

# Long-Term Conditions Bulletin NZ



Long-Term Conditions Network & Health Navigator Charitable Trust

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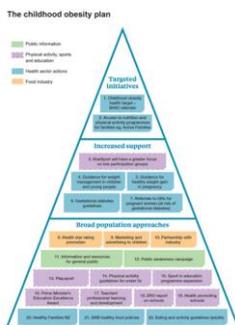
No.29: October 2015

## Welcome to October's bulletin:



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

## News



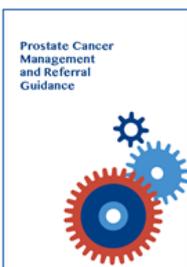
### Childhood obesity plan & Diabetes 5 year plan

With increasing obesity rates in children, an obesity plan was released recently. Focusing on children and young people up to the age of 18 years, the package has three focus areas, made up of 22 initiatives, which are either new or an expansion of existing initiatives:

1. Targeted interventions for those who are obese
2. Increased support for those at risk of becoming obese
3. Broad approaches to make healthier choices easier for all New Zealanders.

The focus is on food, the environment and being active at each life stage, starting during pregnancy and early childhood. It also brings together initiatives across sectors from government agencies, to the private sector, communities, schools, families and whānau.

- View more on the [Ministry of Health website](#)



### New prostate cancer management & referral guidance

The Ministry of Health and the Prostate Cancer Working Group have recently released new guidance to support the management of prostate cancer.

The document has been developed “to help primary care practitioners’ provide men and their family and whānau with consistent, culturally appropriate information on prostate cancer testing and treatment.”

The document is part of a suite of resources being developed under the Prostate Cancer Awareness and Quality Improvement Programme (AQIP) and has been endorsed by a range of professional organisations including the RNZCGP, The Prostate Cancer Foundation, the Urological Society of Australia and NZ, the NZ Society of Pathologists and more.

- View on the [Ministry of Health website](#)



## NZ Health Strategy Review

The Ministry is leading an update of the New Zealand Health Strategy. The updated strategy will set a new vision and a road map for the next 3–5 years for the health sector.

For more information visit the [Ministry of Health website](#). You can also subscribe to receive updates on the NZ Health Strategy [here](#)

## Recommended resources



### Updates on Health Navigator website

The team are continually adding new topics and updating pages on the Health Navigator website. Some new pages to look out for include:

- [Menopause FAQ](#)
- [HPV testing](#) & video
- [Bladder control and bladder control problems](#)
- Common blood tests eg [Full blood count](#), [liver function tests](#) and more
- Over 150 easy to read [medication information sheets](#) (one pagers)
- [Video library](#) with over 400 approved videos and apps
- Order [wallet cards to hand out to patients/clients, flyers](#) and more.



### Coordination of care in hospitals: a rapid review of the literature

Project SWIFT (System Wide Integration for Transformation) is a programme of work supported by developments in technology that aims to improve the health of people in Counties Manukau, through initiatives focused on community-based care and improving hospital systems. A “rapid review” of literature focussing on coordination of care in hospitals was carried out to support this project, and published in the [Journal of Hospital Administration](#). ([pdf](#))



### Tongan Self-Management Group and Tongan version Stanford Manual

With the support of East Tamaki Healthcare, a regular Tongan Stanford Group is now running in Otago. By running the group in Tongan, the participant numbers have increased dramatically and participants are very enthusiastic. They have formed their own ongoing support group and continue to meet and encourage each other with their goals and action plans. See Tasi and participants share their story in a [short video](#) developed as part of the Manaaki Hauora campaign with Ko Awatea and Counties Manukau Health.



### APAC Symposium highlights & Ko Awatea Excellence Awards

The recent APAC symposium was attended by over 1500 attendees. Visit the [website](#) for highlights as they are uploaded and to see the gallery, posters and more.

At the [Ko Awatea Health Improvement Excellence Awards](#), some amazing quality improvement projects were recognised. Projects ranged from ‘unlocking the hidden hospital,’ to expanding the role of community pharmacists and global initiatives to improve skin cancer treatment.

- View presentations & [short video overviews](#) (scroll down)

Common Core Principles to support self-care



## Common core principles to support self care

Self care is about individuals, families and communities taking responsibility for their own health and wellbeing. It includes actions people take in order to stay fit and maintain good physical and mental health, meet their social and psychological needs, prevent illness or accidents and care more effectively for minor ailments and long term conditions.

People living with a long term condition, disability or a minor illness, as well as carers, can benefit enormously from being supported to self care. They can live longer, suffer less pain, anxiety, depression and fatigue, have a better quality of life, and be more active and independent.

Skills for Care has co-produced with Skills for Health a number of resources including the Common Core Principles to support Self Care, a Self Care Training Manual aimed at domiciliary workers and a questionnaire that can be used by to help an individual to take responsibility for their own health and wellbeing. [View more](#)

## Training



### ACP Education and Training

There are currently two training options available for those wishing to learn more about Advance Care Planning (ACP). The **Level 2 ACP Training** course is designed specifically for Healthcare and related professionals, and builds upon skills and knowledge acquired through completion of the Level 1 eLearning Modules. The **Conversations that Count: Communicator Training** is designed for members of the public who wish to volunteer their time to present to and educate consumers about ACP.

For more information please contact Melanie at [acpadmin@adhb.govt.nz](mailto:acpadmin@adhb.govt.nz)



Open School

### Learning to Communicate Better with Patients

In a series of videos from the American Academy on Communication in Healthcare, Dr. Calvin Chou, Professor at the University of California, San Francisco, School of Medicine, teaches clinicians how to better manage patient visits so that big issues don't come up at the last minute. Dr. Chou demonstrates how to [develop rapport with a patient](#) at the outset of an appointment, how to build a [shared agenda](#) (heading off those last-minute issues), how to elicit patients' perspectives on their health, and how to [use Teach Back](#) to ensure you communicated effectively. These videos are all available at the [IHI Open School video library](#).

## Articles of interest



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

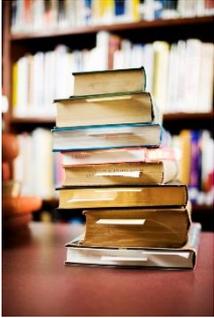
#### Large RCT texting trial shows dramatic reduction in blood pressure

A recent study published in the Journal of the American Medical Association has shown that a surprisingly simple text messaging program can reduce body mass index (BMI), smoking rates, blood pressure, and LDL-C levels in patients with heart disease. The texting programme sent 4 text messages per week to participants for 6 months and may be a useful alternative to cardiac rehabilitation programmes for the large group who don't attend.

Chow CK, Redfern J, Hillis GS, et al. [Effect of lifestyle-focused text messaging on risk factor modification in patients with coronary heart disease: a randomized clinical trial](#). JAMA doi:10.1001/jama.2015.10945.

### **Review of Healthy Living Apps**

VicHealth in Australia recently reviewed health and wellbeing mobile apps and selected the most effective. They looked at over 200 healthy living apps available for Apple® and Android™ devices between May and August 2015. Selected apps were reviewed to see if they were likely to help users change their behaviour and achieve a healthier lifestyle. As well as reviewing the potential effectiveness of apps they have rated them and will update those ratings annually. [Find out more...](#)



## **Health Literacy Shared Decision Making**

### **October is health literacy month**

EMMI, a US based organisation, publish a blog series every October to mark health literacy month. This year's blog series will focus on the intersection of health literacy and care transitions including the transition to becoming an engaged patient.

It will feature new articles every weekday in October by patients, patient advocates and family caregivers.

If you'd like to subscribe to the blog and receive email notifications when a new article posts, go to: [www.emmisolutions.com/blog](http://www.emmisolutions.com/blog)

### **The Arc of Health Literacy**

It is a troubling paradox. In the midst of rapid expansion of medical knowledge intended to benefit many, too few actually understand medical information well enough to improve their health. A landmark 2006 report notes that only about 12% of US adults had a proficient state of health literacy whereby "individuals can obtain, process and understand the basic health information and services they need to make appropriate health decisions."

Read the rest of this viewpoint as it discusses potential roles for clinicians, institutions, and systems in increasing health literacy at both the individual patient and population level.

Koh HK, Rudd RE. [The Arc of Health Literacy](#). JAMA. 2015;314(12):1225-1226. doi:10.1001/jama.2015.9978.

### **Short video increases patient involvement**

The authors tested the feasibility and uptake and acceptability of implementing a consumer questions programme, **AskShareKnow**, to encourage consumers to use the questions

- 1. What are my options;**
- 2. What are the possible benefits and harms of those options;**
- 3. How likely are each of those benefits and harms to happen to me?**

These three questions formed the basis of a 4 minute video clip that was played in the waiting room. The authors concluded that enabling patients to view a short video-clip before an appointment to improve information and involvement in health-care consultations is feasible and led to a high uptake of question asking in consultations.

[Abstract](#)

## Advance Care Planning

Want to find out more about what is going on in advance care planning? Sign up for their regular newsletter. The [spring 2015 newsletter](#) can be accessed here.

## Long-Term Condition Management Primary Care

### Living In A Country With A Strong Primary Care System Is Beneficial To People With Chronic Conditions

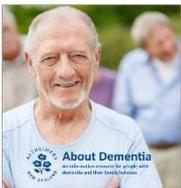
The authors sought to investigate whether strong primary care was associated with improved health outcomes for the chronically ill. In this European study, the authors focused on people's self-rated health status and whether or not they had severe limitations or untreated conditions. The authors found that people with chronic conditions were more likely to be in good or very good health in countries that had a stronger primary care structure and better coordination of care. [Read more..](#)

## What's on



### Health promotion calendar for November 2015

- 1 – 7 Parkinson's Society Awareness and Appeal Week [www.parkinsons.org.nz](http://www.parkinsons.org.nz)
- 1 – 30 "Movember" Men's Health Month <https://nz.movember.com/>
- 1 – 30 Epilepsy New Zealand "Talk about it" Month [www.epilepsy.org.nz](http://www.epilepsy.org.nz)
- 10 - 16 Diabetes New Zealand Awareness and Appeal Week
- 14 World Diabetes Day [www.diabetes.org.nz](http://www.diabetes.org.nz)
- 20 World COPD Day [Asthma Foundation](http://Asthma Foundation)



### Dementia & Older People's Health Symposium

21<sup>st</sup> November, Auckland

Update about dementia, related clinical pathways and common topics for older people's health. More information available from [Karen.Holland@waitematadhb.govt.nz](mailto:Karen.Holland@waitematadhb.govt.nz)

## 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)

### Subscribe/unsubscribe

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