

Long-Term Conditions Bulletin NZ



Long-Term Conditions Network & Health Navigator Charitable Trust

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Welcome to February's Bulletin:

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

News

Health App Library for New Zealanders

Ever wondered if there's an app that could help your patient or client learn about or manage their health condition(s) more effectively?



- With the help of an interdisciplinary team of researchers, clinicians, consumers and funders, Health Navigator have been developing an assessment and review process.
- There are now over 50 apps that have been formally reviewed to assess their clinical safety, efficacy, evidence-base, usefulness and relevance for NZ.
- Apps reviewed so far range from lifestyle topics such as quit smoking, to diabetes, arthritis, medication reminders, BP, neonatal and breastfeeding apps.
- Visit the [App Library](#) to view more.
- Interested in apps? Contact us to help with a review or suggest an app.
- Email sandra@healthnavigator.org.nz or janine@healthnavigator.org.nz

What group of conditions are collectively more common than diabetes?



- There are more than 7000 different rare diseases affecting 8 percent of the population.
- More are discovered every week as genetic testing and genomics advances.
- For families, having a loved one with a rare disorder can be particularly challenging. Diagnosis can take many years, (if ever) and there's often no treatment, or limited support.
- Visit NZ Organisation for Rare Disorders [NZORD](#) & [Orphanet](#) (global portal database)
- Find out if anything is happening locally for [Rare Diseases Day 28th February 2017](#)

Healthy Ageing Strategy NZ

Published by the Ministry of Health, this publication presents the "overarching direction and action plan for the next 10 years in regards to the health and wellbeing of older people." Developed after extension consultation, this is an essential read for all involved in older people's health.



- View on the [MOH website](#)



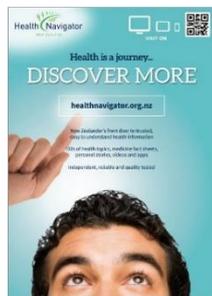
HPV Vaccine now free for boys

Immunisation for HPV is now free for everyone aged 9 to 26 inclusive.

A range of useful resources, videos and more are available on the [Ministry of Health website](#).

- Visit this page for a range of [questions and answers](#) (MOH)
- Are you, your colleagues, teams and organisations ready to answer questions?
- [HPV Vaccine resources](#) – Health Ed website

Recommended resources



Updates on the Health Navigator Website

Keep visiting the website as new topics are continually added. Here are just some of the latest topics:

- [BRCA gene](#)
- [Puberty: how to talk with your kids](#)
- [Post-traumatic stress disorder](#)
- [Dehydration](#)
- [Water safety](#)

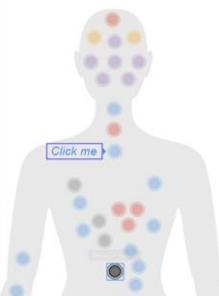
Videos including:

- [Drowning](#)
- [Stroke rehab video series](#) (how to cook one handed, put on shoes etc)
- [Fever and vomiting in children](#)



Asthma & Respiratory Foundation NZ - range of new resources

1. Updated [Asthma Action Plans](#)
2. [Summer Holiday's Asthma & Allergies Checklist](#)
3. Respiratory infographics: [Asthma](#), [Respiratory disease in NZ](#),
4. [School asthma checklist](#) and [more](#).



Interactive body map for physical inactivity

"Physical inactivity has consistently been shown to be one of the most powerful, modifiable risk factors for all causes of death and disease, alongside smoking and obesity.

This interactive body map brings together scientific evidence on the links between lack of physical activity and disease."

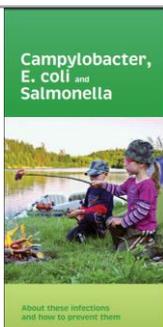
Developed by researchers from the University of South Australia, it provides an engaging tool to share with others. Here's one example of information provided when clicking on a coloured circle. Each claim is backed up with a reference(s). Visit [website](#).

Depression

150% increased risk of being depressed if physically inactive

If a person living in the developed world is physically inactive, they have a 150% increased risk of being depressed than a person who is physically active.

Source: [Harvey](#)



New or updated resources – Health Ed website/Health Promotion Agency

The Health Promotion Agency and MOH are continually reviewing and updating their resources. Here are some you may not have seen yet.

- [Campylobacter, E.coli & Salmonella](#)
- [Sunsmart](#)
- [HPV brochure, multiple languages](#)
- [Headlice](#)



Dr Mike Evan’s videos supporting behaviour change – New year resolutions

Apparently, we are 10x more likely to stick to a change made at the New Year. Here’s one of Dr Mike Evan’s videos presenting the science around making goals and changes such as this.

- View [New Year Resolution whiteboard video](#)
- [Hip and knee replacement video](#)
- View other [videos](#)

Training



Pacific Nutrition

Do you work with Pacific people in New Zealand? Are you part of a workforce who cares about the health of its people? Find out how you can register your workplace for a Pacific workforce nutrition course. The Heart Foundation hold regular courses.

- Wellington 23rd March
- Auckland 29th March
- Visit [website](#) for details and registration

Articles & trends of interest



Vocal Biomarkers: New Opportunities in Prevention

Vocal biomarkers have amazing potential in reforming diagnostics through their accuracy, speed and cost-effectiveness in the areas of mental illnesses as well as physical diseases such as Parkinson’s or coronary artery disease.

Vocal biomarkers are medical signs deducted from the features of your voice. They have an amazing potential in reforming diagnostics through their accuracy, speed and cost-effectiveness. (30 sec voice analysis over the phone is very scalable!) A recent double blind study of 120 patients underwent a voice analysis and angiogram. One voice characteristic, indicated an almost 20-fold increase in the likelihood of coronary heart disease.

- Read more [Medical Futurist](#)



The 10 Best Health Technology Innovations at CES 2017

1. Smart watch against sleep apnoea
2. Monitoring temperature easily
3. FDA approved Qardio chest strap to monitor heart health (ECG, heart rate, resp rate, skin temp and activity)
4. Smart glasses for the visually impaired
5. Bloomlife – pregnancy contraction wearable – records contractions and differentiates between false alarms from Braxton Hicks contractions.

- To view these and more visit [Medical Futurist](#)



Berci Meskó’s list of the top technologies with the biggest promise for 2017

1. Diabetes care with a FDA approved artificial pancreas approved in 2016 and a digital contact lenses for monitoring blood glucose.
2. Precision treatments in oncology - cancer genomics to cancer care. It provides information about patient-specific cancer treatments based on DNA-tests. SmartPatients tries to change cancer care with patient empowerment through an online community.
3. Driverless trucks or cars will include health sensors.
4. Artificial intelligence tools

5. New service in nutrigenomics

For these and more, visit [the article online](#).



The Healthy Activity Program (HAP), a lay counsellor-delivered brief psychological treatment for severe depression, in primary care in India: a RCT trial.

Patel, Vikram et al. *The Lancet*, Volume 389, Issue 10065, 176 – 185, Jan 2017 [OPEN ACCESS]

This study is the first report of findings from any low-income and middle-income country assessing the effectiveness and cost-effectiveness of a psychological treatment for moderately severe to severe depression in primary care. A brief (six to eight sessions) psychological treatment (the Healthy Activity Program), based on behavioural activation, delivered by lay counsellors, was better than was enhanced usual care according to all prespecified primary clinical and secondary social and functional outcomes. HAP was readily accepted by this previously untreated population and was cost-effective in this setting.

View [full article](#)



Recent mobile health app reviews

[Mobile Health \(mHealth\) Technology for the Management of Hypertension and Hyperlipidemia: Slow Start but Loads of Potential.](#) Rehman H, Kamal AK, Morris PB, et al.

Curr Atheroscler Rep. 2017 Mar;19(3):12. doi: 10.1007/s11883-017-0649-y. **Review.**

[Behavior Change with Fitness Technology in Sedentary Adults: A Review of the Evidence for Increasing Physical Activity.](#) Sullivan AN, Lachman ME.

Front Public Health. 2017 Jan 11;4:289. doi: 10.3389/fpubh.2016.00289. **Review.**

[Pilot study of mobile phone technology in allergic rhinitis in European countries: the MASK-rhinitis study.](#) Bousquet J, Caimmi DP, Bedbrook A, et al.

Allergy. 2017 Jan 10. doi: 10.1111/all.13125. [Epub ahead of print] **Review.**

[ARIA 2016: Care pathways implementing emerging technologies for predictive medicine in rhinitis and asthma across the life cycle.](#) Bousquet J, Hellings PW, Agache I, et al.

Clin Transl Allergy. 2016 Dec 30;6:47. doi: 10.1186/s13601-016-0137-4. **Review.**

[Efficacy of interventions that use apps to improve diet, physical activity and sedentary behaviour: a systematic review](#) Schoeppe S, Alley S, Van Lippevelde W, et al.

Int J Behav Nutr Phys Act. 2016 Dec 7;13(1):127. **Review.**

What's on

PHARMAC Seminars coming up March 2017



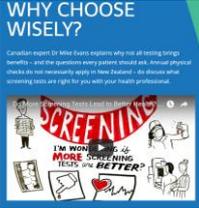
- [NZ Asthma Guidelines update](#) – Thursday 23 March 2017
- [Managing polypharmacy](#) – Wednesday 5 April 2017
- [Health and wellbeing for health professionals](#) – Monday 15 May 2017
- [Assessing and managing the neonate](#) – Friday 19 May 2017



Goodfellow Symposium 24-26th March 2017

The next Goodfellow symposium 'skills for next Monday', will be held 24-26 March 2017. Venue: Vodafone Events Centre Manukau, Auckland.

- Further information can be found [here](#)

 <p>WHY CHOOSE WISELY? Consider: expert Dr. Miles Evans explains why not all testing brings benefits - and the questions every patient should ask. Actual physical checks do not necessarily apply to New Zealand - do discuss what screening tests are right for you with your health professional.</p> <p>SCREENING I'M MORE OF A MORE SCREENING TICS - BETTER</p>	<p>Choosing Wisely Implementation Symposium 30 March 2017 “Sometimes, more care is not better – and unnecessary interventions not only fail to improve a patient’s care... they can even cause harm.</p> <p>Find out more – this symposium is aimed at health professionals, service managers and policy makers who want to know more about this international campaign, how it is working overseas and what is already happening in NZ and how your service can make a difference. The keynote speaker is Prof Wendy Levinson, Chair of Choosing Wisely Canada.”</p> <ul style="list-style-type: none"> • Visit Choosing Wisely website for programme and registration details.
 <p>NATIONAL RURAL HEALTH CONFERENCE 2017</p>	<p>Royal NZ Rural General Practice Network conference 30 March – 2 April 2017 Wellington</p> <p>The conference theme is “Healthy Rural Communities – Mauri Ora, Whanau Ora, Wai Ora” Venue: <u>TSB Arena-Shed 6</u> complex on the Wellington waterfront.</p> <ul style="list-style-type: none"> • Further information click here
 <p>WORKING TOGETHER 7TH ACTIVITY & NUTRITION AOTEAROA CONFERENCE 30 – 31 MAY 2017</p>	<p>7th Activity and Nutrition Aotearoa conference 30-31st May 2017</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"> • More information can be found on the ANA website
<p>Subscription information</p>	
	<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>