p> <p>Scroll down to access the article <a href="#">here</a></p>
	<p><b>Development of a Communication Intervention for Older Adults with Limited Health Literacy: Photo Stories to Support Doctor–Patient Communication</b></p> <p>Successful doctor–patient communication relies on appropriate levels of communicative health literacy, the ability to deal with and communicate about health information. This article aims to describe the development of a narrative and picture-based health literacy intervention intended to support older patients with limited health literacy when communicating during their primary care consultations.</p> <p>The authors conclude that narrative health communication may be an effective strategy for increasing the effectiveness of communicative health literacy interventions and decreasing resistance to messages.</p> <p>Access full article <a href="#">here</a></p>
	<p><b>Prescription medicine sharing: exploring patients' beliefs and experiences</b></p> <p>This qualitative study explored the views of patients, to elicit information regarding factors influencing medicine sharing behaviours, their experiences of the consequences of prescription medicine sharing, and their risk assessment strategies when deciding to share.</p> <p>Access full article <a href="#">here</a></p>

## What's on



### **"This is not my home" Aged residential care without consent – on whose authority?**

Wellington - 29th November 2016

Dunedin - 6th December 2016

This popular full day seminar is being repeated in Wellington and Dunedin and covers the difficult scenarios and information you need to know as we care for more and more people living with dementia.

Speakers include:

- Janet Anderson–Bidois is the Chief Legal Adviser at the Human Rights Commission.
- Professor Kate Diesfeld Chair of the Ethics Committee at AUT
- Alison Douglass is a Dunedin barrister
- [Read more & registration form](#)



### **October was Health Literacy Month**

The 7th Annual Health Literacy Month Blog Series has a number of interesting articles posted

Access the blog site [here](#)



### **7th Activity and Nutrition Aotearoa conference**

Registrations and call for abstracts are now open for the next ANA conference to be held in Wellington on Tuesday 30th and Wednesday 31st of May 2017 at the Museum of New Zealand Te Papa Tongarewa.

More information can be found on the ANA [website](#)



### **PHARMAC Seminars coming up**

[Assessing and managing conditions within maternity care](#) Friday, 9 December 2016

## 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 NZ*. Send to [editor@healthnavigator.org.nz](mailto:editor@healthnavigator.org.nz)

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