

Long-Term Conditions Bulletin NZ



Long-Term Conditions Network & Health Navigator Charitable Trust

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Welcome to the latest e-bulletin:

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News & upfront

NEED TO TALK?

1737

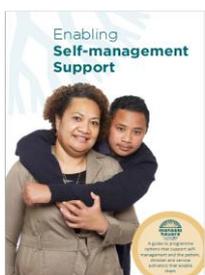
free call or text
any time

Need to talk? New 24/7 mental health support service

On 29 June 'Need to talk? 1737' a new, free 24/7 four-digit phone and text number was launched. The new number makes it easier for people to connect with mental health and addictions professionals via the National Telehealth Service.

The new number is the result of consumer co-design work across the National Telehealth Service in the mental health domain, together with sector feedback. Consumers said too many different helplines can be confusing, when they just need somewhere to go to talk to a professional, any time.

- Visit the website: <https://www.1737.org.nz/>



Enabling Self-Management Support Guide

The Manaaki Hauora Supporting Wellness Campaign has published [Enabling Self-Management Support](#). This guide identifies the factors that activate patients, clinicians and healthcare services, and provides examples of how they can be put into practice.

Enabling Self-Management Support is based on learnings from the Counties Manukau Health campaign led by Ko Awatea, Manaaki Hauora – Supporting Wellness, which aimed to provide self-management support for people living with long-term conditions in Counties Manukau.

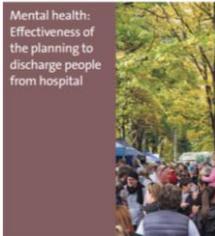


Celebrating 20 years of Green Prescriptions

More than 400,000 Green Prescriptions have been given out over the last 20 years to help people be active and make dietary changes.

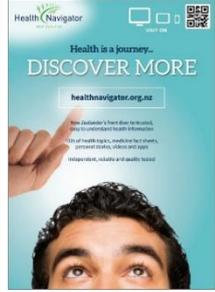
As we know, sometimes the best medicine is a dose of physical activity.

- View a video by [Sir Peter Snell](#) as we celebrate 20 years of this great service.
- Review how to access [Green Prescription](#) and [Active Families](#) services in your area.

 <p>Mental health: Effectiveness of the planning to discharge people from hospital</p>	<p>Mental health: Effectiveness of the planning to discharge people from hospital Report by Controller & Auditor-General's Office May 2017</p> <p>International evidence shows that good planning before a person is discharged from hospital to community support services is critical in effectively supporting people with mental health problems. When done well, “discharge planning” brings together a person’s health and broader social needs and enables those needs to be met.</p> <p>This report considers whether discharge planning is completed as intended, whether the needs identified are met after people leave hospital, and whether discharge planning is helping to improve outcomes for people.</p> <ul style="list-style-type: none"> • Click here to access Full report • Click here to access the summary and here to access the video summary
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	<p>The Value of Teaching Patients to Administer Their Own Care</p> <p>“Today, health systems operate on a spectrum of how involved patients are in the delivery of their care. On one end, traditional providers inform patients of their options, make a recommendation, and proceed to deliver care to a relatively passive patient. On the other, patients and their families are engaged in conversations with care teams, discussing goals and creating care plans together — with patients taking a more active role in the decision-making process. Over the past 20 years, health care as a whole has been moving toward the patient-centered care-end of the spectrum.</p> <p>What’s the next step? Care that is truly delivered by patients themselves...” click here to read more</p> <p>Take a look at this related IHI open school activity <i>What If We Gave Patients the Skills and Knowledge to Care for Themselves?</i></p>
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Recommended resources

	<p>Updates on the Health Navigator Website</p> <p>Keep visiting the website as new topics are continually added. Here are just some of the latest topics:</p> <ul style="list-style-type: none"> • Mindfulness • Seasonal affective disorder • Vulval cancer • Post-menopausal bleeding • Chest infections
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	<p>‘Journeys’ A New Programme from the Heart Foundation</p> <p>As mentioned last month, this is a new programme launched by the Heart Foundation.</p> <p>Read stories such as Chess, who have come to terms with their diagnosis and turned their life around. <i>After having a stent put in her heart, Chess says she lingered in anger and resentment as she had to give up smoking against her will. It's taken almost two years for Chess to reach a stage where she now looks at life with optimism rather than fear.</i></p> <p>Visit heartfoundation.org.nz/journeys to read more stories and watch the videos</p>
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Training



AUT Certificate of Proficiency in Pacific Nutrition

The AUT Certificate of Proficiency in Pacific Nutrition will teach you about the relationship between the types of food we eat, and the effect they can have on our health. You will learn how to make every day traditional foods healthier. Every life stage is covered from age 0 - 65+.

Next course is at the Heart Foundation offices in Auckland starting 1st August 2017. Enrol before 16th June 2017. Registration information can be found [here](#)



Certificate in Public Health and Health Promotion

Applications are now open for this programme starting in July 2017

For more information click [here](#)

Webinars



Goodfellow Webinars – recent topics

Visit the website for access to the recorded webinar, slides and resources.

- [Webinar: Statins; who, when, where and why](#) – 27/6/17 Dr Tony Scott
- [Webinar: Curing hepatitis C](#) – 6/6/17 Dr Ed Gane
- [Webinar: Atrial Fibrillation](#) 24/5/17 Prof Ralph Stewart
- [Webinar: Cervical screening](#) 2/5/17 Dr Jyoti Kathuria
- View the website for [more topics](#)



Advance Care Planning Training & Evaluation

The HQSC recently commissioned an evaluation of the Advance Care Planning programme in NZ. Many key points were identified including:

- Consumer and whānau experience of ACP is positive
- Everyone has a role in ACP
- Primary care sits across the ACP pathway. However, uptake has been challenging, due to competing demands and time it takes to develop a plan.
- Coordinators are key to successfully implementing ACP and should continue until the programme becomes business as usual.
- The community has a role in implementing ACP (for example, starting conversations and developing plans). The community's role is untapped.
- ACP training is effective
- Plans need to be accessible and easy to share

To read the full report, view the [report here](#).

Regular training workshops are available. This includes a newer 1 day course. Visit the [ACP website](#) for details.



PHARMAC Seminars

These popular one day seminars tend to book quickly so keep track and plan ahead.

- [Dementia update \(FULL\)](#) **Friday, 4 August 2017**
- [Cardiovascular disease for Primary Care](#) **Wednesday, 9 August 2017**
- [Insulin pump workshop](#) **Friday, 18 August 2017**
- [Clinical pharmacology for nurses](#) **Friday, 8 September 2017**
- [View more online](#)

Articles & trends of interest

	<p>Can Personalized Care Planning Improve Primary Care?</p> <p>In this ‘viewpoint’ piece; the author discusses the development and implementation of personalised care planning in the primary care setting.</p> <p>He concludes – “Personalized care planning is a promising strategy to improve person-centeredness and quality of care for medically complex patients in primary care, and, given new incentives, it is likely to be increasingly adopted. However, careful attention must be paid as to how care planning is implemented, to ensure it adds value to current primary care practice and to avoid having care planning become yet another burden for both patients and clinicians that adds cost and complexity without improving care.</p> <p>Understanding the value of care planning should be an important goal of efforts to implement care plans into routine primary care practice.”</p> <ul style="list-style-type: none">• Click here to access Full article
	<p>“Was that a success or not a success?”: A qualitative study of health professionals’ perspectives on support for people with long-term conditions</p> <p>The authors aimed to gain a better understanding of what it means to support self-management well, in this qualitative study from the UK. It examined health professionals’ views of success in their work with people with long-term conditions (namely diabetes and/or Parkinson’s disease). Interviews with health professionals investigated examples of more and less successful work, ways of defining success and ideas about what facilitates success in practice.</p> <p>Several elements of success were identified relating to health, wellbeing and quality of life; how well people (can) manage; and professional-patient relationships. The authors concluded that a nuanced assessment of the quality of support for self-management requires attention to the responsiveness of professional practice to a wide, complex range of personal and situational states, as well as actions and interactions over time.</p> <p>A narrow focus on particular indicators can lead to insensitive or even perverse judgements and perhaps counterproductive effects. More open, critical discussions about both success and the assessment of quality are needed to facilitate good professional practice and service improvement initiatives.</p> <ul style="list-style-type: none">• Full article can be accessed here
	<p>Utilization of registered nurses in primary care teams: A systematic review.</p> <p>This systematic review synthesises the international evidence about primary care RN roles and responsibilities and makes recommendations for maximizing the contributions of RNs in team-based primary care models.</p> <p>Integrating registered nurses into primary care has the potential to increase patient access to a primary care provider because registered nurses can supplement some of the provider workload: they renew prescriptions, address patient questions, and provide patient education.</p> <p>Clear practice protocols and nursing policy should be written by registered nurses to ensure safe, and effective nursing care. The use of a medical assistant or nurse's aide to perform non-nursing tasks allows registered nurses to take on more complex patient care. Future research should expand on emerging payment models for nurse-specific tasks.</p> <ul style="list-style-type: none">• Abstract can be accessed here

What's on



Easy Evaluation workshops

These two-day Easy Evaluation workshops are offered throughout the country. The workshop focuses on developing a logic model and using the logic model to develop an evaluation plan. The workshop provides experiential, hands-on learning opportunities and a full set of workshop notes is provided. Participants apply learning to their own public health/health promotion programme.

These workshops are FREE of charge. Find out more [here](#)

To register, email easy.evaluation@massey.ac.nz, call Jan Sheeran at 09 366 6136



Tobacco control seminars /webinars

Registrations are now open for HPA's 2017 tobacco control seminar series.

For more information and registration click [here](#)



Mindfulness Based Stress Reduction (MBSR)

Evidence based mindfulness 8 week programme run by Parvin Kapila.

Starting Thursday 3rd August 2017 6-8.30pm at the Picton Centre, 120 Picton Street Howick.

Endorsed by the RNZGP for 20 CME points on completed attendance

To find out more about costs and enrolment, click [here](#)



Heart Attack Awareness campaign 9-31 July

From 9-31 July, the Heart Foundation is running its national Heart Attack Awareness campaign, including TV advertising

Heart disease is New Zealand's biggest killer, claiming more than one life every 90 minutes. Many of these deaths could be prevented, if people were able to recognise the symptoms of a heart attack and dial 111 immediately.

You can support the campaign by ordering the Heart Foundation heart attack awareness resources and entering the "Best waiting room promotion" competition. Posters and brochures are available for display in several languages so your patients can clearly see the heart attack warning signs.

To order resources email Leeb@heartfoundation.org.nz with your details.

You can also download or order other heart disease resources, at

<https://www.heartfoundation.org.nz/resources>

Primary Healthcare Symposium

This free symposium will be held on Wednesday 15th November 2017, 9.00am to 5.00pm at the Museum of NZ, Te Papa. Wellington

RSVP by Friday 20 October at <http://www.hpa.org.nz/registrations>

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*. Send to editor@healthnavigator.org.nz

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