

# Long-Term Conditions Bulletin NZ



Long-Term Conditions Network & Health Navigator Charitable Trust

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## Welcome to April's bulletin:



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- Training
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## News

### New Zealand Health Strategy: Future direction

Launched by the Minister of Health and Director General on Monday 18th April, The **New Zealand Health Strategy: Future direction** outlines the high level direction for New Zealand's health system over the next 10 years from 2016 to 2026.

It lays out some of the challenges and opportunities the system faces; describes the future we want, including the culture and values that will underpin this future; and identifies five strategic themes for the changes that will take us toward this future.

#### The five themes are:

1. people-powered,
2. closer to home,
3. value and high performance,
4. one team and
5. smart system.

These are the *“cornerstones in establishing a health sector that understands people's needs and provides services that are integrated across sectors, emphasising investment early in life, maintaining wellness, preventing illness, and providing support for the final stages of life.”*

(Dr Jonathan Coleman, [document foreword](#). [MOH website](#).)

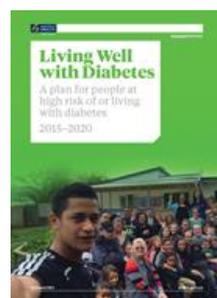
- [View Future Direction online](#)
- [Roadmap of actions 2016](#)



### Diabetes Planning Workshop – 2<sup>nd</sup> May 2016, Ministry of Health

The Ministry of Health are hosting the annual diabetes planning workshop on Monday 2nd May, ahead of the NZSSD Conference. The day is intended to support the implementation of the [Living Well with Diabetes Plan](#) launched in October last year.

It is also designed to support continuous improvement in the planning of diabetes services and to respond to requests from the sector for specific information about diabetes policy and strategic direction.



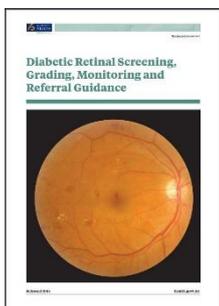
- Identify 4 to 5 key decision makers for diabetes services in your region
- [More information](#) & Call for registrations letter
- Registration is free and [easy to do online](#), or by contacting [charmaine@healthnavigator.org.nz](mailto:charmaine@healthnavigator.org.nz)



### Health Hackathon – Solving Self-Care 2016

Never heard about a hackathon? Originating in Canada, the idea has taken off and this is the 2<sup>nd</sup> year it's been run in NZ. Introduced to NZ by Dr Karen Day, it's a wonderful opportunity to bring together diverse groups such as clinicians, programmers, developers, engineers, systems and creative people to collaborate, inspire and problem solve. With post-it notes and charts galore, 7 teams formed on Friday night to tackle an idea and come up with a workable solution by Sunday afternoon.

- [Read more and find out who the winning team were....](#)
- See videos from [overseas hackathons](#)

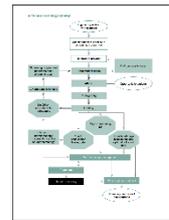


### Diabetic Retinal Screening, Grading, Monitoring and Referral Guidance

Released in March by the Ministry of Health, this guidance outlines “the key components of an organised diabetic retinal screening service so that high-quality, equitable screening can be provided for all those at risk of diabetic eye disease.

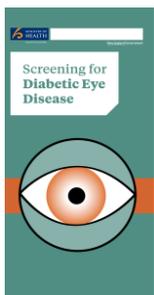
It represents a statement of best practice, based on stakeholder consultation, evidence and is intended to guide the delivery of a nationally consistent programme.”

- [Diabetic Retinal Screening, Grading, Monitoring and Referral Guidance](#) (pdf, 364 KB)
- [Diabetic Retinal Screening, Grading, Monitoring and Referral Guidance: Information for primary care teams](#) (pdf, 134 KB)
- To visit the Retinal screening section on the [Ministry of Health webpage](#)
- Further information about Retinal Screening Services will be discussed at the [MOH Diabetes Workshop](#) mentioned above.



### Retinal screening in pregnancy

- Pregnancy increases the risk of developing diabetic retinopathy (DR) and the rate of its progression.
- All pregnant women with established diabetes (type 1 or type 2) should be screened in the first trimester of their pregnancy.
- [Diabetic Retinal Screening in pregnancy](#) (pdf, 140 KB)



### Patient resource for retinal screening

- [Screening for Diabetic Eye Disease - a resource for people who have been referred for screening](#) (pdf, 196 KB)
- To visit the Retinal screening section on the [Ministry of Health webpage](#)
- Further information about Retinal Screening Services will be discussed at the [MOH Diabetes Workshop](#) mentioned above.

## Recommended resources



### Updates on Health Navigator website

The team have been busy and added over 50 topics in the last 2 months with topics ranging from

- [Constipation in children](#), to
- [Asthma in pregnancy](#)
- [Calluses and corns](#)
- Range of skin creams eg [fatty cream](#), [emulsifying ointment](#), etc
- [Diabetes and alcohol](#)
- Visit [www.healthnavigator.org.nz](http://www.healthnavigator.org.nz)



### Innovation Exchange - Learn. Share. Connect.

The Innovation Exchange “provides a collaborative place online to share and promote local innovation and improvement projects and resources.”

“This is the place to showcase great work that is happening, to promote innovations and improvements to health services, and recognise the commitment and expertise of staff working in the NSW Health system.”

Recent projects added range from [‘ReADI: Redesigning Access and Discharge Through Innovation.’](#) to [‘No Bones about it’](#) standardising follow up in orthopaedics clinics and [‘PsychED for kids’](#). View [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](#).

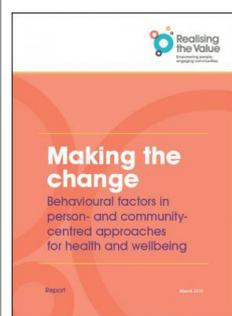


### Certificate in Pacific Nutrition coming to Hamilton, Auckland and Wellington

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 [here](#) or phone (09) 571 9189.

## Articles of interest



### Making the change

Drawing on robust studies of what influences behaviour, this report sets out a number of factors that can lead to greater involvement in self-care.

Key findings This report highlights that a multi-faceted approach is needed to enable effective self-care. It identifies five enabling factors:

- growth, mind-set, self-efficacy and ‘grit’
- removing friction costs (i.e. removing increases in effort required to perform a behaviour)
- social connections
- intrinsic motivation

	<ul style="list-style-type: none"> <li>• goal setting and feedback.</li> </ul> <p>See more at: <a href="http://www.health.org.uk/publication/making-change#sthash.cW83xZA0.dpuf">www.health.org.uk/publication/making-change#sthash.cW83xZA0.dpuf</a></p>
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	<p><b>Do Medical Homes Work?</b></p> <p>The PCPCC has released its new medical home evidence report, "The Patient-Centred Medical Home's Impact on Cost and Quality: Annual Review of Evidence 2014-2015." The report summarizes evidence relating to primary care medical home including cost and utilization results, government evaluations, and industry reports.</p> <p>Read more and access the webinar at <a href="https://www.pcpcc.org/webinar/do-medical-homes-work">https://www.pcpcc.org/webinar/do-medical-homes-work</a></p>
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	<p><b>Safer healthcare: Strategies for the real world</b></p> <p>This new book by René Amalberti and Charles Vincent articulates how future strategies for managing patient safety can be conceived, and sets out what types of situations and contexts are amenable to particular safety strategies.</p> <p>The authors argue for a reconceptualisation of patient safety as through the patient's eyes; by seeing it as the totality of harm within the patient journey, rather than as series of separate problems to be addressed by separate health care organisations.</p> <p>Download the free e-book here <a href="http://link.springer.com/book/10.1007%2F978-3-319-25559-0">http://link.springer.com/book/10.1007%2F978-3-319-25559-0</a></p>
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## What's on

	<p><b>Agency for Nutrition Action Regional Forum Dates</b></p> <p><b>Hamilton</b> – Tuesday 17 May. <a href="#">Registrations are now open</a></p> <p><b>Palmerston North</b> - Thursday 26 May. <a href="#">Registrations are now open</a> Draft programme available soon</p> <p><b>Whangarei</b> – Friday 17 June. Save the date – planning is underway – more information to follow.</p>
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## Subscription information

	<p><b>Suggestions &amp; regional news</b></p> <p>We are always interested in receiving suggestions, regional news and articles for future editions of the <i>Long-Term Conditions Bulletin NZ</i>. Please send to <a href="mailto:editor@healthnavigator.org.nz">editor@healthnavigator.org.nz</a></p> <p><b>Subscribe/unsubscribe</b></p> <p>To subscribe or unsubscribe, reply to <a href="mailto:admin@healthnavigator.org.nz">admin@healthnavigator.org.nz</a></p> <p>Editors: Pat Flanagan and Dr Janine Bycroft</p>
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