

# Long-Term Conditions Bulletin NZ



Long-Term Conditions Network & Health Navigator Charitable Trust  
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## Welcome to December's Bulletin:



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



### Choosing Wisely comes to NZ

“The Ministry of Health is welcoming the launch of the Choosing Wisely campaign, which challenges the notion that ‘more is always better’. The Ministry’s Acting Chief Medical Officer, Dr Andrew Simpson says “We know that sometimes tests are requested or ordered that may not be necessary or have been shown to add little or no clinical value. Choosing Wisely is an international initiative, now operating in countries including Australia, England, Canada and the United States of America. In New Zealand, the campaign is being run by the Council of Medical Colleges, in partnership with the Health Quality & Safety Commission and Consumer NZ.

Recommendations and resources are available for 18 colleges such as Australasian College for Emergency Medicine, Australasian Society of Clinical Immunology and Allergy.

- [www.choosingwisely.org.nz](http://www.choosingwisely.org.nz)
- [Implementing Choosing Wisely in your service](#)

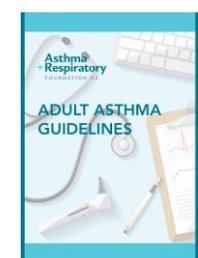


### Givealittle fundraiser

In response to suggestions from colleagues and friends, we’ve finally set up a Donate and support option through the Givealittle website. Supported by Spark, you’ll find a multitude of fabulous projects, earthquake relief funds and worthy organisations to support both now at Christmas time and throughout the year.

Take a moment to have a look and we’d love any support you can head our direction to help us keep the Health Navigator website free of advertising and expanding.

View online <https://givealittle.co.nz/org/healthnavigator>



### New adult asthma guidelines for NZ

Funded by the Asthma Respiratory Foundation, these guidelines have been developed with the purpose of providing ‘simple, practical and evidence-based recommendations for the diagnosis, assessment and management of asthma in adults (aged 16 and over) in a quick reference format.’

- View the [dedicated website and resources](#)

### Pre-diabetes and self-management of long term conditions

Advice on pre-diabetes for health providers, plus a summary of findings and implementation advice based on pre-diabetes and self-management pilot projects.

### New Ministry of Health web page

The Ministry of Health has just launched a web page on pre-diabetes and self-management of long term conditions. This web page provides evidence-based advice for health providers on risk factor management for pre-diabetes. It also provides a summary of findings and implementation advice based on a small number of pre-diabetes and self-management pilot projects. You can view this new web page [here](#)

## Recommended resources



### Updates on the Health Navigator Website

Keep visiting the website as new topics are continually added. Some of the latest topics this month include:

- [Ovarian cyst](#)
- [Bronchitis](#)
- [Cervical ectropion](#)
- [Earwax](#)
- [Lactase deficiency](#)
- [Pelvic organ prolapse](#)

Videos on topics including:

- [Anorexia](#)
- [Flatfoot in children](#)
- [Gratitude](#) (range of topics)
- [Neuroplasticity](#)
- [Pityriasis rosea](#)



### Staying well with Heart Failure Update

The Heart Foundation have recently completed an extensive review of the Staying Well with Heart Failure booklet. The booklet is now presented in a smaller A5 format. You can read or order copies of the [updated booklet](#), at the Heart Foundation website. There is also a downloadable 'mini' version which includes a daily check infographic, record sheets and action plan. This is also available at the [Heart Foundation website](#).



### The Playbook: Better Care for People with Complex Needs

Developed by experts at the Institute for Healthcare Improvement, *The Playbook: Better Care for People with Complex Needs* offers insights about patients with complex needs, examples of successful approaches to care, guidance on making the business case for these models, and information about opportunities for policy and payment reform.

This resource combines input from five large US healthcare organisations. Whilst it is most pertinent to the US health system there are useful summary tables and texts that can support policy development in New Zealand.

The resource can be found at [Better Care Playbook](#)



### Mike McCormack's videos

Range of funny/serious videos from Prof James McCormack, from University of British Columbia, covering range of topics such as

- [Choosing wisely](#)
- [End of Guidelines - a parody of End of the Line](#)
- [Eat Mediterranean - a nutritional parody of Hotel California](#)
- and his famous [Bohemian Polypharmacy](#)

ROUGHLY  
**2 NEW DRUGS**  
EVERY YEAR  
ARE A  
**SUBSTANTIAL  
IMPROVEMENT**  
OVER WHAT WE  
ALREADY HAVE AND  
**1/2 OF THESE**  
ARE FOR VERY  
**UNCOMMON MEDICAL  
CONDITIONS**

## Training



### Public Health Summer School – University of Otago

Starting in Feb 2017, the Department of Public Health, University of Otago, Wellington will host their 21st Summer School. Topics range from:

- epidemiology, statistics and research methods to
- responding to emerging infectious diseases
- behavioural economics
- evaluation
- public health law, and
- urban health & sustainability
- [Visit website](#) for details and [flyer/course dates](#)

## Articles of interest



### Realising the value: Ten key actions to put people and communities at the heart of health and wellbeing

This is the final report of the Realising the Value programme, an 18-month programme funded by NHS England and led by Nesta and the Health Foundation.

‘Realising the Value’ sought to enable the health and care system to support people to have the knowledge, skills, and confidence to play an active role in managing their own health and to work with communities and their assets. This report sets out the key learning and recommendations from this programme. [Report link](#)



### Remote communities: promoting engagement in self-care

“Behaviour change interventions which promote engagement in self-care may be utilised as a means to increase the reach of healthcare and reduce health inequality by targeting those populations deemed harder to reach. The remote and rural community and offshore workforce in the United Kingdom may be regarded as hard to reach and accordingly, may benefit from implementation of a self-care behaviour change intervention....It is advocated, in an effort to best ensure sustained behaviour change, that digital interventions are developed in accordance with theory.

Such mapping is proposed to increase the effectiveness of interventions.

- Read [article](#) Self Care Journal



### Using knowledge translation to craft “sticky” social media health messages that provoke interest, raise awareness, impart knowledge, and inspire change

While there is growing use of social media and mobile apps in health promotion and Indigenous health, little is known about how individuals use technologies and the impact of these health interventions on health behaviour change. This Australian study sought to investigate:

- 1) how Facebook is used to promote health messages to Indigenous people and
- 2) how knowledge translation can support planning and implementing health messages to ensure chosen strategies are fit for purpose and achieve impact.

The authors’ highlighted key characteristics such as posting frequently, recruiting personalities to promote campaigns, recruiting Indigenous people from the local region and sharing stories based on real-life events. Article can be accessed [here](#)

	<p><b>The effectiveness of patient navigation to improve healthcare utilization outcomes: A meta-analysis of randomized controlled trials.</b></p> <p>This meta-analysis examined the effects of patient navigation on healthcare utilisation and outcomes. Key points included:</p> <ul style="list-style-type: none"> <li>• Patient navigation is an effective intervention to increase health screening rates.</li> <li>• Both lay and professional patient navigators (e.g., nurses) can be effective.</li> <li>• Most patient navigation interventions are delivered via telephone.</li> <li>• Link to <a href="#">abstract</a></li> </ul>
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	<p><b>Confessions of a “Non-Compliant” Patient</b></p> <p>This blog on the IHI website tells one person’s story about a lifetime of encounters with the health system. The author says "I stopped listening to doctors because I didn’t believe they were listening to me."</p> <ul style="list-style-type: none"> <li>• Article can be read <a href="#">here</a></li> </ul>
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## What’s on

	<p><b>Goodfellow Symposium 24-26<sup>th</sup> March 2017</b></p> <p>The next Goodfellow symposium ‘skills for next Monday’, will be held 24-26 March 2017. At the Vodafone Events Centre Manukau, Auckland.</p> <ul style="list-style-type: none"> <li>• Further information can be found <a href="#">here</a></li> </ul>
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	<p><b>Royal NZ Rural General Practice Network conference 30 March – 2 April 2017 Wellington</b></p> <p>The conference theme is “Healthy Rural Communities – Mauri Ora, Whanau Ora, Wai Ora” Venue: <a href="#">TSB Arena-Shed 6</a> complex on the Wellington waterfront.</p> <ul style="list-style-type: none"> <li>• Further information click <a href="#">here</a></li> </ul>
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	<p><b>7th Activity and Nutrition Aotearoa conference</b></p> <p>Registrations and call for abstracts are now open for the next ANA conference to be held in Wellington on Tuesday 30th and Wednesday 31st of May 2017 at the Museum of New Zealand Te Papa Tongarewa.</p> <ul style="list-style-type: none"> <li>• More information can be found on the ANA <a href="#">website</a></li> </ul>
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	<p><b>PHARMAC Seminars coming up</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Mental health in Primary Care</a> Wednesday, 1 March 2017</li> <li>• <a href="#">Clinical pharmacology for nurses: The young - paediatrics, eyes and antibiotics</a> Friday, 3 March 2017</li> </ul>
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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>. 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, email: <a href="mailto:admin@healthnavigator.org.nz">admin@healthnavigator.org.nz</a></p> <p><b>Editors:</b> Pat Flanagan and Dr Janine Bycroft</p>
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