

# Long-Term Conditions Bulletin NZ



Long-Term Conditions Network & Health Navigator Charitable Trust ISSN: 1179-6693 No: 47 May 2018

## Welcome to the latest e-bulletin:



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

## News & upfront



### Facebook Live – with Dr Emma Parry, Wednesday 30<sup>th</sup> May at 7.30pm

This month Health Navigator are delighted to have Dr Emma Parry join them for a Facebook live on Wednesday the 30<sup>th</sup> of May at 7.30pm. Dr Parry is a Specialist Obstetrician and Gynaecologist and can answer any questions about screening tests in pregnancy and optimising health in early pregnancy including weight/BMI, diet, supplements and exercise.

We'd be grateful if you can help share this event via social media and to your members/colleagues and networks. Click [here to like or share](#).

The main audience are likely to be people trying to get pregnant or in early pregnancy, however, the session may also be of interest to health providers.



### Prostate Cancer – new interactive website

This site provides information about prostate cancer, tests, and treatments. It includes information about interpreting test results, making decisions about treatment options, living with a diagnosis of cancer and much more.

- The website can be accessed at <https://www.kupe.net.nz/>








### FAST Stroke Campaign makes a difference


The number of people who could correctly identify two key signs of a stroke increased following a Ministry of Health funded public awareness campaign.


“An evaluation found the number of people who could correctly identify two key signs of a stroke had increased.”


“Before last year's campaign, St John received on average 151 calls to 111 each week for suspected stroke. This increased to 199 calls a week during the campaign, and for the three months after the campaign averaged 165 calls per week.


- For full media release [click here](#)

	<p><b>Whāia Te Ao Mārama 2018 to 2022: The Māori Disability Action Plan. Ministry of Health</b></p> <p>Whāia Te Ao Mārama is a culturally anchored approach to supporting Māori with disabilities (tāngata whaikaha) and their whānau because Māori are more likely to be disabled than the general population. Most tāngata whaikaha identify as Māori first, so access to Te Ao Māori (the Māori world) is important to them.</p> <ul style="list-style-type: none"> <li>• Full copies of the plan including easy read version can be accessed <a href="#">here</a></li> </ul>
	<p><b>Where I Live; How I Live: Disability Support Services Community Residential Support Services Strategy, 2018 to 2020. Ministry of Health.</b></p> <p>Where I Live; How I Live is about optimising the independence and self-determination of disabled people. It is in line with the Enabling Good Lives (EGL) principles that support people with a disability to make decisions about the kind of life they want.</p> <ul style="list-style-type: none"> <li>• Full copies of the plan including easy read version can be accessed <a href="#">here</a></li> </ul>
	<p><b>The emerging world of online communities</b></p> <p>“We are witnessing the emergence of a new phenomenon in health care: self-organizing, online communities of patients, caregivers, clinicians, researchers, academics, and industry, all focused on a particular disease” or area.</p> <p>A recent study identified four main reasons why online health communities like the ones we mentioned above are valuable:</p> <ol style="list-style-type: none"> <li>1. They provide patients and caregivers with new resources. This can include information, solidarity, and support. One community member wrote in a forum, <i>“When I finally found a Facebook group for people who had been discharged post-transplant, I cried every time I logged in for three weeks. Here at last were people who understood exactly what I was going through.”</i></li> <li>2. They offer new insights to non-patients.</li> <li>3. They challenge traditional power dynamics between patients and clinicians.</li> <li>4. They form part of a growing trend in data collection that pushes the boundaries of traditional health care.</li> </ol> <p><a href="https://ssir.org/articles/entry/the_emerging_world_of_online_health_communities">https://ssir.org/articles/entry/the_emerging_world_of_online_health_communities</a></p>
<p><b>Recommended resources</b></p>	
	<p><b>Bypass surgery resource update</b></p> <p>The Heart Foundation guide to coronary artery bypass graft surgery has been updated and now includes personal stories from people who have had this surgery.</p> <p>You can download the booklet for free or order a printed version from <a href="#">this link</a> at the Heart Foundation website.</p>
	<p><b>New resource – Staying Well with Heart Valve Disease</b></p> <p>This is a booklet designed to offer support to people living with heart valve disease and includes the personal journeys that people have experienced. It explains how heart valves work, what treatments may be available, recovery after valve surgery and what to do to help you stay well in the long-term.</p> <p>You can download the booklet for free or order a printed version from <a href="#">here</a></p>


	<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 or updates:</p> <ul style="list-style-type: none"> <li>• <a href="#">Helping children develop a positive relationship with food</a></li> <li>• <a href="#">Conscious eating</a></li> <li>• <a href="#">Gout - update</a></li> <li>• <a href="#">Ultrasound – pregnancy</a></li> <li>• <a href="#">Pregnancy – screening tests and checks</a></li> <li>• <a href="#">How to teach empathy in a world of selfies</a></li> <li>• <a href="#">Toxoplasmosis</a></li> <li>• <a href="#">Opioid painkillers – palliative care</a></li> <li>• <a href="#">Gabapentin</a></li> </ul>
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	<p><b>Recent health app reviews</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Happify app</a></li> <li>• <a href="#">Pacifica – stress &amp; anxiety app</a></li> <li>• <a href="#">Sleep as Android app</a></li> <li>• <a href="#">SuperBetter app</a></li> <li>• <a href="#">WOOP app</a></li> </ul>
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	<p><b>Highlighted app review</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Happify</a></li> </ul> <p>An app for anyone who would like to improve their personal well-being and learn more about positive psychology.</p>
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	<p><b>Transport and Health infographic and blog</b></p> <p>This Health Foundation blog explores some of the issues that contribute to a healthy and sustainable transport system, such as:</p> <ul style="list-style-type: none"> <li>• Does it support safe and community-friendly spaces?</li> <li>• Does it enable active travel and public transport use?</li> <li>• Is it accessible and efficient for everyone?</li> <li>• Does it minimise harmful impacts on the environment?</li> </ul> <p>More information and infographic can be accessed <a href="#">here</a></p>
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## Training & CME updates

	<p><b>Certificate in Pacific Nutrition</b></p> <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><b>Where:</b> Auckland</p> <ul style="list-style-type: none"> <li>• <a href="#">Visit website for course dates for 2018</a></li> </ul>
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	<p><b>PHARMAC Seminars</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Anticoagulation update</a> Friday, 11 May 2018</li> <li>• <a href="#">Managing neonate complications</a> Friday, 18 May 2018</li> <li>• <a href="#">Primary care management of chronic non-malignant pain</a> Wed, 23 May 2018</li> <li>• <a href="#">Common infections</a> Friday, 25 May 2018</li> </ul>
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**Goodfellow Unit e-Learning Courses**

Links to some e-Learning Courses are available below:

- [2018 Red Whale online](#)
- [Cardiovascular disease risk assessment & management](#)
- [Intrauterine contraceptive devices](#)
- [Community-acquired pneumonia in children](#)
- [Adults who stutter: treatment & management](#)
- [Lymphoedema in a patient receiving palliative care](#)
- [Trauma-informed care for the children’s workforce](#)
- [Exercise prescriptions](#)
- [Anterior cruciate ligament injuries](#)
- [Community management of motor neurone disease](#)

More e-Learning courses can be found on [Goodfellow Unit website](#).




**Goodfellow Symposium**

Links to videos and presentations from some of the sessions at the March Symposium are now available below.

- [Rectal bleeding](#)
- [HIV PReP](#)
- [Managing heart health](#)
- [Acute knee injury](#)
- [Clinician wellbeing](#)
- [Engaging patients through illustration](#)
- [Driving in old age](#)
- [Pacific health](#)
- [Ultrasound use in primary care](#)
- [Sleep apnea](#)
- [Concussion](#)
- [CVD Risk Calculator](#)
- [Glaucoma](#)
- [Vascular disease](#)
- [Safety in practice](#)

**Articles & trends of interest**




**A Multidimensional Tool Based on the eHealth Literacy Framework: Development and Initial Validity Testing of the eHealth Literacy Questionnaire (eHLQ)**

The increasing digitisation of health services provides challenges for both health providers and consumers. How do we know that the services and resources that we are presenting in an online format are meeting the needs and being easily accessed by intended consumers?

In this Danish based study the authors developed, tested, and validated an eHealth Literacy Framework (eHLF). The authors intent was to develop a tool that could assess the relative strengths and weaknesses of consumers, thus enabling service developers to design appropriate interventions and measure any changes that subsequently occur.

- Full article can be accessed [here](#)







**Achieving health equity in Aotearoa New Zealand: the contribution of medicines optimisation**






The authors of this paper considered the various parts of what is required to achieve the best possible health outcomes from medicines in partnership with the person for whom they are prescribed. Specifically, it looks to highlight the process with respect to Maori in New Zealand. The authors state that a multi-dimensional approach is imperative and attaining optimal use of medicines is necessary to help achieve health equity. There is an urgent need to understand and investigate models of care that achieve this optimal state.

- Full article can be accessed [here](#)




	<p><b>Reimagining community services: making the most of our assets</b></p> <p>This report from the Kings Fund explores the issues facing community services as they relate to health service provision by the NHS in the UK. There are many relevant parallels that can be drawn between the UK experience and service provision here in New Zealand. Many useful examples are provided, and the report’s overarching conclusion is:</p> <p>“A radical transformation of community services is needed, making use of all the assets in each local community wherever these are to be found, breaking down silos between services and reducing fragmentation in service delivery.”</p> <ul style="list-style-type: none"> <li>• Full report can be accessed <a href="#">here</a></li> </ul>
	<p><b>Volunteering in General Practice – opportunities and insights</b></p> <p>There is a growing interest; and body of evidence, in peer and social support and its relevance in helping people live well with long term physical and mental issues.</p> <p>This report from the Kings Fund describes some of the approaches being taken by some general practices to engage beyond their traditional boundaries. Discussion includes the learnings from exemplar sites as well as some consideration of the value of volunteering within general practice.</p> <ul style="list-style-type: none"> <li>• Full report can be accessed <a href="#">here</a></li> </ul>
	<p><b>Effect of a health literacy intervention trial on knowledge about cardiovascular disease medications among Indigenous peoples in Australia, Canada and New Zealand</b></p> <p>The aim of this study was to assess the effect of a customised, structured cardiovascular disease (CVD) medication health literacy programme on medication knowledge among Indigenous people with, or at high risk of, CVD. An education session was delivered on three occasions over 1 month by registered nurses or health educators who had received training in health literacy and principles of adult education. An interactive tablet application was used during each session and an information booklet and pill card provided to participants.</p> <p>The authors concluded that the intervention was highly effective in contextually diverse Indigenous primary healthcare services in Australia, Canada and New Zealand. The findings from this study have important implications for health services working with populations with low health literacy more generally.</p> <ul style="list-style-type: none"> <li>• Full article can be accessed <a href="#">here</a></li> </ul>
	<p><b>Effect of multimorbidity on health service utilisation and health care experiences</b></p> <p>The aim of this study was to understand the experiences of people with multimorbidity in the New Zealand health system.</p> <p>The authors concluded that study participants generally had a positive view of primary care and their GP but encountered structural issues with the health system that created barriers to effective care. Their results supported the value of ongoing changes to models of care in primary care, and that the focus be on patient centred care issues such as access and care coordination.</p> <ul style="list-style-type: none"> <li>• Full article can be accessed <a href="#">here</a></li> </ul>

## What's on

	<p><b>3<sup>rd</sup> Annual Workplace, Mental Health and Wellbeing Conference</b></p> <p>Bringing together the voice of experience from organisations such as Xero, Lion, Air New Zealand, Beca, Vodafone, The Warehouse Group, and many more - this event offers unmissable insight into how you can improve mental health programs and minimise psychological injury across all levels of your organisation.</p> <ul style="list-style-type: none"><li>• <b>Auckland 18<sup>th</sup> – 20<sup>th</sup> June 2018</b></li><li>• More information can be found on the <a href="#">event website</a></li></ul>
	<p><b>ANA Regional Forum Dates for 2018</b></p> <p>These events are networking and professional development opportunities for people working in public health nutrition and physical activity. The next event is:</p> <ul style="list-style-type: none"><li>• <b>Whangarei 23rd May 2018</b></li><li>• More information can be found on <a href="#">ANA webpage</a></li></ul>
	<p><b>Annual RNZCGP Conference for General Practice</b></p> <p>The Conference for General Practice is New Zealand's only national GP conference that's presented by GPs for GPs and the general practice team. It is an excellent opportunity to mix with your peers and decision makers in an environment focused on developing the profession through education, debate and inspiration. Featuring a strong clinical stream alongside a programme of social events, you'll be able to earn CPD points and connect with colleagues.</p> <ul style="list-style-type: none"><li>• <b>Auckland 26<sup>th</sup> – 29<sup>th</sup> July 2018</b></li><li>• More information can be found on the <a href="#">event website</a></li></ul>
	<p><b>Workshops on quality improvement in aged residential care</b></p> <p>Interested in improving the quality of aged residential care services? Then come to the Health Quality &amp; Safety Commission's upcoming free regional workshops to learn and share about quality improvement of those services.</p> <ul style="list-style-type: none"><li>• For timetable of events and venues <a href="#">click here</a></li></ul>
	<p><b>All Together Better Health IX (ATBH IX)</b></p> <p>This is the leading global interprofessional education and collaborative practice conference under the direction of The World Interprofessional Education and Collaborative Practice Coordinating Committee. Held every 2 years, the committee are pleased to be hosting this in Auckland, September 2018.</p> <ul style="list-style-type: none"><li>• <b>Auckland 3-6<sup>th</sup> September 2018</b></li><li>• Timetable, speakers, and details – visit the <a href="#">conference website</a></li></ul>

## Subscription information

	<p><b>Suggestions &amp; regional news</b></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 <a href="mailto:editor@healthnavigator.org.nz">editor@healthnavigator.org.nz</a></p> <p><b>Subscribe/unsubscribe</b></p> <p>To subscribe or unsubscribe, email: <a href="mailto:admin@healthnavigator.org.nz">admin@healthnavigator.org.nz</a></p> <p><b>Editors:</b> Pat Flanagan and Dr Janine Bycroft</p>
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