

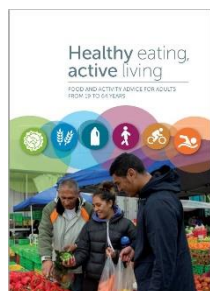
Long-Term Conditions Bulletin NZ



Long-Term Conditions Network & Health Navigator Charitable Trust

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Welcome to December's bulletin:

- News
- Recommended resources
- Training
- Articles of interest
- What's on – conferences & workshops
- Subscription information

We look forward to continuing to support the sector in 2016 to increase knowledge, understanding and best practice in the areas of long-term conditions, quality improvement, health literacy, self-management support and patient/whanau centred care. If you are reading this, you're also part of the wider long-term conditions community and we'd love to hear from you with your ideas and suggestions about what how we can collectively add the most value and benefit to all.

Meanwhile the team at Health Navigator wish you all the best for a relaxing and enjoyable Christmas and look forward to hearing from you in 2016. 😊

News



A practical guide to self-management support

This is a useful and practical implementation guide outlining the key components of self-management support for successful implementation. It is intended for planning and funding teams, health care professionals, service managers, people in voluntary or community groups and patient leaders.

“The guide will be useful both for those starting their self-management support journey and those building on and improving the support that they already provide.”

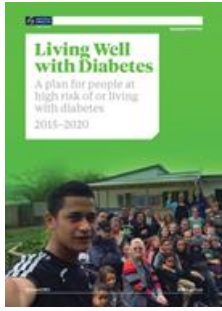
Read more and [watch a 5 minute video](#)



Ministry releases new Eating and Activity Guidelines

The new Eating and Activity Guidelines for adults provide evidence-based, population health statements on nutrition and physical activity, including maintaining a healthy body weight. The new guidelines combine the Ministry's nutrition and physical activity advice into one document for the first time. Although these guidelines are for adults, they provide a good basis for healthy lifestyle advice for families and complement the Ministry of Health's work on childhood obesity. For a range of resources visit the MOH website.

- [Eating and activity guidelines for New Zealand adults](#)



Diabetes 5-year Plan launched

The Diabetes Plan was launched in October and has been compiled with input from the health workforce and patients. It identifies six priority areas:

1. preventing high-risk people from developing type 2 diabetes
2. enabling effective self-management
3. improving quality services
4. detecting diabetes early and reducing the risk of complications
5. providing integrated care
6. meeting the needs of children and adults with type 1 diabetes

The plan also aligns with other Government initiatives including Healthy Families NZ and Green Prescriptions.

- Download - [Living Well with Diabetes](#): A health care plan for people at high-risk of or living with diabetes 2015-2020

Recommended resources

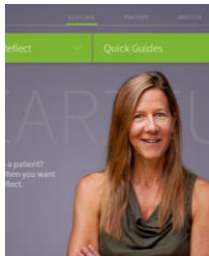


Updates on Health Navigator website

New topics include:

- Oral health
- Parkinson's disease
- Contraception topics
- Hepatitis A outbreak
- Depression support 24/7 over the holidays and much more.
- Visit www.healthnavigator.org.nz

Training



VitalTalk website – resource for clinicians

VitalTalk is a non-profit with “the mission of nurturing healthier connections between patients and clinicians. It specializes in developing and facilitating advanced communication skills courses and faculty training courses focused on balancing honesty with empathy when discussing serious illness and end of life care.” The website includes useful one page summaries, guides, videos and much more. Here are some of the topics:

- | | |
|---|--|
| <ul style="list-style-type: none"> • Establish Rapport • Track & Respond to Emotion • Disclose Serious News • Offer Prognostic Information • Conduct a Family Conference | <ul style="list-style-type: none"> • Defuse Conflicts • Reset Goals of Care • Bear Witness to the End • Stay Strong • Cultivating Your Skills etc |
|---|--|

View [website](#)

www.vitaltalk.org/clinicians



Pacific Nutrition Course

Would you like to improve your health in just nine days and arm yourselves with tools to make a difference in your community? It is a level 4, 15 credits course delivered in three parts of three days each (total of nine days). Graduates are awarded the AUT University Short Course Certificate in Pacific Nutrition.

Learn about food and nutrition in a simple, fun and interactive way with the Heart Foundation's Pacific Heartbeat team. : www.pacificheart.org.nz

Contact the team for a [registration pack](#)

Articles of interest



Health informatics – apps, text, web...

A prospective randomized controlled study of a virtual clinic integrating primary and specialist care for patients with Type 2 diabetes mellitus

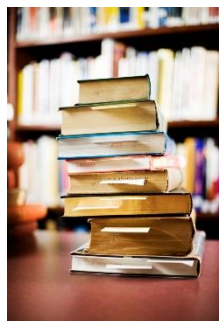
This study, aimed to investigate the effectiveness of a diabetes virtual clinic to enhance diabetes in primary care by developing clinical management plans for patients with suboptimal metabolic control and/or case complexity. The authors concluded - The virtual clinic model explored in this study showed a clinically important improvement in glycemic control. Although this improvement was not superior to that observed in the control participants, this might be attributable to the systemic impact of the virtual clinic on the practice as a whole. [View the abstract](#)

Web-based communication tools can boost patient satisfaction

A new study by Brigham and Women's Hospital in the US has found that access to online education content for patients can be useful. A range of web-based tools were made available and shown to enhance communication between patients and providers with users gaining a deeper understanding of care and boosting patient satisfaction. [View abstract](#)

Text Message and Internet Support for Coronary Heart Disease Self-Management: Results from the Text4Heart Randomized Controlled Trial

The aim of this study, was to investigate the effectiveness of a mHealth-delivered comprehensive CR program (Text4Heart) to improve adherence to recommended lifestyle behaviours (smoking cessation, physical activity, healthy diet, and nonharmful alcohol use) in addition to usual care (traditional CR). The authors conclude - mobile technology has the potential to deliver behaviour change interventions (mHealth) to reduce coronary heart disease (CHD) at modest cost. Previous studies have focused on single behaviours; however, cardiac rehabilitation (CR), a component of CHD self-management, needs to address multiple risk factors. [View abstract & full article.](#)



Health Literacy Shared Decision Making

Organizing workplace health literacy to reduce musculoskeletal pain and consequences

This innovative work from Denmark builds on recent integrated health literacy models that include a health behaviour approach. The authors examined the suitability of such a framework for addressing individual, organizational and interpersonal factors. The aim of the trial is to examine the effectiveness of an intervention to improve health literacy (building knowledge, competences and structures for communication and action) at both the organizational and individual level and reduce pain among nursing aides.

[View this open access article](#)

The association of health literacy with illness and medication beliefs among patients with Chronic Obstructive Pulmonary Disease – 2015 [US]

Low health literacy is associated with low adherence to self-management in many chronic diseases. Additionally, health beliefs are thought to be determinants of self-management behaviours. This study sought to determine the association, if any, of health literacy and health beliefs among elderly individuals with chronic obstructive pulmonary disease. The researchers found that limited health literacy was independently associated with several health beliefs that are important determinants of adherence to self-management behaviours. The researchers recommended that self-management education materials should be designed with health literacy in mind and that health care providers should consider incorporating questions regarding illness perceptions into their discussions with patients. [View abstract & full article.](#)

Long-Term Condition Management Primary Care

Te Whiringa Ora: person-centred and integrated care in the Eastern Bay of Plenty, New Zealand (NZ Study)

This study, discusses Te Whiringa Ora, which is a community-based programme in New Zealand that facilitates interdisciplinary care for patients and their family. It targets those with a chronic disease whom have high inpatient admissions or emergency department presentations. The programme makes use of culturally appropriate care coordinators, and uses telephone support and tele-monitoring to aid self-management. [View full article](#)

Understanding the nutrition care needs of patients newly diagnosed with type 2 diabetes: a need for open communication and patient-focussed consultations

Patients who are newly diagnosed with type 2 diabetes mellitus (T2DM) commonly attempt to modify their dietary intake after receiving nutrition care from primary health professionals. Yet, adherence to dietary recommendations is rarely sustained and factors influencing adherence are poorly understood. This study, explored T2DM patients' experiences of dietary change and their views on how primary health professionals can best support long-term maintenance of dietary change.

The authors suggest that there is opportunity for primary health professionals to enhance the dietary support provided to patients by: acknowledging the challenges of sustained improvements in dietary intake; open communication; and investing in patient relationships through more patient-focussed consultations. [View abstract in Australian Jnl Prm Health](#)

What's on



December 2015

- 1 World Aids Day www.nzaf.org.nz
- 3 International Day of Disabled Persons www.dpa.org.nz
- 5 Safe Sleep Awareness Day www.safesleepday.org.nz
- 5 World Volunteers Day www.worldvolunteerweb.org

January 2016

- 4 World Braille Day www.rnzfb.org.nz



Agency for Nutrition Action Asian Forum

Held on 24 November 2015 - presentations now available

The ANA Asian forum is a professional development and information sharing opportunity for those who work (or wish to work) with Asian families and communities to promote public health nutrition and physical activity.

[Presentations available to view online.](#)



Public Health Summer School – Uni Otago, Wellington

The 20th Public Health Summer School offers 33 practical short courses (1-3 day) delivered by an international faculty of public health academics and practitioners. The courses are open to anyone who wants to develop their public health knowledge and skills. There are a range of courses on offer including 13 new courses as well as 20 of their most popular core courses.

[Visit the website for details.](#)

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*. Please send to editor@healthnavigator.org.nz

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