

Long-Term Conditions Bulletin NZ



Long-Term Conditions Network & Health Navigator Charitable Trust

ISSN: 1179-6693

No.45: December 2017



Welcome to the latest e-bulletin:

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

News & upfront



Clinical Guidelines for Weight Management in New Zealand Adults

This publication provides updated clinical guidance for primary health care practitioners and others who provide advice on weight management for New Zealand adults.

These Guidelines update earlier Guidelines with meta-analyses, systematic reviews, large randomized controlled trials and New Zealand specific research published since 2009.

The Guidelines follow a four-stage process: monitor, assess, manage, and maintain. The key components of management are FAB: food and drink, activity (including reducing sedentary time, and supporting sufficient sleep), and behavioural strategies.

The Guidelines are supported by a series of diet and sleep tips along with advice on how to get started on a weight loss plan.

- [Getting started with your weight loss plan](#)
- [Spotting good and poor weight loss diets](#)
- [Popular diets review](#)
- [Sleep tips for adults](#)

Guideline is available to download from [Ministry of Health website](#)



Recommended resources



bpac/ COPD prescribing tool has been updated

The bpac COPD prescribing tool based on the Global Initiative for Chronic Obstructive Lung Disease (GOLD guidelines) has recently been updated (Dec 2017) to include new assessment and treatment recommendations for patients with COPD.

- Visit [bpac website](#) for more details of the changes and to use the prescribing tool.



Infographic: Physical activity in older adults

A new resource produced by the National Centre for Sport and Exercise Medicine and Public Health England. Freely available for those wishing to support older adults beginning to experience a decline in their physical function.

- [Download PDF here](#)



Video: Falls prevention

A video, developed by the Chartered Society for Physiotherapists UK, is aimed at those aged 85 years and over. The animated video demonstrates how six simple exercises can keep people mobile and independent as they age.

- This video is on YouTube and can be viewed [here](#)

| | |
|--|---|
|  <p>Travel health</p> <p>Range of pages and information to keep you...</p> <p>Travel health tip</p> <p>Deep vein thrombosis</p> | <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:</p> <ul style="list-style-type: none"> • Birth defects • Depression – living well with • Ectopic pregnancy • Travel health section • Ferritin test • Migraine headaches • Opioid painkillers • Beating the odds – personal story • Weight loss surgery success • Workplace safety |
|  <p>Eating for a healthy heart</p> | <h3>New Healthy Eating resource</h3> <p>The Heart Foundation has launched a new version of their healthy eating guide, <i>Eating for a healthy heart</i>. The guide includes everything you need to know about heart-healthy eating and includes a tool kit with sections on meal planning, healthy eating on a budget, weight management, and making a plan for change. Access the new healthy eating guide here</p> |
|   | <h3>Recent health app reviews</h3> <ul style="list-style-type: none"> • Mental Health and wellbeing apps • Chronic Pains apps • Medication reminder apps <h3>Highlighted app review</h3> <ul style="list-style-type: none"> • uv2Day An app that gives UVI information. Alerts — when standard UVI thresholds are exceeded. |
| <h2>Training</h2> | |
|  | <h3>Public Health Summer school at University of Otago Wellington</h3> <p>The 2018 Public Health Summer School will offer 32 short courses (1-4 days long) by an international faculty of public health academics and practitioners. There are 18 new courses as well as 14 of their most popular core courses. Courses vary from small group computer lab classes to interactive workshops and multi-speaker symposiums.</p> <p>You can register now. Earlybird rate available until 20 December 2017.</p> |
|  | <h3>Certificate in Pacific Nutrition</h3> <p>This course is designed for those already working in the health sector who want to learn more about Pacific nutrition. It is delivered in a fun and interactive way. The course offers the opportunity to gain a recognised certificate as awarded by the Auckland University of Technology (AUT).</p> <p>Where: Auckland, & Wellington</p> <p>Visit website for course dates for 2018</p> |

| | |
|---|--|
| <p>Webinars</p>  | <p>Goodfellow Webinars</p> <p>Watch the webinar recordings for following recent topics:</p> <ul style="list-style-type: none"> • Pharmacological management of acute pain Dr Linda Bryant • FACT: Radical change is possible for patients in brief primary care visits |
|  | <p>Goodfellow Unit e-Learning Courses</p> <p>Dementia</p> <p>This course on dementia is the result of a national collaboration between primary, secondary and tertiary care providers. It is heavily informed by the Waitemata DHB pilot of GPs and practice nurses assessing, diagnosing and managing mild cognitive impairment (MCI) and typical dementia.</p> <ul style="list-style-type: none"> • To access this free e-Learning course click here |

Articles & trends of interest

| | |
|---|---|
|  | <p>Can Virtual Reality Tackle Phobias?</p> <p>Duke University has started offering a novel treatment for phobias: virtual reality (VR) exposure therapy. <i>Article from iMedical Apps</i></p>  <p>Read more here</p> |
|  | <p>What is Social Prescribing?</p> <p>The Patient Outcomes in Health Research Group from the University of Westminster have developed a page on their website that describes social prescribing and summarises activity of the Social Prescribing Network in England. To find out more about this innovative and growing movement:</p> <ul style="list-style-type: none"> • Visit the website • Review of the evidence • Making sense of social prescribing |
|  | <p>How people from ethnic minorities describe their experiences of managing type-2 diabetes mellitus: A qualitative meta-synthesis.</p> <p>The objective of this study, published in the <i>International Journal of Nursing Studies</i>, was to examine how people from ethnic minorities in Western countries describe their experiences of managing type-2 diabetes.</p> <p>The authors concluded that the potential for a sense of powerlessness to manage diabetes, the acceptability and accessibility of treatment, the significance of food, the impact of cultural roles and stigma needs to be pivotal to diabetes education for people from ethnic minorities in Western countries.</p> <ul style="list-style-type: none"> • Access abstract here |
|  | <p>Web-based self-management support for people with type 2 diabetes (HeLP-Diabetes): randomised controlled trial in English primary care</p> <p>The objective of this study, published in <i>BMJ Open</i>, was to determine the effectiveness of a web-based self-management programme for people with type 2 diabetes in improving glycaemic control and reducing diabetes-related distress.</p> <p>The authors concluded that Access to HeLP-Diabetes improved glycaemic control over 12 months. They also noted that participants who had been more recently diagnosed with diabetes showed a beneficial impact of the intervention on diabetes-related distress, measured by the Problem Areas in Diabetes (PAID) scale.</p> <ul style="list-style-type: none"> • Access full article here • View the HeLP Diabetes website |

| | |
|---|--|
|  | <p>New Evidence Review on Dairy and Heart Health</p> <p>The Heart Foundation recently commissioned an independent review of the evidence around dairy and heart. It concluded “<i>Full-fat dairy seems to have made a comeback but a review of the latest evidence still supports that reduced-fat dairy is the best choice for your heart.</i>”</p> <ul style="list-style-type: none"> View the website, evidence papers and other related documents |
|  | <p>Face-to-face versus telephone delivery of the Green Prescription for Māori and New Zealand Europeans with type-2 diabetes mellitus: influence on participation and health outcomes.</p> <p>In New Zealand, the proportion of Māori who participate in the national Green Prescription lifestyle programme is lower than for New Zealand Europeans. The authors compared the uptake and effectiveness of two modes of Green Prescription delivery: face-to-face and telephone among both Māori and New Zealand Europeans. The authors concluded that the Green Prescription programme resulted in small but clinically favourable improvements in health outcomes for type-2 diabetes patients, regardless of the mode of delivery for both Māori and New Zealand Europeans.</p> <ul style="list-style-type: none"> Abstract available here |
| <h2 style="background-color: #76b82a; color: white; padding: 5px;">What's on</h2> | |
|  | <p>Long-Term Conditions Workshop – MOH 27-28th February 2018 Wellington</p> <p>The Long-Term Conditions and Diabetes team at the Ministry of Health invite you to a two-day conference in Wellington, <i>'Shifting the Balance of Care: How Do We Transform?'</i> on Tuesday 27 February and Wednesday 28 February 2018. The venue is Te Papa, Cable Street Wellington. You are invited to attend the whole conference, or to select a single day that most suits your work programme.</p> <p>This invitation is extended to all DHBs and PHOs as alliance partners as well as clinical staff; planners and funders; portfolio managers; and wider health sector workers.</p> <p><u>Registration details</u></p> <p>Registration is free. As places are limited, please register early to secure your place. Registrations will close on 9 February 2018. Email cvddiabetes@moh.govt.nz for more information.</p> |
|  | <p>Goodfellow Symposium</p> <p>The Symposium presents a multidisciplinary programme catering for general practitioners, primary health care nurses, urgent care physicians, registrars, specialists and others primary health care professionals. It is held in March 2018</p> <ul style="list-style-type: none"> 23th March - Pre-Symposium (Fri) 24th -25th March (main symposium Day 1 & 2) For more information click here |
|  | <p>Let's talk: our communities, our health (Health Quality & Safety Commission)</p> <p>Join people from around the country who are interested in considering questions such as “What does it really mean to co-design health services?” “How are patients, consumers, families and whānau actively involved in decision-making about health services and does it make a difference?”</p> <ul style="list-style-type: none"> Dates: 8 – 9th March 2018 Location: Te Papa, Wellington Visit website for details |



ANA Regional Forum Dates for 2018

These events are networking and professional development opportunities for people working in public health nutrition and physical activity. Save the dates now.

- **Wairoa March 2018 TBC**
- **Christchurch 23rd March 2018**
- **New Plymouth 12th April 2018**
- **Whangarei 23rd May 2018**

More information can be found on [ANA webpage](#)

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

Subscribe/unsubscribe

To subscribe or unsubscribe, email: admin@healthnavigator.org.nz

Editors: Pat Flanagan and Dr Janine Bycroft