

Long-Term Conditions Bulletin NZ



Long-Term Conditions Network & Health Navigator Charitable Trust

ISSN: 1179-6693

No.46: 2018



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News & upfront



Facebook Live – with Dr Rebecca Grainger, Monday 9 April 5.30pm

In line with Health Navigator's commitment to providing up-to-date, relevant health information to all New Zealanders, they are starting a series of Facebook Lives with a range of health professionals.



The first Facebook Live is Monday 9th April at 5.30pm with rheumatologist Rebecca Grainger (whom many of you will know), who is going to talk about living with gout, arthritis, fibromyalgia or chronic pain and will be answering questions.

The main audience is likely to be people experiencing aches and pains or living with arthritis, gout etc, but the session may also be of interest to health providers. If this is of interest to your patients, clients or colleagues you can share via [Health Navigator's facebook page](#) or to go [directly to the Facebook event](#) to like or share.

Any questions or suggestions, let Health Navigator know. If there are other topics or presenters you'd recommend, Health Navigator would also love to hear from you. comms@healthnavigator.org.nz



Health Apps Library

With over 300,000 consumer-focused health apps and thousands of tools and online programmes, it is impossible for individual clinicians or health providers to identify the best apps or digital tools. Yet studies are showing some of these apps can significantly improve outcomes and wellbeing for consumers.

Given this need and opportunity, the Health Navigator NZ team are leading a community initiative to independently review and help identify potentially useful apps that can be shared with patients and clients.

[Find out more](#)



New Consensus Statement on Cardiovascular Disease (CVD)

The Ministry of Health has just released the Consensus Statement on Cardiovascular Disease Risk Assessment and Management for Primary Care.

- For Māori, Pacific and South-Asian populations, and individuals with known significant CVD risk factors, screening should begin at age 30 years for men and 40 years for women, 15 years earlier than other populations.
- Individuals with severe mental illness (schizophrenia, major depressive disorder, bipolar disorder, and schizoaffective disorder) are a high-risk group and screening from age 25 years is recommended. [Read more](#)

Encouraging a healthy lifestyle (smoking cessation, healthy diet, regular physical activity, and optimal weight) remains a key foundation to the management of everyone regardless of CVD risk.

[Find out more about the consensus statement](#)



New Zealand Health Survey: Annual Update of key results – 2016/17

The Annual Data Explorer provides a snapshot of the health of New Zealanders through the publication of key indicators on health behaviours, health status and access to health care for both adults and children.

Some of the highlights (or low lights) include:


- About 600,000 adults (15.7%) were current smokers, down from 20.1% in 2006/07.
- 1 in 5 adults (20%) drank alcohol in a way that could harm themselves or others.
- Nearly 100,000 children aged 2–14 years (12.3%) were obese. The child obesity rate has not changed significantly since 2011/12 (when it was 10.7%), although it has increased since 2006/07 (8.4%).
- 7.6% of adults experienced psychological distress in the past four weeks, up from 6.6% in 2006/07.
- 1 in 7 adults (14%) reported not visiting a GP due to cost in the past year, which is not significantly different from 2006/07.
- Only 3.0% of children did not visit a GP due to cost in the past year.
- About 37,000 children (3.9%) had a prescription that was not collected due to cost, down from 6.6% in 2011/12.
- About 268,000 adults (7.0%) reported not collecting a prescription due to cost in the past year.
- At least 1 in 10 Māori and Pacific adults, and adults living in the most deprived areas had tooth extractions in the past year.

➤ Access Annual Data Explorer and related documents [here](#)






A systematic review of chronic disease interventions in primary care 2018

Primary and community care are key settings for the effective management of long term conditions. The authors aimed to evaluate the pattern of health outcomes in chronic disease management interventions for adults with physical health problems implemented in primary or community care settings.

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| | <p>They concluded that the review confirms that Self-Management Support is the most frequent Chronic Care Model intervention that is associated with statistically significant improvements, predominately for diabetes and hypertension.</p> <p>➤ Full article can be accessed here</p> |
|  | <p>Primary care patient experience survey: Results from the first year of pilots</p> <p>This is a first annual report of responses to the primary care patient experience survey. The results indicate improvement in areas including communication around medication, care planning and communication between hospitals and primary care for people with LTCs, patients being involvement in their own care, as well as other findings such as a cost barrier for people of non-European ethnicity, and young people and people with a mental health diagnosis having poorer experience.</p> <p>➤ PDF can be downloaded here</p> |

Recommended resources

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|  | <p>Infographic – poverty and health</p> <p>This infographic from The Health Foundation (UK) summarises the findings of the Joseph Rountree Foundation study into the impact of poverty on health. This is a UK study, however much of the content resonates with and is relevant to the New Zealand experience.</p> <p>➤ The infographic and report can be accessed here</p> |
| | <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"> • 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>Recent health app reviews</p> <ul style="list-style-type: none"> • Mental Health and wellbeing apps • Chronic Pains apps • Medication reminder apps <p>Highlighted app review</p> <ul style="list-style-type: none"> • uv2Day An app that gives UVI information and alerts when standard UVI thresholds are exceeded. |

Training



Certificate in Pacific Nutrition

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).

Where: Auckland, & Wellington

- [Visit website for course dates for 2018](#)

Webinars



PHARMAC Seminars

- [Health and wellbeing for health professionals](#) Monday, 30 April 2018
- [Anticoagulation update](#) Friday, 11 May 2018
- [Managing neonate complications](#) Friday, 18 May 2018
- [Primary care management of chronic non-malignant pain](#) Wed, 23 May 2018
- [Common infections](#) Friday, 25 May 2018

Articles & trends of interest

Diet, physical activity or both for prevention or delay of type 2 diabetes mellitus and its associated complications in people at increased risk of developing type 2 diabetes mellitus

This Cochrane review aimed to assess the effects of diet, physical activity or both on the prevention or delay of Type2 diabetes and its associated complications in people at increased risk of developing Type2 diabetes (T2DM).

The authors concluded that there is no firm evidence that diet alone or physical activity alone compared to standard treatment influences the risk of T2DM and especially its associated complications in people at increased risk of developing T2DM. However, diet plus physical activity reduces or delays the incidence of T2DM in people with impaired glucose tolerance. Data are lacking for the effect of diet plus physical activity for people with intermediate hyperglycaemia and most studies did not investigate patient-important outcomes.

- Access full article [here](#)



Asthma and Respiratory Foundation NZ child and adolescent asthma guidelines: a quick reference guide



The purpose of the New Zealand Child and adolescent asthma guidelines: a quick reference guide, published in the *New Zealand Medical Journal*, is to provide simple, practical, evidence-based recommendations for the diagnosis, assessment, and management of asthma in children and adolescents in New Zealand, with the aim of improving outcomes and reducing inequities.

- Access the quick reference guide [here](#)
- Download PDF of guideline [here](#)


Navigating professional and prescribing boundaries: Implementing nurse prescribing in New Zealand.

This study, published in *Nurse Education in Practice*, explored the experiences and perspectives of one of the first cohorts of nurse prescribers and their strategies in establishing the role and negotiating the associated professional boundaries.


- Abstract can be accessed [here](#)

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|  | <p>The effectiveness of a primary care nursing-led dietary intervention for prediabetes: a mixed methods pilot study</p> <p>This study, examined the implementation and feasibility of a 6-month multilevel primary care nurse-led prediabetes lifestyle intervention compared with current practice in patients with prediabetes.</p> <p>The authors concluded that the findings confirm the feasibility and acceptability of primary care nurses providing structured dietary advice to patients with prediabetes in busy general practice settings. The small but potentially beneficial mean weight loss among the intervention group supports further investigation.</p> <p>➤ Full article can be accessed here</p> |
|  | <p>Beyond the four walls: an exploratory survey of location, employment and roles of pharmacists in primary health care</p> <p>Recognition of the need to reduce harm and optimise patient outcomes from the use of medicines is contributing to an evolution of pharmacy practice in primary health care internationally. This evolution is changing community pharmacy and leading to new models of care that enable pharmacist contribution beyond traditional realms. The aim of this study, was to investigate emerging roles of pharmacists in primary health care and suggests there is scope to improve collaboration and integration between community pharmacists and primary care. Flexible funding models that promote innovation and support sustainable practice change are key.</p> <p>➤ Full article can be accessed here</p> |
|  | <p>A self-management support program for older Australians with multiple chronic conditions: a randomised controlled trial</p> <p>The authors investigated whether a clinician led chronic disease self-management support programme improved the overall self-rated health level of older Australians with multiple chronic health conditions. The intervention included client centred goal setting and individualised care plans. The authors concluded that this type of intervention may benefit some older adults with multiple chronic conditions greater than positive attention and health education.</p> <p>➤ Abstract can be accessed here</p> |

What's on

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|  | <p>ANA Regional Forum Dates for 2018</p> <p>These events are networking and professional development opportunities for people working in public health nutrition and physical activity. Save the dates now.</p> <ul style="list-style-type: none"> • New Plymouth 12th April 2018 • Whangarei 23rd May 2018 <p>More information can be found on ANA webpage</p> |
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Subscription information

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|  | <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> |
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