

# Long-Term Conditions Bulletin NZ



Long-Term Conditions Network & Health Navigator Charitable Trust

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## Welcome to July's bulletin:



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## News



### Interested in joining a project focusing on self-management support within primary care?

**Health Navigator Charitable Trust** and **Health Literacy NZ** have been selected by the Ministry of Health to develop training and resources *'to support PHOs and primary care providers to further implement self-management support with consumers'*.

A three phase plan has now been developed which includes:

- a scoping phase
- in-practice trial
- national training.

**Time is running out but we are still looking for practices** interested in participating in the in-practice trial phase. The closing date for practices to contact us is 30 July 16. [Read more...](#)

### New National Healthy Food and Drink Policy for District Health Boards



Internationally, hospitals and providers of healthcare are leading the way in providing healthier food environments because many of the diseases that result in people needing hospital care are associated with what we eat or drink.

The Ministry of Health have now developed a National Healthy Food and Drink Policy for District Health Boards.

- See the policy here: [National Healthy Food and Drink Policy](#)
- Policy Q and A: [Healthy Food and Drink Policy Q and A](#)



### New Health Target – Healthy Kids

A new health target to help reduce childhood obesity has been introduced from 1 July.

Find out more about the [new target](#) and the [childhood obesity plan](#).

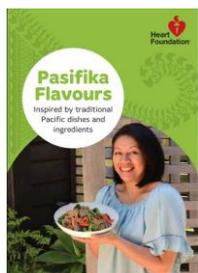
## Recommended resources



### Updates on Health Navigator website

Keep visiting the website as new topics are continually added. Some of the latest topics this month include:

- [Thyroid nodules](#)
- [Cardiac arrest](#)
- 50 new [videos](#) have been added with topics from dandruff, verrucas and corns to ankylosing spondylitis
- Visit [www.healthnavigator.org.nz](http://www.healthnavigator.org.nz)



### New Pacifika Cookbook from Heart Foundation

Recently published, this new cookbook has a range of economical and tasty recipes that reflect the food styles of many different Pacific Islands.

- Click here to view the [Pacifika cookbook](#)
- [Vegetable cookbook](#)
- [Full o' Beans cookbook](#)



### New diabetes and smoking resources to the Heart Foundation risk factor series

These resources are designed to facilitate conversation between the health professional with medical expertise and experience, and the person who's an expert in their own life and experience.

All 5 in the series can be download here:

- [Smoking](#)
- [Diabetes](#)
- [Cholesterol](#)
- [Blood Pressure](#)
- [Angina](#)



### Supermarket Takeaway Resource

Canterbury Public Health have just released their updated Supermarket – Takeaway resource.

- This easy to read resource can be accessed at [Takeaway resource](#)



### IHI Always Events Toolkit

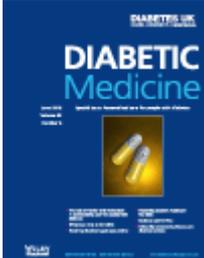
Always Events are defined as those aspects of the care experience that should always occur when patients, their family members or other care partners, and service users interact with health care professionals and the health care delivery system.

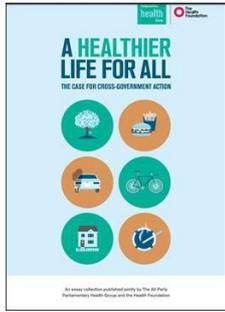
This toolkit describes IHI's Always Events Framework and provides a strategy to help health care providers — in partnership with patients, care partners, and service users — to identify, develop, and achieve reliability in person and family-centered care delivery processes.

- To access full document go to [Always Events Toolkit](#).



## Training

	<p><b>Recent Pharmac seminars with videos available for anyone to view</b></p> <ul style="list-style-type: none"><li>• <a href="#">Sleep problems and mental health</a> - June 16 2016</li><li>• <a href="#">Managing the risks of polypharmacy</a> – 30 May 2016</li><li>• <a href="#">Assessing and managing the neonate</a> – 2 May 2016</li><li>• <a href="#">Prostate cancer</a> – 18 March 2016</li></ul>
	<p><b>Advance Care Planning National Forum</b></p> <p>Ellerslie Event Centre, Auckland, 28 – 29 November, 2016. 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>Certificate in Pacific Nutrition coming to Auckland and Wellington</b></p> <p>Primarily for Pacific workers, this short course is also open to anyone working with Pacific communities. This 'train the trainer' nutrition short course will benefit those already working in the community who are able to train, advise and support others in making healthy food choices. For information click <a href="#">here</a> or phone (09) 571 9189</p>
<h2>Articles of interest</h2>	
	<p><b>Innovative strategies to improve diabetes outcomes in disadvantaged populations</b></p> <p>This review concluded that telehealth, peer support, and community health worker interventions can successfully improve clinical outcomes of HbA<sub>1c</sub> control, self-management behaviour such as increased physical activity, blood glucose monitoring, self-care behaviour, and medication adherence. The authors also stated that for disadvantaged populations, interventions must be compatible with the realities of what is feasible and acceptable to these target populations in their home environments.</p> <p>Although there are promising results for less costly interventions using well-designed telehealth programmes and/or trained and supervised peers or CHWs compared with costs and availability for healthcare professional interventions, more research is needed to improve and sustain diabetes health outcomes when implementing these interventions in disadvantaged populations.</p> <p>For open access to article <a href="#">click here</a></p>
	<p><b>Standards for transfer of care</b></p> <p>Primary Health Tasmania (Tasmania's primary health network) has launched a range of resources to support more connected care for chronically ill people moving between different health and community services.</p> <p>The suite of resources is available online at <a href="#">transfer of care page</a> of the Primary Health Tasmania website.</p>



### A healthier life for all - the case for cross-government action

“The Health Foundation and the All-Party Parliamentary Health Group have jointly published a comprehensive, accessible collection of essays setting out the current and emerging threats to health and wellbeing and what we know about what works to address them.

Health experts and politicians have come together in A healthier life for all: the case for cross-government action to call on the government to tackle the drivers of poor health by making health improvement an objective in all policy areas – in recognition that it is fundamental to a prosperous and sustainable society....”

- See more at: [A Healthier Life for All](#)



### Why is sustaining improvement so important – and so difficult?

This IHI white paper describes what frontline clinical managers can do to sustain improvement.

In the linked video Kedar Mate offers guidance.

- [click here for video and white paper](#)



### Hip quality improvement programme wins BMJ Safety and Quality Award

“One in five hip fracture patients will not make it home, and 30% will die within a year. A QI programme in the UK has made a big difference by focusing on the simple things and doing these consistently. They knew they could do better so decided to make systematic changes to improve outcomes for patients.

Changes included:

- faster access to pain blocks in A&E
- prioritising hip fracture patients for surgery within 36 hours
- providing enhanced nutrition monitoring and assistance for elderly patients
- rapid mobilization after surgery.

These enacted changes increased the chances of patients recovering and returning home. Mr. Inman states, “it’s these simple things which we think make a difference.” [Read more](#)



### Better care in my hands: A review of how people are involved in their care. Care Quality Commission May 2016

This report identifies common problems in health and social care services, which can create a ‘vicious circle’ of poor involvement and which become more significant when people need to use different services or use them for long periods of time. These include: failing to regularly assess and monitor people’s capacity to make decisions about their care and provide advocacy support; limited understanding, recording and monitoring of people’s wishes and preferences; inadequate family and carer involvement; insufficient information and explanation of care and support options.

- To read full report go to [Better Care in My Hands](#)

## What’s on



### Primary Care Symposium Tuesday 23<sup>rd</sup> August 2016

The Heart Foundation, PHO Alliance, HPA and Allied Health are presenting the 2016 primary care symposium.

**Where:** Te Papa Wellington      **Time:** 9am – 4pm

This is a free event. For further information contact Joanne Karl

[JoanneK@heartfoundation.org.nz](mailto:JoanneK@heartfoundation.org.nz)



22ND HOSPICE NEW ZEALAND

## Palliative Care Conference

14-16 September 2016 The Langham, Auckland

View conference information on the [Hospice NZ website](#)



### Heart Attack Awareness Campaign – Now On

The campaign is running for three weeks and started on 10 July. It will include a TV commercial, online video and social media material. Print resources will also be available. Posters and wallet cards will be available in English, Samoan, Tongan and Maori. The campaign is also supported by a revamped homepage for [HeartHelp Heart Attack](#) website (previously called HeartHelp First Steps).



### 2016 Otago Spotlight Series: Cardiovascular Disease

**When:** Tuesday, 20 September 2016

**Where:** Nordmeyer Theatre, the University of Otago, Wellington (23A Mein St, Newtown)

**Time:** 9am-3.30pm



### HINZ Conference

This year's conference will be held in Auckland from 31<sup>st</sup> October to 3<sup>rd</sup> November.

For information about this event and much more go to

[Health Informatics New Zealand](#)



### PHARMAC Seminars coming up

[Palliative care Friday](#), 5 August 2016

[Paediatric and immunisation update Monday](#) 12 September 2016

[Management of diabetes in primary care Tuesday](#) 11 October 2016

[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)

### Subscribe/unsubscribe

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