

Long-Term Conditions Bulletin NZ



Long-Term Conditions Network & Health Navigator Charitable Trust

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Welcome to the Long-Term Conditions Bulletin – June 2015



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1. News



Health Literacy Review: A Guide

This guide and the health literacy reviews section on the Ministry of Health website have been developed with input from District Health Boards, to support health organisations to undertake a health literacy review. They draw on international best practise for health literate organisations (the 6 Dimensions) tailored for the New Zealand health setting.

The accompanying **Framework for Health Literacy: a health system response** was developed by the Ministry of Health as part of its commitment to supporting a health system that enables everyone living in New Zealand to live well and keep well. Building health literacy is an important part of this, and the framework outlines expectations for the health system, health organisations and all of the health workforce.

To access the guide and the health literacy guide, framework and reviews section, go to www.health.govt.nz/our-work/health-literacy



New Policy Brief to Curb Global Sugar Consumption

The World Cancer Research Fund International have recently released a policy brief to assist countries in meeting the World Health Organisation Sugar Guideline.

It provides examples of evidence informed policies that can be used to reduce the availability and affordability of sugar and sugary products, influence the availability of alternatives, and raise awareness of the amount of sugar in foods.

[For more information and to download your copy click here.](#)



New Alcohol Policy Briefing

The New Zealand Medical Association (NZMA) has released a new policy briefing: 'Reducing alcohol related harm'. This briefing includes a number of recommendations that require a whole-of-government and whole-community response.

[Read more here.](#)

2. Recommended Resources



How to Engage Men in Self-Management Support

This 'How to Guide' published by the Men's Health Forum in the UK provides practical information and strategies to help overcome some of the known barriers for men accessing self-management support services.

To view this new [report](#), visit the Men's Health Forum website.

3. Training

Leader Training in the Stanford Chronic Disease Self-Management Programme (CDSMP) Auckland



When: Tuesday 30 June & Wednesday 1 July, 2015
Tuesday 7 July & Wednesday 8 July, 2015
Where: StarCare Centre, Upstairs Meeting Room
120 East Tamaki Road, in the Otara Integrated Health Centre, Otara Mall
Time: 8:45am (for a nine o'clock start) to 5pm (we will try to end earlier)
To register: ulas@ethc.co.nz, Ula at 274 7823, or leona@ethc.co.nz, Leona at 2747823

LEAN thinking in a health setting (LearnOnline course)



LEAN Thinking is a methodology that will help you improve quality of care, increase efficiency of processes, and identify and eliminate waste. LEAN Thinking evolved in the manufacturing industry but is now routinely applied in the health sector. This course introduces the LEAN methodology and a number of associated tools to implement the methodology in your work environment.

To find out more on the LearnOnline website, go to: <http://learnonline.health.nz/course/view.php?id=99>

4. Articles of Interest

THE LANCET

A systematic analysis for the Global Burden of Disease Study 2013

The authors investigated evidence about levels and trends in disease and injury incidence, prevalence, and years lived with disability for acute and chronic diseases and injuries for 188 countries between 1990 and 2013.

Access to the full text of the article is free but registration is required on the Lancet site. To read the full abstract and for information on how to access the full text, go to

[www.thelancet.com/journals/lancet/article/PIIS0140-6736\(15\)60692-4/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(15)60692-4/fulltext)



Health Literacy E-Health Literacy

Enhancing the Effectiveness of Consumer-Focused Health Information Technology Systems Through eHealth Literacy: A Framework for Understanding Users' Needs (International)

Developing effective eHealth products requires complete understanding of the end-users' needs from multiple perspectives. This paper proposes and details a framework for modelling users' needs for designing eHealth systems. This framework is intended to be used to guide design of eHealth technologies and to make requirements explicitly related to eHealth literacy, enabling a generation of well-targeted, fit-for-purpose, equitable, and effective products and systems.

Can be accessed here http://humanfactors.jmir.org/article/viewFile/humanfactors_v2i1e9/2



Advance Care Planning (ACP)

Barriers to advance care planning at the end of life: An explanatory systematic review of implementation studies (International)

The authors investigate barriers and facilitators to the implementation of ACPs, focusing on their workability and integration in clinical practice.

Key factors facilitating implementation were: specially prepared staff utilizing a structured approach to interactions around ACPs. Barriers to implementation were competing demands of other work, the emotional and interactional nature of patient-professional interactions around ACPs, problems in sharing decisions and preferences within and between healthcare organizations.

The authors conclude that doing more of the things that facilitate delivery of ACPs will not reduce the effects of those things that undermine them. Structured tools are only likely to be partially effective and the creation of a specialist cadre of ACP facilitators is unlikely to be a sustainable solution.

Access at: <http://dx.doi.org/10.1371/journal.pone.0116629>

Primary Care and Chronic Disease Management

Implementing telephone triage in general practice: A process evaluation of a cluster randomised controlled trial (UK)

The authors conclude that staff experiences and perceptions of telephone triage are shaped by the way practices communicate with staff, prepare for and sustain the changes required to implement triage effectively, as well as by existing practice culture, and staff and patient behaviour arising in response to the changes made.

Read in full at: <http://dx.doi.org/10.1186/s12875-015-0263-4>

The role of primary health care in primary and secondary prevention of diabetes (International)

"The aim of this research is to examine diabetes programmes reporting outcome data and used in general practice settings to identify and proactively manage individuals at high risk for developing diabetes; or where diabetes is diagnosed, at risk for development of, or deterioration in, diabetes-related complications. Comparison of programme structure with published evidence is used together with outcome data to assess programmes".

The report is available to read in full text at: www.phcris.org.au/phplib/filedownload.php?file=/elib/lib/downloaded_files/publications/pdfs/phcris_pub_8441.pdf

Chronic disease management programmes for adults with asthma (Cochrane review)

The authors conclude from their analysis that "chronic disease management programmes for adults with asthma probably improve patients' quality of life, reduce the severity of the asthma, and improve breathing as demonstrated by improved performance in lung function tests after 12 months. It is unclear whether chronic disease management programmes improve the patients' abilities to manage their own asthma or decrease the number of hospitalisations or emergency visits." Read free full text : <http://dx.doi.org/10.1002/14651858.CD007988.pub2>

Self-Management, Patient Activation

Implementing supported self-management for asthma: A systematic review and suggested hierarchy of evidence of implementation studies (International)

The authors conclude that effective interventions combined active engagement of patients, with training and motivation of professionals embedded within an organisation in which self-management is valued. They go on to say that healthcare managers should consider how they can promote a culture of actively supporting self-management as a normal, expected, monitored and remunerated aspect of the provision of care.

Read more at: <http://dx.doi.org/10.1186/s12916-015-0361-0>

Developing the Bridges self-management programme for New Zealand stroke survivors: A case study (NZ)

This case study describes the adaptation of the UK-developed Bridges stroke self-management programme (Bridges SMP) into a version relevant and acceptable to the New Zealand context.

- To read the full abstract, <http://dx.doi.org/10.12968/ijtr.2014.21.8.381>

Taking the long view: how well do patient activation scores predict outcomes four years later?

Researchers from the US followed up 4,865 people with long-term conditions over a four year period to see whether patient activation scores predicted behaviors and health outcomes. Survey data suggested that those with a higher initial patient activation score had better self-management, improved functioning, and lower use of healthcare services over time. When people's activation levels changed, so too did their outcomes. [Link to abstract](#)

5. What's on

Health Promotion Calendar – July and August 2015

JULY

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|--------|--|--|
| 1 – 31 | Women's Refuge Awareness Month | www.womensrefuge.org.nz |
| 3 | Te Wiki o te Reo Māori, Maori Language Week. Nga Matua | www.tetaurawhiri.govt.nz |
| 28 | World Hepatitis Awareness Day | www.hepatitisfoundation.org.nz/ |

AUGUST

- | | | |
|-------------|--------------------------------|--|
| 1 – 31 | @ Heart Awareness Month | www.heartnz.org.nz |
| 1 – 7 | World Breastfeeding Week | www.womens-health.org.nz/ |
| 17 – 23 | Cystic Fibrosis Week | www.cfnz.org.nz |
| 28 | Cancer Society "Daffodil Day" | www.daffodilday.org.nz/ |
| 29 – 5 Sept | Multiple Sclerosis Appeal Week | www.msnz.org.nz/ |
| 31 – 6 Sept | Asthma Awareness Week | asthmafoundation.org.nz/ |



	<p>Ministry of Health Long Term Condition (LTC) Regional Workshops</p> <p>28 May, 18 June, & last one this week - 25 June 2015</p> <p>These workshops have been developed following feedback that regional service planning workshops, with a focus on long-term condition self-management would be beneficial. The workshops are targeted for clinicians, planners and funders and PHO service managers.</p> <p>For more information or to register, contact your local district Health Board Planning and Funding or contact Megan Grant Megan_Grant@moh.govt.nz</p>
	<p>Obesity is Everyone's Challenge – ANZOS Annual Scientific Meeting</p> <p>15-17 October 2015, Melbourne.</p> <p>The Australian and New Zealand Obesity Society (ANZOS) are holding their Annual Scientific Meeting. Registration and abstract submission are now open. For more information about the conference, abstract submission and to register visit the ANZOS website.</p>
	<p>Evidence to Action Conference 2015</p> <p>30 June 2015, Wellington.</p> <p>Registrations are now open for Superu's 2015 Evidence to Action Conference. How do you know you're making a difference on the ground?</p> <p>Speakers include Louise Morpeth from the Dartington Social Research Unit, UK.</p> <p>To find out more about this event, go to: www.nzcpmh.org.nz/news-events/events/2015-06-30-superu-evidence-in-action-conference-2015</p>
	<p>Goal Setting In Rehabilitation: Does It Work?</p> <p>22 July 2015 4.30 – 5.30, AUT City Campus.</p> <p>In his inaugural professorial address, Professor Richard Siegert will focus on the aims and purposes of using goal setting in rehabilitation, the theories that might explain how (and if) it works, and the evidence that it actually improves outcomes for people with a neurological condition. He will also draw upon some evidence from goal setting in sport psychology and business settings including a look at the darker side of this practice. He will argue that goal setting is more complex and nuanced than we have acknowledged and that a more sophisticated approach is required.</p> <p>To find out more about this event, www.aut.ac.nz/_data/assets/pdf_file/0010/558991/Richard-Siegert-professorial-address_July-2015.pdf</p>
	<p>RNZCGP Conference (31 July – 2nd Aug) & Quality Symposium (30th July)</p> <p>Claudelands, Hamilton</p> <p>This three day conference programme will focus on preparing general practice leaders and their teams to be successful and seize opportunities offered by the rapidly changing primary health sector. The presence of international keynote speakers, together with a number of our esteemed health professionals from around New Zealand, will ensure delegates are aware of the innovations and developments in health care from here and around the globe.</p> <p>SAFETY – ARE YOU RUNNING WITH SCISSORS?</p> <p>The Quality Symposium will be held as a pre-conference day on Thursday 30 July, focusing on safety in general practice. As the focus of care continues to shift to the community and general practice evolves to embrace new technologies and lead the implementation of new models of care, safety of both patients and professionals is key.</p>

	<p>Tino Leilei Fono</p> <p>14th August 2015, Auckland.</p> <p>Agencies for Nutrition Action and the Pacific Island Food and Nutrition Action Group (PIFNAG) are hosting a one-day professional development symposium for health professionals who are working with Pacific people to promote healthy eating and physical activity.</p> <p>Venue: Sorrento in the Park, One Tree Hill Domain, Auckland Read more: Programme and registration information at ANA website.</p>
	<p>NZNO Motivation, Management and Leadership Workshops</p> <p>7–10 September 2015, Auckland, Hamilton, Wellington and Christchurch.</p> <p>Workshops organised by New Zealand Nurses Organisation. The objective of this workshop is to provide an outline of the key characteristic of effective leadership in complex health systems in which nursing is the biggest workforce.</p> <p>To find out more, go to: www.nzno.org.nz/petercarter</p>
	<p>HiNZ Conference 2015</p> <p>19-22 October 2015, Christchurch.</p> <p>Registrations open in mid-May. Save the dates now. Email lrma to find out more.</p>
	<p>National Nursing Informatics Conference</p> <p>19 October 2015, Christchurch.</p> <p>Bought to you by NENZ (Nursing Executives NZ) & HiNZ. Registrations open 1 May. Email Cathy King at CDHB. Read the information flyer. Link doesn't work</p>

6. About Us & 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. Send to editor@healthnavigator.org.nz

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To unsubscribe reply to: admin@healthnavigator.org.nz

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