

Long-Term Conditions Bulletin NZ



Long-Term Conditions Network & Health Navigator Charitable Trust

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Welcome to August's bulletin:



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- Recommended resources
- Training
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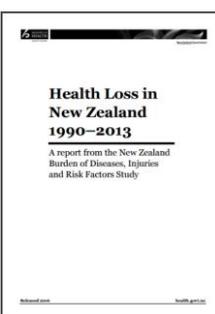
News



Health Consumer Advisory Service NZ

The Health Consumer Advisory Service was established by the Ministry of Health to increase engagement of consumers in the design, planning and development of health services throughout New Zealand. The Service has worked with a range of organisations with very positive feedback and is available to assist national and regional networks, DHBs, PHOs and alliance groups with service redesign, review and redevelopment work.

- Read more about the [health consumer advisory service](#) online.
- View the flyer or download
- Contact the coordinator Gary Sutcliffe at consumers@healthnavigator.org.nz



The Latest on Health Loss in NZ

This new Ministry of Health report analyses health loss and health expectancy in New Zealand from 1990 to 2013. The report looks at health loss in DALYs (disability adjusted life years) from risk factors and disease. One DALY represents the loss of one year lived in full health.

It shows that over one third of DALYs are attributable to modifiable risk factors.

- Diet is the leading modifiable risk factor (9.4% of total DALYs), followed by
- overweight and obesity (9.2%) and
- tobacco use (8.7%).
- [Click here to download](#)



New Families and Whānau Status Report

Being part of a family/whānau is a universal experience that forms the most significant socialising influence in a person's life. The wellbeing of families is fundamental to the wellbeing of individuals and of the societies in which we live. This latest report from Superu looks at NZ family/whānau wellbeing including how different ethnicities are faring.

- [Click here to download the infographic.](#)
- [Click here to download the full report.](#)

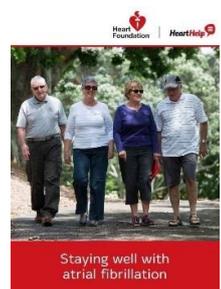
Recommended resources



Updates on Health Navigator website

Keep visiting the website as new topics are continually added. Some recent topics include:

- [Haematuria](#)
- [Meniere's disease](#)
- [NZ health system](#)
- [Why is it so hard to be healthy](#)
- [Five reasons you should volunteer](#)
- [Tips to keep your bones healthy](#)
- [Supporting older people](#)
- Videos of personal journeys with [cerebral palsy](#), [addictions](#) & [atrial fibrillation](#)
- Order [posters and wallet cards](#).



New Atrial Fibrillation resources

The Heart Foundation has recently developed a print and online resource for people and their loved ones with Atrial Fibrillation. These were developed with input from consumers and health professionals and include helpful information, frequently asked questions and patient stories.

- You can [order the paper resource](#) from the Heart Foundation website and
- View the [Atrial fibrillation website](#).



Better data, better lives: How integrated data is shaping New Zealand

"The Integrated Data Infrastructure (IDI) is a large research database containing microdata about people and households. Data is from a range of government agencies, Statistics NZ surveys including the 2013 Census, and non-government organisations. The IDI holds over 166 billion facts, taking up 1.22 terabytes of space – and is continually growing.

Researchers use the IDI to answer complex questions to improve outcomes for New Zealanders."

- [Find out more about Integrated Data infrastructure](#) and
- [watch the video](#)



"What Matters to Me" A New Vital Sign

Jason Leitch, National Clinical Director for the Scottish Government and IHI Senior Fellow, describes a different vital sign, one that can deepen empathy and understanding when people interact with the health care system.

In this video clip, he describes how understanding "What Matters to Me" can contribute to better care for patients, and how the "What Matters" concept has spread throughout Scotland to help improve person-centered care.

- [Watch the video](#)
- [What matters to you resources on the IHI website](#)
- [Flipping healthcare](#) An essay by Maureen Bisognano and Dan Schummers. British Medical Journal 2014; 349:g5852

Training



Recent Pharmac seminars with videos available for anyone to view

- [Sleep problems and mental health](#) - June 16 2016
- [Managing the risks of polypharmacy](#) – 30 May 2016
- [Assessing and managing the neonate](#) – 2 May 2016

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Advance
Care
Planning

Advance Care Planning National Forum

Ellerslie Event Centre, Auckland, 28 – 29 November, 2016.

More information and register your interest by emailing acpcoop@adhb.govt.nz with 'ACP Forum Update' in the subject line.



Healthy Conversations Skills Training: Latest courses

[Gravida's Healthy Conversation Skills](#) training gives health professionals the tools to support and empower pregnant women and their whānau to make behaviour changes for a healthier lifestyle. Healthy Conversation Skills is available free-of-charge to all health practitioners and health promoters in New Zealand.

- [Click here for the latest dates and locations.](#)

Articles of interest



Measuring chronic condition self-management in an Australian community: Factor structure of the revised Partners in Health (PIH) scale

This (Flinders) South Australian research aimed to evaluate the factor structure of the revised Partners in Health scale for measuring chronic condition self-management. This instrument measures knowledge of illness and treatment, patient-health professional partnership, recognition and management of symptoms and coping with chronic illness. The results indicate that the Partners in Health scale is a relevant and valid instrument for measuring self-management in an Australian community. The authors suggest the tool may help health professionals in both introducing self-management to their patients and providing assessment of different areas of self-management.

- Click [here](#) to access abstract

TheKingsFund

What if people controlled their own health data?

Matthew Honeyman is a researcher in the policy team at The King's Fund. He leads the Fund's work on how digital technologies are used in health and care, and the policy environment around this. In this essay he explores future possibilities for health data.

- Click [here](#) to read Matthew's essay



Achieving Health Equity: A Guide for Health Care Organizations

This white paper provides guidance on how health care organizations can reduce health disparities related to racial or ethnic group; religion; socioeconomic status; gender; age; mental health; cognitive, sensory, or physical disability; sexual orientation or gender identity; geographic location; or other characteristics historically linked to discrimination or exclusion.

- A copy of the white paper can be accessed [here](#)

Is bigger better? Lessons for large-scale general practice

Traditional general practice is changing. Three quarters of practices are now working collaboratively in larger-scale organisations – albeit with varying degrees of ambition. Policy-makers and practitioners have high hopes for these organisations, and their potential to transform services both within primary care and beyond. But can we be confident that they can live up to these expectations?

This research report is drawn from a 15-month study of large-scale general practice organisations in England. The study examined the factors affecting their evolution and their impact on quality, staff and patient experience. It was informed by an extensive literature review, which will be published separately, and combined national surveys with in-depth case studies of contrasting, large-scale general practice organisations.

- A copy of the report can be accessed [here](#)



Outcomes of a community-based lifestyle programme for adults with diabetes or pre-diabetes

This Otago based study sought to investigate the clinical outcomes and acceptability of a community-based lifestyle programme for adults with diabetes/prediabetes at programme completion and 3-month follow-up. The authors concluded that the programme was safe and culturally acceptable and outcomes demonstrated clinical benefit to participants. The attrition rate was largely due to medical reasons unrelated to the programme. This model of a community-based lifestyle programme has the potential to be reproduced in other regions and in adults with similar long-term conditions.

- The article can be accessed [here](#)



Patients as partners: Building collaborative relationships among professionals, patients, carers and communities

More collaborative relationships among health and care professionals, patients, service users, carers and communities are essential for the future of the NHS, but what helps to build effective relationships? This guide stems from an evolving body of the Fund's work focused on exploring and supporting shared leadership. This work is reinforced by a growing consensus that health services, agencies, patients and communities need to work together more – and differently.

- This report from the Kings Fund can be accessed [here](#)

What's on

“This is not my home” Aged Residential Care without Consent - Seminar

Where: Selwyn Village, Point Chevalier

When: 27th September 2016



This seminar is supported by the Northern Regional Alliance, Health of Older People Group. To reserve your place email: sue.thomson@middlemore.co.nz before September 1st. Places are limited.

- Further information and registration form click [here](#)



**22ND HOSPICE NEW ZEALAND
Palliative Care Conference**

14-16 September 2016 The Langham, Auckland

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

 <p>UNIVERSITY of OTAGO <i>Te Whare Wānanga o Otago</i> NEW ZEALAND</p>	<p>2016 Otago Spotlight Series: Cardiovascular Disease</p> <p>When: Tuesday, 20 September 2016 Where: Nordmeyer Theatre, the University of Otago, Wellington (23A Mein St, Newtown) Time: 9am-3.30pm</p>
	<p>HINZ Conference</p> <p>This year's conference will be held in Auckland from 31st October to 3rd November. For information about this event and much more go to HINZ 2016</p> <ul style="list-style-type: none"> • Enter the 2016 Clinicians Challenge: The challenge has two categories: <ul style="list-style-type: none"> ○ New Idea or ○ Active Project/Development. • Read the judging criteria and enter by 12 September!
	<p>PHARMAC Seminars coming up</p> <p>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</p>
<h2 style="color: #2e7d32; margin: 0;">Subscription information</h2>	
	<p>Suggestions & regional news</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>. Send to editor@healthnavigator.org.nz</p> <p>Subscribe/unsubscribe</p> <p>To subscribe or unsubscribe, email: admin@healthnavigator.org.nz</p> <p>Editors: Pat Flanagan and Dr Janine Bycroft</p>