

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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- Training
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News & upfront



Transforming Respite: Disability Support Services Respite Strategy 2017 to 2022

Transforming respite sets the future direction for improving disability respite support.

Changes to the respite model will include:

- offering disabled people and their families/whānau a flexible respite budget that they can use to take breaks in the ways that suit them best
- increasing the range of quality respite options available – this includes the development of new and expanded respite services
- recognising the value of respite and taking a lifelong approach to allocation and funding
- making the administration and payment methods easier
- providing better access to information about respite and support options available.

The strategy responds directly to what disabled people and their families/whānau told us about their aspirations for the future.

- Soft copy available for download [here](#)



Antimicrobial resistance

As we all know, antimicrobial resistance is a growing global public health threat which affects patients, communities and threatens to undermine the modern health system. It also has serious impacts on animal health, welfare and production.

A joint plan has been developed by the Ministry of Health and Ministry for Primary Industries. The Action Plan's vision is that "New Zealand manages antimicrobials as a valuable shared resource and maintains their efficacy so they can be used to treat infections in humans, as well as to manage diseases in animals and plants."

- View the [report here](#).

Recommended resources

A stroke can happen any time



New Stroke video

Stroke expert Dr Anna Ranta (and National Clinical Leader for stroke for the Ministry of Health) talks about the importance of the FAST campaign message for strokes and the real difference it can make.

- View the video on the [MOH website](#).

	<h3>Updates on the Health Navigator Website</h3> <p>Keep visiting the website as new topics are continually added. Here are just some of the latest topics: (over 50 topics or new videos published most months)</p> <ul style="list-style-type: none"> • Anaesthesia • Anencephaly • Cirrhosis • Cushing's syndrome • Sciatica • Anti-epileptic medication • How do our lungs work? - video • Pancreatitis videos
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Training

	<h3>Working with Interpreters for Primary Care Practitioners</h3>  <p>Working with Interpreters for Primary Care Practitioners An eLearning Module</p> <p>Jo Hilder, Ben Gray and Maria Stubbe, ARCH Group, Dept of Primary Health Care and General Practice</p> <p>Tehmina Gladman and Pascale Otis, Technical support from Education Unit</p> <p>University of Otago, Wellington</p> <p style="text-align: right;">Acknowledgements Copyright</p> <p>Otago University have recently launched a new e-learning module for working with interpreters. Anyone can access it.</p> <ul style="list-style-type: none"> • Visit their website for more information.
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	<h3>Pacific workforce nutrition course</h3> <p>20th September 2017 9:00am - 4:00pm and 26th October 2017 9:00am - 4:00pm</p> <p>At Heart Foundation offices, 9 Kalmia Street, Ellerslie Cost \$50 per person Register by 4th September 2017</p> <ul style="list-style-type: none"> • For more information and how to register click here
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<p>Webinars</p> 	<h3>Goodfellow Webinars</h3> <ul style="list-style-type: none"> • Antidepressants in primary care Tuesday, September 12, 2017 <p>View the website for previous recordings</p> <ul style="list-style-type: none"> • Webinar: Prescribing antipsychotics in primary care • Working with gender diverse clients • Statins; who, when, where and why and more
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PHARMAC Seminars

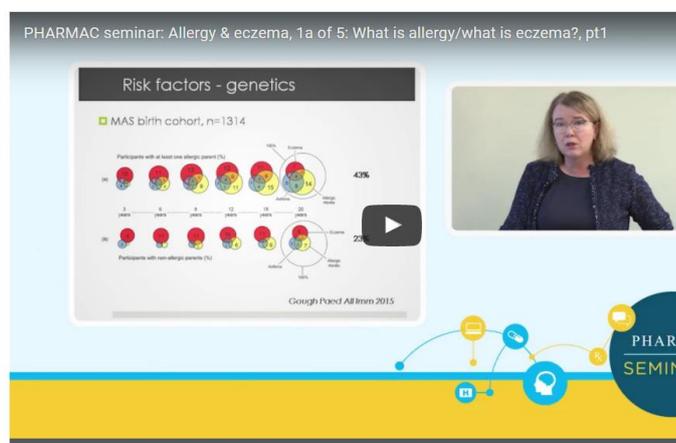
Coming up: These popular one-day seminars tend to book quickly so keep track and plan ahead.



- [Diversity and inclusive primary healthcare](#)
Tuesday, 19 September 2017
- [Adolescent health for beginners](#)
Thursday, 12 October 2017
- [Maternal mental health and complex antenatal conditions](#)
Monday, 6 November 2017
- [Parkinson's disease update](#)
Friday, 24 November 2017

Recent workshops – videos now available

Dr Jan Sinclair & Dr Diana Purvis



1. [What is allergy/what is eczema? – Dr Jan Sinclair & Dr Diana Purvis](#)
2. [Primary prevention of allergy – skin care, pregnancy, breastfeeding and solids](#)
3. [Diagnosis and treatment of eczema – Dr Diana Purvis](#)
4. [Diagnosis and treatment of food allergy – Dr Jan Sinclair](#)
5. [Q & A, case studies and resources – Dr Jan Sinclair & Dr Diana Purvis](#)

Other topics

- [Advanced travel medicine – 22 June 2017](#)
- [Managing polypharmacy and deprescribing – 5 April 2017](#)
- [See more topics](#)

Articles & trends of interest



Online versus face-to-face pulmonary rehabilitation for patients with chronic obstructive pulmonary disease: RCT

International and local audits have identified significant inadequacies of people with COPD in accessing pulmonary rehabilitation (PR). New models needed.

- UK study 90 participants, randomly assigned to a 6-week PR programme organised as group sessions in a local rehab facility, or online PR the 'my Health' platform.

PR is an evidenced-based and guideline-mandated intervention for patients with COPD with functional limitation. The 6-week programme of online-supported PR was 'non-inferior' to conventional face-to-face sessions and was safe and well tolerated.

- Access full article [here](#)

	<p>Quality improvement approaches could play a key role in improving the quality of mental health care</p> <p>A growing number of mental health providers are beginning to embed quality improvement across their organisations, with some encouraging results. The approach is based on the concept that sustained improvement is best achieved by empowering frontline teams, service users and carers to design, implement and test changes to services.</p> <p>This report describes the quality improvement journey of three mental health organisations (two in England and one in Singapore). It provides key insights and lessons for others considering embarking on a similar journey.</p> <ul style="list-style-type: none"> • Access full report here
	<p>Longitudinal qualitative study describing family physicians’ experiences with attempting to integrate physical activity prescriptions in their practice: ‘It’s not easy to change habits’</p> <p>This Canadian study looked at family physicians’ experiences of trying to implement written physical activity (PA) prescriptions into their practice.</p> <p>They found that, initially, participants exhibited confidence in their ability to write PA prescriptions in the future and intended to write prescriptions. However, data from the follow-up interviews indicated that the rate of implementation was lower than anticipated by participants and prescriptions were not part of their regular practice. Two themes emerged as factors explaining the gap between their intentions and behaviours: (1) uncertainty about the effectiveness of written PA prescription, and (2) practical concerns (e.g., changing well-established habits, time constraints, systemic institutional barriers). The authors concluded that it may be effective to increase awareness among family physicians about the effectiveness of writing PA prescriptions and address barriers related to how their practice is organised to promote written PA prescription rates.</p> <ul style="list-style-type: none"> • Full article can be accessed here
 <p>International Journal of Integrated Care</p>	<p>Community care for people with complex care needs: Bridging the gap between health and social care</p> <p>This Canadian study investigates key care components to support complex patients and their families in the community.</p> <p>The authors concluded that meeting the needs of the population who require health and social care requires time to develop authentic relationships, broadening the membership of the care team, communicating across sectors, co-locating health and social care, and addressing the barriers that prevent providers from engaging in these required practices.</p> <ul style="list-style-type: none"> • Access full article here
	<p>Constructing prevention programmes with a Māori health service provider view</p> <p>Mainstream approaches to chronic condition management and prevention inadequately address the needs of Māori, the Indigenous people of New Zealand. Māori health service providers (MHSPs) are uniquely placed to address the critical gap in the prevention of chronic conditions. This paper reports the qualitative research findings investigating how prevention was being modelled, practiced and measured in selected MHSP settings. Results indicate barriers to achieving wellbeing through health service delivery. The dominant individualistic, medical conditions-focused discourse, along with responding to acute need, is a driver of service delivery norms. There are examples of shifts in organisational structure and delivery configurations that demonstrate that these norms are being challenged and reframed, in some form, by MHSPs. Consolidation of these approaches requires significant work and increased resources as well as a broader systems-level response that prioritises prevention.</p> <ul style="list-style-type: none"> • Full article can be accessed here

	<p>Obesity is like a kererū on berries - Blog post from Te Miri Rangi “He manu kai kākano e mau, tēnā he manu kai rākau e kore e mau” “Birds feeding on berries will be caught but not those feeding off trees”</p> <p>Read Te Miri Rangi’s blog which shares views on Obesity from a Māori perspective.</p> <ul style="list-style-type: none"> • Post can be accessed on the Activity & Nutrition Aotearoa website
 <p>International Journal of Integrated Care</p>	<p>Extending “Continuity of Care” to include the Contribution of Family Carers This New Zealand research explores the contribution of family carers to the provision of care and support for an older family member’s chronic condition within the context of health service delivery in a Maori Provider Organisation.</p> <p>The authors concluded: The Maori Provider Organisation supported family carer-provider partnership enabled by shared Maori cultural values and social mandate of building family-centred wellbeing. Relational continuity was the most important level of continuity of care; it sets precedence for family carers and providers to establish the other levels – informational and management – continuity of care for their family member cared for. Family carers need to be considered as active partners working alongside responsive primary health care providers and organisation in the implementation of chronic care.</p> <ul style="list-style-type: none"> • Full article can be accessed here
 <p>Cochrane Library</p>	<p>Self-management interventions including action plans for exacerbations versus usual care in patients with chronic obstructive pulmonary disease In this Cochrane Review, the authors compared the effectiveness of COPD self-management interventions that include action plans for acute exacerbations of COPD with usual care.</p> <p>Key results Self-management interventions including an action plan for worsening COPD symptoms improved health-related quality of life compared with usual care (high-quality evidence). The number of people who had at least one hospital admission related to lung disease was reduced among those who participated in a self-management intervention (moderate-quality evidence). There was a very small but significant increase in respiratory-related deaths for self-management interventions (very low-quality evidence).</p> <ul style="list-style-type: none"> • Access full article here
 <p>The Royal New Zealand College of General Practitioners Te Whare Tohu Rata o Aotearoa</p>	<p>From good to great: the potential for the Health Care Home model to improve primary health care quality in New Zealand In this viewpoint piece in the NZ Journal of Primary Healthcare, Martin Hefford discusses the progress to date of the Healthcare Home model in New Zealand.</p> <ul style="list-style-type: none"> • Full article can be accessed here
<p>What’s on</p>	
	<p>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.</p> <p>These workshops are FREE of charge. Find out more here</p> <ul style="list-style-type: none"> • To register, email easy.evaluation@massey.ac.nz, call Jan Sheeran at 09 366 6136
	<p>Tobacco control seminars /webinars Registrations are now open for HPA's 2017 tobacco control seminar series.</p> <ul style="list-style-type: none"> • For more information and registration click here

	<p>HINZ Conference The 2017 HiNZ Conference is New Zealand's largest digital health event. This year will be held in Rotorua.</p> <p>The conference runs for three days from Wednesday 1 November to Friday 3 November, and it includes the one-day <u>NZ Nursing Informatics Conference (NZNI-17)</u> on Thursday 2 November. There are optional workshops prior to the conference.</p> <ul style="list-style-type: none"> • For conference overview and how to register click here
	<p>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</p>

Subscription information



Suggestions & regional news

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