

Long-Term Conditions Bulletin NZ



Long-Term Conditions Network & Health Navigator Charitable Trust

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Welcome to May's bulletin:



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

News

Working in primary care? We need to hear from you...

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.



To ensure that the training and resources developed as part of this project are fit for purpose and meet the needs of primary care in New Zealand, we need to have input from you; the primary care provider.

Firstly, as part of the scoping phase, we would like to hear from any practice or PHO who have made changes and tried some new ideas. Maybe you have reorganised workflow or appointment times, or established links with a local community group, developed care planning or use a patient portal. Anything that has made a difference and helped your patients better self-manage, big or small, we want to hear about it.

Secondly, as part of the in-practice trial phase, we want to hear from practices who are interested in working alongside the project team, developing and testing resources and training materials. Ideally these practices will have an interest in self-management support and will have already started to make changes to the way they do things. We plan to have this phase underway starting early August 2016 and running for a nine month period.

If you have something you want to share as part of the scoping phase or are interested in finding out more about becoming a 'trial practice' contact either

- Pat Flanagan at patat375@xtra.co.nz or 021 115 7703, or
- Janine Bycroft at janine@healthnavigator.org.nz 021 869 869

Recommended resources



Updates on Health Navigator website

Every month new topics are added. Here are just a few from April. Let us know if a topic is missing you'd like to see covered.

- [Food allergies](#)
- [Calcium supplements](#)
- [Liver disease](#)
- [Influenza](#)
- [Influenza vaccination](#)
- [Needlestick injuries](#)
- [Oseltamivir](#)
- Visit www.healthnavigator.org.nz



New Heart and diabetes check resource now available to order

They are now being printed as A5 pads of 50 and you can [order here](#)

When should I have a heart and diabetes check?

People without known risk factors	Maori, Pacific or Indo-Asian people	People with other known risk factors or at high risk of developing diabetes	People with diabetes
MEN from 45 years WOMEN from 55 years	MEN from 35 years WOMEN from 45 years	MEN from 35 years WOMEN from 45 years	Yearly from time of diagnosis

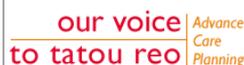
To find out more about your risk, visit: www.heartfoundation.org.nz



Counties Manukau Health has launched a 'Be well this Winter' campaign. A series of specially designed resources are available along with other supports and features.

- Find out more on their [healthy together page](#)

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](#).



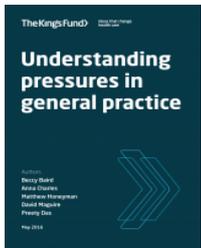
Stanford Master Training

This is to give advanced notice of a forthcoming training for you or members of your staff to become **Master Trainers** for two **Stanford Self-Management Programmes**:

- the **Generic course: Chronic Disease Self-Management Programme (CDSMP)** and

- **the Pain Self-Management Programme (PSMP)**. (Participants must have completed the CDSMP Master Trainers course first)
- The trainers are: **Charlene Pretorius, Leona Didsbury and Pam Antill**, Certified ‘T-Trainers’ and all are very experienced Self-Management facilitators and trainers.
- For more details, including licensing requirements, contact
- Pam Antill: jpantill@ihug.co.nz or 09 813 3375

Articles of interest



Understanding pressures in General Practice – The Kings Fund

This broad ranging report describes the many issues facing general practice in NHS England. Many of the issues are the same here in New Zealand including an aging and increasingly part time workforce, increasing demands brought about by system and population changes as well as those brought about by advances in technology. Funding implications of changing models of service delivery is also discussed. To find out more you can [access report here](#)



Food and nutrition

There have been a lot of stories in the news recently, particularly stories about fat. Here is a round up -

Coconut oil consumption and cardiovascular risk factors in humans

Coconut oil has been promoted as the healthy choice of fat by many. The results of this literature review clearly concluded that for cardiovascular health, there are healthier oils to include in the diet. The team’s findings were based on a review of 21 research papers comprising 8 clinical trials and 13 observational studies. The majority of the papers examined the effect of coconut oil or coconut products on serum lipid profiles. The review can be read in April 2016 copy of Nutrition Reviews and provides an independent and credible information source for health professionals.

[access abstract here](#)

Butter vs Margarine – The Debate Spreads

The Heart Foundation lifts the confusion about the butter versus margarine debate with its recent blog post. It states – *“Butter is the biggest source of saturated fat in the Kiwi diet. While using small amounts of butter every now and then shouldn’t be a problem for most people, the clear, unequivocal evidence remains that it is better for our hearts to replace saturated fats (such as butter, coconut oil and fatty meat) with unsaturated fats. Making the simple swap from butter to margarine spreads is one way to do this.”* [To read click here.](#)



“Eating fat does not make you fat”

The National Obesity Forum in the UK has received some media coverage lately with headlines like “Eating fat does not make you fat”. They argue in their recently published report written in partnership with the Public Health Collaboration that a major overhaul of official dietary guidelines was needed.

The report says the low-fat and low-cholesterol message, which has been official policy in the UK since 1983, was based on “flawed science” and had resulted in an increased consumption of junk food and carbohydrates. Their report has provoked a broad backlash from the scientific community questioning its evidential basis and supporting the guidelines stating that *“the obesity epidemic is not caused by poor dietary guidelines it is that we are not meeting them.”*

	<p>Clearly this debate will run and run. For clear evidence-based answers the Ministry of Health have developed a Q+A resource on some topical issues around eating and activity. Click here to download.</p> <ul style="list-style-type: none"> • There are also a range of articles and handouts you can share with patients/clients in the Eating and drinking section of the Health Navigator website.
	<p>Does case management for patients with heart failure based in the community reduce unplanned hospital admissions? A systematic review and meta-analysis</p> <p>The authors concluded: Hospital-initiated CM can be successful in reducing unplanned hospital readmissions for HF and length of hospital stay for people with HF. 9 trials described cost data; no clear difference emerged between CM and usual care. There was limited evidence for community-initiated CM which suggested it does not reduce admission.</p> <ul style="list-style-type: none"> • access article here
	<p>Passive interventions in primary healthcare waiting rooms are effective in promoting healthy lifestyle behaviours: An integrative review</p> <p>The authors concluded that: primary healthcare waiting rooms are ideal environments to implement health promotion interventions. Passive interventions are cost-effective and continually available within an environment, allowing individuals to interact, engage and learn. The authors suggest they be considered in future practice.</p> <ul style="list-style-type: none"> • access article here
	<p>Primary care randomised controlled trial of a tailored interactive website for the self-management of respiratory infections (Internet Doctor)</p> <p>The authors concluded: An internet-delivered intervention for the self-management of RTIs modifies help-seeking behaviour, and does not result in more hospital admissions due to delayed help seeking. access article here</p>
	<p>Whakawhanaungatanga: the importance of culturally meaningful connections to improve uptake of pulmonary rehabilitation by Māori with COPD – a qualitative study</p> <p>The authors concluded: Lack of attention to cultural factors in the delivery of pulmonary rehabilitation may be a barrier to its uptake by indigenous, minority ethnic groups, such as New Zealand Māori. Indigenous-led or culturally responsive health care interventions for COPD may provide a solution to this issue. access article here</p>

What's on

	<p>Bowel Cancer Awareness Month 1 – 30 June 2016</p>	<p>www.beatbowelcancer.org.nz/</p>
	<p>Cancer Survivors Day 5 June 2016</p>	<p>cancernz.org.nz</p>
	<p>Men's Health Week 13 - 19 June 2016</p>	<p>menshealthweek.co.nz</p>
	<p>World Elder Abuse Awareness week 15 - 21 June 2016</p>	<p>www.ageconcern.org.nz</p>
	<p>Volunteer Awareness Week 19 - 25 June 2016</p>	<p>www.volunteeringnz.org.nz</p>

	<p>World Refugee Day 20 June 2016 www.un.org/en//events/refugeeday</p> <p>Continenence Awareness Week 20 - 26 June 2016 www.continenence.org.nz</p>
	<p>Agency for Nutrition Action Regional Whangarei Forum</p> <p>When – Friday 17 June. Where: Barge Showgrounds Events Centre Cost: Free of charge, but you need to register due to limited spaces</p> <ul style="list-style-type: none"> • Visit the ANA website to register and see the developing programme.
	<p>Symposium on Heart Health and Smokefree Targets for Maori and Pacific</p> <p>When: Friday 27 May 2016 Where: Rotorua Time 9am – 4pm Enquiries contact Anna Tu'inukuafe annat@heartfoundation.org.nz or 09 526 8429</p>
	<p>Primary Care Symposium</p> <p>The Heart Foundation, PHO Alliance, HPA and Allied Health are presenting the 2016 primary care symposium.</p> <p>When: Tuesday 23rd August 2016 Where: Te Papa Wellington Time 9am – 4pm. FREE event.</p> <ul style="list-style-type: none"> • For further information contact Joanne Karl JoanneK@heartfoundation.org.nz
	<p>NZ Conference of IT</p> <p>When: 11th to 13th July 2016 in Wellington</p> <p>ITx is a collaboration of twelve tech-focused conferences and bodies and focuses on innovation, technology and education.</p> <ul style="list-style-type: none"> • ITx brings IT professionals, decision-makers, leaders and academics together under one roof. • Programme and website information
	<p>HINZ Conference</p> <p>Submission of abstracts closes on 27 June for this year's conference to be held in Auckland from 31st October to 3rd November.</p> <p>For information about these events and much more go to Health Informatics New Zealand</p>

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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