

# Long-Term Conditions Bulletin NZ



Long-Term Conditions Network & Health Navigator Charitable Trust

ISSN: 1179-6693

No.44: November 2017



## Welcome to the latest e-bulletin:

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

## News & upfront



### RNZCGP endorses Health Navigator NZ

After a formal review process, the RNZCGP has endorsed the Health Navigator NZ website and a joint press release is available to read [here](#).



The Royal New Zealand  
College of General Practitioners  
Te Whare Tohu Rata o Aotearoa

### GP & specialist reviewers needed

GPs and specialists are also now able to contribute as subject matter experts or clinical reviewers (for topic pages or health apps) and claim MOPS points.

- [Share your expertise](#) and help make the contents even better.



### Patient Safety resources

This month there is a strong focus on medication safety. What is your organisation doing to raise patient and staff awareness about the wide range of patient safety issues?

For a range of resources visit

- [Health, Quality & Safety Commission](#)
- [Health Navigator's section](#)



### Health Survey – latest results and online web tool

The Ministry of Health has released the latest results from the annual NZ Health Survey from 2016/17. Some results of interest include progress with reducing smoking rates

- “The current smoking rate has decreased from 20.1% in 2006/07 to 15.7% in 2016/17, and the rate for 15-17 year-olds has reduced from 15.7% in 2006/07 to 3.9%.”
- Obesity rates in adults and children increased
- “Only 3.0% of children were not able to visit a GP when they needed to, due to cost; however cost of visiting a GP was a barrier for 14.3% of adults.”
- [View key results](#). View the [reports](#)
- Use an [online interactive web tool](#) to explore the data further.

	<p><b>10 IHI Innovations to Improve Health and Health Care. Institute for Healthcare Improvement; 2017</b></p> <p>“The leaders behind these concepts reflect on the trajectory of each innovation 10 years on — where it has been, what challenges it still faces, and what potential it has to improve health and care in the future.</p> <p><a href="#">Report and video</a></p>
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## Recommended resources

	<p><b>Stop Gout – now available in Samoan and Tongan</b></p> <p>Counties Manukau DHB have organised for translation of the popular Stop Gout booklets into Samoan and Tongan. These are now available on the Health Navigator website at:</p> <ul style="list-style-type: none"> <li>- <a href="#">Gout section</a></li> </ul>
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	<p><b>Handbook Integrated Care, Integrated Care Foundation</b></p> <p><i>“insight into the main ideas and concepts of integrated care. It offers a managed care perspective with a focus on patient orientation, efficiency, and quality by applying widely recognized management approaches to the field of health care.</i></p> <p><i>The handbook also provides international best practices and shows how integrated care does work throughout various health systems.”</i></p> <p><a href="#">Link to book</a></p>
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	<p><b>Updates on the Health Navigator Website</b></p> <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> <p>Expanded sections worth visiting are:</p> <ul style="list-style-type: none"> <li>• <a href="#">Pain section</a></li> <li>• <a href="#">Be medicine smart: Your guide to using medicines safely</a></li> <li>• <a href="#">Compassion – benefits, videos, training options</a></li> <li>• <a href="#">Hysterectomy</a></li> <li>• <a href="#">Premature labour and warning signs</a></li> <li>• <a href="#">Nerve pain</a></li> <li>• <a href="#">Phobias – resources,</a></li> <li>• <a href="#">Social phobia</a></li> <li>• <a href="#">Asbestos and home renovations</a></li> <li>• <a href="#">Clozapine</a></li> <li>• <a href="#">Lithium carbonate</a></li> <li>• <a href="#">Melatonin</a></li> </ul>
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	<p><b>Webinar recordings</b></p> <ul style="list-style-type: none"> <li>➤ <b>Health Literacy: Three steps to effective communication to support self-management.</b> Webinar by Carla White, Director Health Literacy NZ, <a href="#">Link</a></li> <li>➤ <b>Practical tips and tools to improve patient experience</b> Webinar by Dr Kyle Eggleton, Sept 2017 <a href="#">Link to recording</a></li> <li>➤ <b>Chronic pain &amp; conservative pain management</b> Webinar by Andrew Imrie, WLG physio. <a href="#">Link to recording</a></li> <li>➤ <b>Social support network and care maps with Jessica Young</b> Webinar by Jessica Young <a href="#">Link to recording</a></li> <li>➤ <b>Changing &amp; improving delivery of care through patient portals</b> Island Bay Medical Centre team. <a href="#">Link to recording</a></li> </ul>
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	<p><b>How our Education and Skills Influence our Health</b></p> <p>New infographic from the Health Foundation illustrates the multiple ways our education and skills we acquire as a child and young person, influence our adult health experience. Download <a href="#">infographic</a> here</p>
	<p><b>Recent health app reviews</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Mental health apps</a></li> <li>• <a href="#">Medication reminder apps</a></li> <li>• <a href="#">Epilepsy apps</a></li> <li>• <a href="#">Headache and migraine apps</a></li> </ul>
<p><b>Training</b></p>	
 	<p><b>Talking about childhood obesity</b></p> <p>These six short videos aim to help health professionals have conversations about childhood obesity. The videos cover a number of topics, including:</p> <ul style="list-style-type: none"> <li>• Food in Pacific cultures</li> <li>• The role sleep plays in obesity</li> <li>• Building relationships with Māori and whānau</li> <li>• What is healthy eating?</li> <li>• Getting children moving more</li> <li>• Access the videos <a href="#">here</a></li> </ul> <p><a href="#">Webinar: Conversations with parents about unhealthy weight in a child</a> Goodfellow Unit</p>
	<p><b>Goodfellow Webinars</b></p> <p>Watch the webinar recordings for following recent topics:</p> <ul style="list-style-type: none"> <li>• <a href="#">FACT: Radical change is possible for patients in brief primary care visits</a></li> <li>• <a href="#">The management of chronic pain</a> Dr Giresh Kanji</li> <li>• <a href="#">Prescribing antipsychotics in primary care</a> Assoc Professor David Menkes</li> <li>• <a href="#">Preventing falls related injury</a> - Professor Ngaire Kerse, Dr Shankar Sankaran and Gill Hall</li> <li>• <a href="#">Antidepressants in primary care</a> Assoc Professor David Menkes and Professor Bruce Arroll</li> </ul>
<p><b>Articles &amp; trends of interest</b></p>	
	<p><b>Are quality improvement collaboratives effective? A systematic review.</b> Wells S, Tamir A, Gray J, et al. BMJ Qual Saf. 2017 Oct 21.</p> <p>“Quality improvement collaboratives have been adopted widely as an approach to shared learning and improvement in healthcare. Overall, the QICs included in this review reported significant improvements in targeted clinical processes and patient outcomes.”</p>

	<p><b>An inconvenient truth: why evidence-based policies on obesity are failing Māori, Pasifika and the Anglo working class</b></p> <p>This article examines the socio, cultural and commercial influences on obesity intervention initiatives, how they are failing Maori, Pacifica and Anglo working class. It also explores issues relating to how evidence is used in health policy development.</p> <ul style="list-style-type: none"> <li>• Full article can be accessed <a href="#">here</a></li> </ul>
	<p><b>Implementation and maintenance of patient navigation programs linking primary care with community-based health and social services: a scoping literature review</b></p> <p>This scoping study examined a number of studies that describe service delivery models that are designed to better link health delivery services to social and community services. Various positive outcomes were reported for patients, providers and navigators, as well as the health and social care system, although they need to be considered with caution since the majority of studies were descriptive.</p> <ul style="list-style-type: none"> <li>• Full article can be accessed <a href="#">here</a></li> </ul>
	<p><b>Does evidence support the use of mobile phone apps as a driver for promoting healthy lifestyles from a public health perspective? A systematic review of Randomized Control Trials.</b></p> <p>The aim of this systematic review was to find a scientific evidence on the efficacy of apps in promoting healthy lifestyles.</p> <p>The authors concluded that overall, the evidence so far showed a modest efficacy of apps in health promotion. There is a need to improve the overall quality of intervention studies focused on mobile apps in order to understand if they could become a valuable tool in support of health professionals and their efforts to promote education and health.</p> <ul style="list-style-type: none"> <li>• Abstract can be accessed <a href="#">here</a></li> </ul>
	<p><b>Self-monitoring of blood pressure in hypertension: A systematic review and individual patient data meta-analysis</b></p> <p>Self-monitoring of blood pressure (BP) appears to reduce BP in hypertension but important questions remain regarding effective implementation and which groups may benefit most. This study aimed to better understand the effectiveness of BP self-monitoring to lower BP and control hypertension.</p> <p>The authors concluded that self-monitoring alone is not associated with lower BP or better control, but in conjunction with co-interventions (including systematic medication titration by doctors, pharmacists, or patients; education; or lifestyle counselling) leads to clinically significant BP reduction which persists for at least 12 months. The implementation of self-monitoring in hypertension should be accompanied by such co-interventions.</p> <ul style="list-style-type: none"> <li>• Full article can be accessed <a href="#">here</a></li> </ul>
	<p><b>Culture-specific programs for children and adults from minority groups who have asthma</b></p> <p>People with asthma who come from minority groups often have poorer asthma outcomes, including more acute asthma-related doctor visits for flare-ups. Various programmes used to educate and empower people with asthma have previously been shown to improve certain asthma outcomes</p> <p>To determine whether culture-specific asthma education programmes, in comparison to generic asthma education programmes or usual care, improve asthma-related outcomes in children and adults with asthma who belong to minority groups.</p>

The available evidence showed that culture-specific education programmes for adults and children from minority groups are likely effective in improving asthma-related outcomes. However, the quality of the evidence was poor, not all asthma related outcomes improved and the authors recommended that more research needed to be done in order to be able to draw firm conclusions about efficacy.

- Article available [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](mailto:easy.evaluation@massey.ac.nz), call Jan Sheeran at 09 366 6136

## 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](mailto:editor@healthnavigator.org.nz)

### Subscribe/unsubscribe

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