

# Long-Term Conditions Bulletin NZ



Long-Term Conditions Network & Health Navigator Charitable Trust

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## Welcome to February's bulletin:



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## News



### Self-management support for people with long-term conditions (2nd edition)

Just released, this paper from the Ministry of Health was developed as the result of three sector workshops in 2015 to share best practice and innovation for the primary and community health sectors. It includes definitions of key terms related to LTCs, as well as links to examples of current work in New Zealand. It has been written as a background paper for funders, planners and practitioners in New Zealand. Appendix 3 contains diabetes specific additional information.

- View the document on the [MOH website](#)



### At the heart of health: Realising the value of people and communities

This report draws together a wide range of evidence and practical examples of person- and community-centred approaches for health and wellbeing. The report includes more detail on the five focus areas:

1. peer support
2. self-management education
3. health coaching
4. group activities to support health and wellbeing
5. asset-based approaches in a health and wellbeing context.

View and download from the [Nesta website](#)



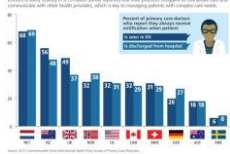
### Tier 1 statistics 2014/15: New Zealand Health Survey

These tables cover the most important statistics (Tier 1) from the 2014/15 New Zealand Health Survey. The statistics included are:

- self-rated health,
- smoking (current),
- past-year drinking, and hazardous drinking,
- obesity,
- mental health status (psychological distress),
- unmet need for GP due to cost, and
- unfilled prescription due to cost.

View results and range of reports on the [MOH website](#).

### All Nations Face Challenges Coordinating Care



## Commonwealth Fund International Health Policy Survey – Dec 2015

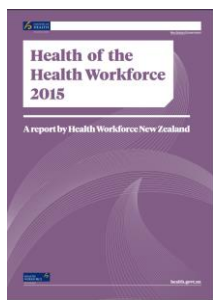
18th annual survey assessing views and experiences of primary care doctors in 11 countries including NZ, Australia, Canada, UK, USA, France, Germany and more.

Primary care practices across the globe struggle to coordinate care and communicate with other health and social service providers.

Take home messages:

- Strengthening primary care could be key to sustainable quality and spending
- Managing the care of patients with complex needs will require primary care that is highly capable:
  - Multidisciplinary teams
  - Email access, after-hours care and home visits
  - Effective use of health information technology, and
  - Integrating care across and outside of the health care system
- Re-designing delivery systems to improve care for patients with complex conditions will require trial and evaluation to understand what works best.
- As reforms disrupt current systems, managing the effects of reforms is critical
- It's important for policymakers to hear from doctors on the frontlines
- Looking to other countries offers an opportunity for valuable cross-national lessons to be learned.

Read more: [Commonwealth Fund website](#) [Chartpack \(ppt\)](#)



## Health of the Health Workforce 2015

Published earlier this month, this Health of the Health Workforce Report 2015 is Health Workforce New Zealand's second update on the state of the health and disability workforce.

This report focuses on five main occupational groups:

- doctors and dentists – the medical workforce
- nurses
- midwives
- allied health, science and technical workers
- kaiāwhina (non-regulated) workers, and outlines key issues, strategies and programmes for the health workforce to improve New Zealanders' health and wellbeing. View the report on the [MOH website](#).

## Recommended resources



### Updates on Health Navigator website

Over 50 new topics in last 2 months including:

- Dental health, hand-washing, folic acid,
- Parkinson's, fatty liver
- Weight loss surgery and more...
- Tubal ligation, Vasectomy etc.

Visit [www.healthnavigator.org.nz](http://www.healthnavigator.org.nz)



### Lowering Your Risk of Heart Attack and Stroke Booklet

Updated booklet from the Heart Foundation on lowering risk of cardiovascular risk and provides a useful plan for improving heart health. This booklet outlines the choices you can make and practical steps you can take to lower your risk of heart attack and stroke today.

View the [new booklet online](#) or [order copies](#) for your clinics.



## NEW combined coronary angiography and angioplasty resource

The new resource gives an overview of the two procedures and introduces some of the risks and benefits involved. Because angioplasty is often done concurrently with angiography, the Heart Foundation have combined their two resources into one.

- NOTE: Because of this, 'A guide to coronary angiography' is no longer available.
- View the new resource and order copies on the [Heart Foundation website](#).

## Training

### Advance Care Planning Level 1A – one day workshop

A one day optional workshop is currently being piloted. It follows on from Level 1 in more depth about Advance Care Planning.

The course is fully funded (pre-paid) by HWNZ & Northern Regional Alliance for the Northern Region (Auckland, Waitemata, Counties & Northland) if candidates meet criteria.

- To apply, fill in a [brief survey here](#).



### CALD Cultural Competency course

The CALD Cultural Competency training programme enhances cultural awareness, knowledge and skills for health practitioners working with Asian, migrant and refugee clients from diverse cultural backgrounds.

The courses provide practitioners with insights and understandings of how people from cultural backgrounds different from their own respond to health and illness and to health care services; as well as the skills to care for culturally and linguistically diverse (CALD) clients with more confidence.

- The courses are CME/CNE and MOPS accredited.
- Find out more about the [courses](#), [resources](#) and [online forum](#).
- Email [cald@waitematadhb.govt.nz](mailto:cald@waitematadhb.govt.nz)

## Articles of interest



### Healthcare Needs Pit Crews, Not Cowboys

“It’s like no one’s in charge—because no one is. The public’s experience is that we have amazing clinicians and technologies but little consistent sense that they come together to provide an actual system of care, from start to finish, for people. We train, hire, and pay doctors to be cowboys. But it’s pit crews people need,”

Atul Gawande, MD, a health policy professor at the Harvard T.H. Chan School of Public Health in Boston and a staff writer at The New Yorker. Atul Gawande is well known and read by many, including general practitioner, Dr Tim Hou of Mangere Health Centre.

- Read his [story here](#)



### Integration

#### Systematic review of integrated models of health care delivered at the primary-secondary interface: How effective is it and what determines effectiveness?

This Australian systematic review investigates outcomes of different models that integrate specialist and primary care practitioners, and identifies characteristics of models that delivered favorable clinical outcomes. Six key design elements common to the models of integrated primary-secondary care emerged from the review, namely, interdisciplinary teamwork, communication/information exchange, shared care guidelines or pathways, training and education, access and acceptability for patients and a viable funding model.

- View the [review online](#)

**TheKingsFund**

**Intentional whole health system redesign: Southcentral Foundation's 'Nuka' system of care**

Southcentral Foundation in Alaska is widely regarded as one of the best examples of health system redesign in the United States and internationally. It delivers state-funded health care to a minority population with high levels of need, with funding and responsibility for services resting with local people. Southcentral is a working example of a 'multispecialty community provider' offering expanded and integrated primary and community services.

- View the report on the [Kings Fund website](#)



**Building the House of Care**

This paper explores how the House of Care, a coordinated approach to personalised care and support planning, can transform the health and care of people with long-term conditions (LTCs).

It contains case studies of evolving practice in Leeds and Somerset (UK) and seeks to understand how two whole health economies – individuals, communities, health and social care services and others – are working to manage the rise in the number of people with multiple LTCs and enhance their care experiences.

- View the report on the [Health Foundation website](#).

**The impact of self-monitoring in chronic illness on healthcare utilization: a systematic review of reviews**

The aim of this systematic review of reviews is to assess the impact of self-monitoring interventions on healthcare utilisation across a range of chronic illnesses. The authors concluded: Self-monitoring has the potential to reduce the pressure placed on secondary care services, but this may lead to increase in services elsewhere in the system. Further work is needed to determine how these findings affect healthcare costs.

- [View the article](#)



**Health informatics – apps, text, web...**

**Telephone support improves blood sugar control**

This study compared a behavioural intervention delivered by telephone to support people with diabetes versus printed information alone. Participants were 941 people, primarily from ethnic minorities and low income groups. All participants received printed lifestyle information quarterly. In addition, the telephone group received calls four or eight times over the course of a year. Those with the poorest blood sugar control received the greatest number of calls.

Blood sugar control improved more in the group receiving telephone support. Those with the poorest blood sugar control were likely to see the greatest benefits. There were no differences between groups in self-care activities or medication adherence.

- [View abstract](#)

**Patient Preferences for Receiving Reports of Test Results**

More than 400 people in the US were surveyed about their preferences for receiving test results. People were happy to receive common test results such as blood cholesterol and colonoscopy using a range of methods, but preferred more personalised approaches for genetic test results. For common tests, if face to face communication was not available people preferred password-protected websites, personal voicemail, personal e-mail and letter over home voicemail, fax, and mobile phone text message.

The most preferred methods of receiving test results were personal e-mail and password-protected websites.

- View the [abstract](#)
- View the [full article](#)

## What's on



### Health Promotion calendar for March 2016

- 1 to 31 Melanoma March [www.melanoma.org.nz](http://www.melanoma.org.nz)  
9 Walk2Work Day [www.livingstreets.org.nz](http://www.livingstreets.org.nz)  
10 World Kidney Day [www.kidney.co.nz](http://www.kidney.co.nz)  
24 Melanoma Go Spotty Mufti Day [www.melanoma.org.nz](http://www.melanoma.org.nz)  
29 Red Cross Street Appeal Week [www.redcross.org.nz](http://www.redcross.org.nz)



### Agency for Nutrition Action Asian Forum - 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.](#)



### Second Health Hackathon Solving Self-Care

This is a FREE weekend event that brings together healthcare and technology professionals in an open source environment to brainstorm, collaborate and develop solutions that will benefit the New Zealand health sector.

**When:** 6pm 18 March to 4pm 20 March

**Where:** the University of Auckland Tamaki Innovation Campus. **#hacknz2016** [Register now](#)



### Evidence to Action Conference 2016 – Evidence: it's how you use it that matters

Superu's annual Evidence to Action Conference returns for 2016. It aims to deliver rich insights from international and local thought leaders on evidence-based decision making.

**When:** 5 April 2016

**Where:** Te Papa, Wellington

- [Click here to register and to find out more.](#)

## 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](mailto:editor@healthnavigator.org.nz)

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Editors: Pat Flanagan and Dr Janine Bycroft