

# Long-Term Conditions Bulletin NZ



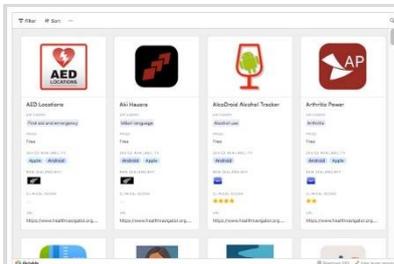
Long-Term Conditions Network & Health Navigator Charitable Trust

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## News and upfront



### New App Library section

The app library section of the Health Navigator website has been redesigned and you can search by keywords or category.

[Take a look](#)



### Kiri Rikihana (HQSC) on health equity

Kiri Rikihana, Kaiwhakahaere Te Whai Oranga at the Health Quality & Safety Commission talks about how we can work together to make health equity a reality, and not a 'buzz word'.

Watch the video [here](#) or visit [Achieving equity](#) on Ministry of Health website.

## Digital health and care congress 2019

Technology and data

### Digital health and care congress 22-23 May19

This annual event brought together leading NHS and social care professionals all interested in how data and technology can improve the health and wellbeing of patients and the quality and efficiency of services.

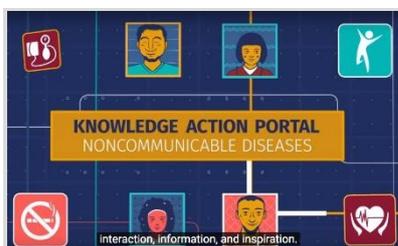
PDFs of presenters' slides are available on the desktop version of the app [here](#).



### Animation from the Health Foundation – social determinants of health

To understand what makes us healthy, we need to look at the bigger picture.

Watch this animation about the wider factors that shape our opportunities to live healthy lives – from the work we do to the places where we live [here](#).



### WHO knowledge action portal for NCDs

The WHO Knowledge Action Portal (KAP), is a unique platform bringing together Governments, United Nations organizations, civil society, the private sector, academia, and philanthropy, in an innovative, interactive and inclusive online community.

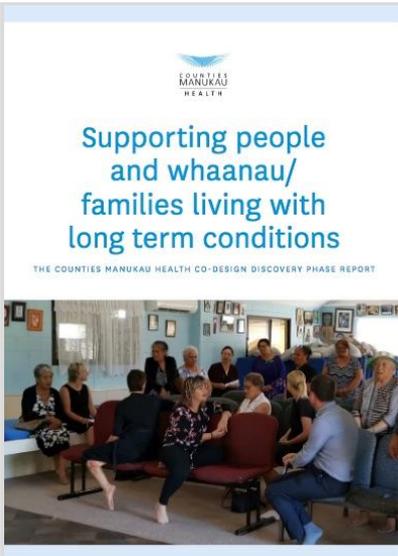
Watch the video about KAP [here](#).



### Five ways to eat less processed food

Almost all foods on supermarket shelves have been processed in some way or another. So which heart-healthy foods should you be putting in your shopping trolley?

Read the article from Heart Foundation [here](#).

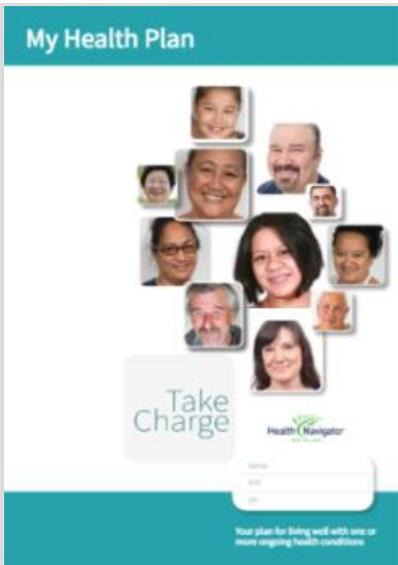


### Supporting people and whaanau/families living with long term conditions

Over the last 6 months, the Counties Manukau primary care team have been engaging with consumers, family/whaanau/staff and providers to understand and capture their experiences, to inform and improve their future models of care. The following co-design discovery phase report captures the findings from 47 hui, feedback forums and interviews which included over 500 whanau, patients, consumers, staff and health providers.

Read the report [here](#).

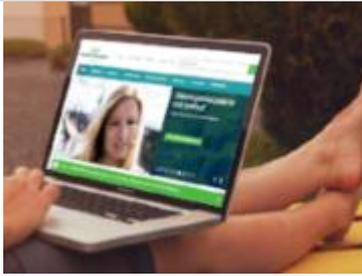
## Useful resources



### Take Charge resources

The Taking Charge resources are ideal for assisting with care planning and encouraging people to identify some areas they can work on themselves to improve their health.

View all the resources [here](#).



**There are over 80 new or updated topics on the Health Navigator website this month.**

[Appendicitis > Clinicians](#)

[Bloating and gassiness](#)

[Burns – first aid > Clinicians](#)

[Concussion](#)

[Concussion > Clinicians](#)

[Brain injury](#)

[Cranberries for preventing urinary tract infections](#)

[Cytomegalovirus](#)

[Cytomegalovirus > Clinicians](#)

[D-mannose and UTIs](#)

[Dementia – reducing your risk](#)

[Anger linked to illness in old age](#)

[Dementia – reducing your risk > Clinicians](#)

[Depression - children and young people](#)

[Head injury](#)

[Heart disease > Clinicians](#)

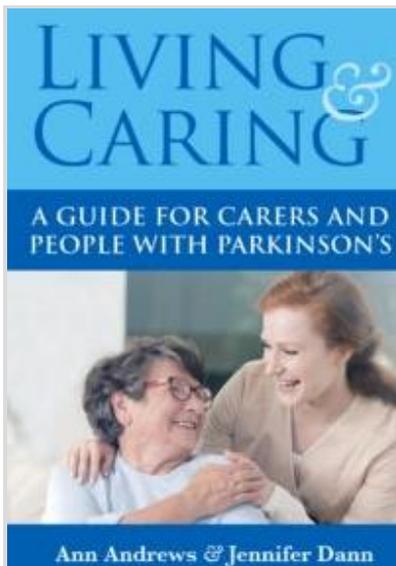
[Immunisation – older children](#)

[Infectious diseases landing page](#)

[Knee replacement](#)

[Head and brain injuries \(landing page\)](#)

[plus much more](#)



**New book for patients with Parkinsons and their carers**

A new book has been written for people with Parkinson's and the people who care for them. It draws on the personal experiences of over forty people living with Parkinson's in the hope that sharing their journeys may help readers navigate theirs.

Read the news [here](#) or buy the book [here](#).

## Training & CME updates



### Goodfellow Gems

Find out a range of Goodfellow gems on different topics chosen by Dr Bruce Arroll, you can also sign up for fortnightly gems by entering your email.

Find out more [here](#).



### PHARMAC Seminars

Watch videos from previous seminars as continuing medical education for GPs, nurses, midwives and pharmacists:

- [Medicinal cannabinoids](#)
- [Rheumatology update](#)
- [Ear, nose and throat \(ENT\) update](#)
- [Assessing and managing maternity conditions](#)
- [HIV update](#)
- [Emotional and behavioural disorders, importance of the early years](#)
- [Other seminar videos](#)



### Red Whale

This is a comprehensive update developed in the UK and adapted for NZ by the Goodfellow Unit. Designed for New Zealand based primary health care professionals: GPs, Primary Care Nurses, Nurse Practitioners, Pharmacists. "We do all the legwork to bring you up to speed on the latest evidence and guidance."

[2018 Red Whale online](#)

## Articles & trends of interest



### **Nutrition Therapy for Adults With Diabetes or Prediabetes: A Consensus Report**

This Consensus Report is intended to provide clinical professionals with evidence-based guidance about individualizing nutrition therapy for adults with diabetes or prediabetes.

Abstract can be accessed [here](#).



### **Exploring the value of social network 'care maps' in the provision of long-term conditions care**

Using care maps may enable health professionals to support self-management rather than feeling responsible for many aspects of care. They can be a valuable tool for patients and clinicians to bridge the gap between medical treatment and patients' lifeworlds.

Abstract can be accessed [here](#).

More information about care maps including a webinar can be found on the Health Navigator website [here](#).



### **He Pikinga Waiora: supporting Māori health organisations to respond to pre-diabetes**

Māori health organisations are important actors in systems seeking to improve outcomes and eliminate health inequities. Support from funders and policy makers will be required to build on the strengths of these organisations and to overcome system challenges.

Abstract can be accessed [here](#).



### **Improving health-promoting self-care in family carers of people with dementia: a review of interventions**

This scoping review aimed to explore potential health benefits of interventions aimed at improving health-promoting self-care in family carers of people with dementia.

Abstract can be accessed [here](#).



### **Systematic review of social support on psychological symptoms and self-management behaviors among adults with inflammatory bowel disease**

Social support may serve as a modifiable factor to improve psychological symptoms among adults with IBD. Younger adults (age <40 years) may benefit from specialized interventions to address self-management behaviors.

Abstract can be accessed [here](#).



### **The role and effectiveness of telephone peer coaching for adult patients with type 2 diabetes**

This pilot found that a pragmatic low-cost telephone peer-coaching intervention assisted patients with type 2 diabetes to self-manage their diabetes in better ways.

Abstract can be accessed [here](#).



### **Impact of ambulatory cardiac rehabilitation on cardiovascular outcomes: a long-term follow-up study**

This study showed, in a real-world population, the positive effects of ambulatory CR program in improving clinical outcomes and highlights the importance of a spread use of CR in order to reduce cardiovascular hospitalizations and cardiovascular mortality during a long-term follow-up.

Abstract can be accessed [here](#).

## **What's on**



### **Acceptance and Commitment Therapy Workshops**

Acceptance and Commitment Therapy, known as 'ACT' (pronounced as the word 'act') is a mindfulness based cognitive behavioural therapy that has a major emphasis on values, forgiveness, acceptance, compassion, living in the present moment, and accessing a transcendent sense of self.

ACT has proven effective with a variety of problems including pain, addictions, depression, obsessive compulsive disorder, anxiety and stress. More information can be found on the [event website](#)



### **The Royal New Zealand College of General Practitioners' Annual Conference**

The 2019 theme is: Realising the potential in primary health care: technology, teamwork and equity. The conference programme will consist of seven streams that reflect priority learning areas for general practice. They are: clinical; Māori health and Equity; future technology; diversity; mental health; and medical humanities; and Quality in General Practice.

**Dunedin 26 — 28 July 2019**

More information can be found [here](#)



### **Is the quality and safety agenda stalling?**

Quality improvement science has been viewed as a way of addressing many of these challenges by enabling the delivery of better efficiency, value, consistency and experience of care. The Health Quality & Safety Commission is hosting an event with Professor Mary Dixon-Woods, the most recent event in the [Open Forum: International Speaker Series](#). This Open Forum asks:

- has the urgency gone out of the local and national quality agenda?
- why is quality improvement not happening fast enough?

**Wellington 21st August 2019**

More information can be found [here](#)

**One Day UPDATE** **Red Whale**  
the Social/Behaviour Unit presents Red Whale's GP updates

**Red Whale returns Saturday 24th August 2019.**

Our comprehensive update is for New Zealand based primary healthcare professionals: GPs, Primary Care Nurses, Nurse Practitioners, Pharmacists. We do all the legwork to bring you up to speed on the latest evidence and guidance.

### **2019 Red Whale update**

This comprehensive update is for New Zealand based primary healthcare professionals: GPs, Primary Care Nurses, Nurse Practitioners, Pharmacists. The update is being held at the University of Auckland City Campus.

**Auckland 24th August 2019**

More information can be found [here](#)

## **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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