

Long-Term Conditions Bulletin NZ



Published by Long-Term Conditions Clinical Network & Health Navigator NZ

ISSN: 1179-6693

No. 4: April 2011



Welcome to this Special Conference Edition of the Long-Term Conditions Bulletin

This edition includes the following sections:

1. Editorial
2. Photo Competition
3. Reports & Regional News
4. Recommended Resources
5. Other Websites of Interest
6. Workforce Development & Workshops
7. Articles of Interest
8. Upcoming Conferences
9. Who we are & Subscription information

The Long-Term Conditions Bulletin is produced quarterly by the Long-Term Conditions Clinical Network and Health Navigator NZ for medical, nursing and allied health providers, managers, funders, consumers and health-related networks. While primarily focused on the New Zealand health system, it may also be of interest to others further afield.

*The **purpose** of the Long-Term Conditions Clinical Network and Bulletin is to raise awareness, share knowledge, facilitate collaboration and raise collective performance to improve chronic care and long-term condition management. Areas of focus include shared care, self-management support, quality improvement, e-health, reducing health disparities, workforce development, health literacy, evidence-based behaviour change and research.*

Editorial

Welcome to the Australasian Long-Term Conditions Health Conference and welcome to Auckland, New Zealand! We are delighted by the turnout. To have a sell-out inaugural conference with over 440 delegates and a waiting list demonstrates the broad interest and need for such an event.

I'm sure most of us would agree **our goal is healthy communities supported by fully integrated, coordinated health systems providing health services and care characterised by efficient, effective, equitable, safe, patient and whanau-centred services.**

Thank you for making the time to participate and we hope you enjoy productive conversations and presentations and take away new ideas, energy and practical resources for transformational change in your circle of influence. Thank you also to our partnering organisations and dedicated organising team who have worked tirelessly to make this conference happen in such a short time frame. We are extremely grateful to all the speakers, chairs and presenters who have so willingly contributed their time and input.



Just as the organising committee have experienced ‘**together we can achieve more**’, let’s all join together in making this conference a valuable and constructive event that galvanizes action and progress towards achieving this long-term goal of a healthier health system over the next 12 months and beyond.

Editor: Dr Janine Bycroft, MBChB, Dip Obs, Dip Paeds, MPH (Hons), FRNZCGP.



Photo Competition

Winners will be announced on Friday 8th April, 2011

Reminder, the two categories are:

- **Enjoying Life**
- **Clinicians or Health Workers in action.**

Results and examples of the photos submitted will be on display in the conference foyer as well as on the website later in the month.

- View on the website at www.healthnavigator.org.nz/competition



Reports



Kings Fund Report – Quality in General Practice

An independent inquiry into the quality of general practice in England has recently been released by the Kings Fund. The aim of the inquiry, chaired by Sir Ian Kennedy, was “to help to support the work of general practice and to provide a guide to ensure that quality is at the heart of the service that it offers to patients.”

Analysis includes review of core elements of day-to-day practice such as diagnosis, referral and prescribing; access to care and patient engagement; and shared areas such as maternity and end-of-life care.

The inquiry concluded that:

*“The majority of care provided by general practice is good. However, there are wide variations in performance and gaps in the quality of care that suggest there is significant opportunity for improvement. Practices need a lot of support to encourage them to seek out and address variable performance, including: appropriate data and information; skills development; protected time; and appropriate rewards for excellence (as well as consequences for poor performance). **Policy-makers, regulators, commissioners and professional bodies could all do more to create a better environment that supports general practice in its quest for quality.**”*

Sound familiar?

Join the Quality Improvement Collaborative session on Friday afternoon and you will hear similar conclusions from four different projects around New Zealand. Share your goals and gain energy for success!

- To read either the full document or view the **Summary of Key Findings for GPs**, visit www.kingsfund.org.uk/publications/gp_inquiry_report.html

www.kingsfund.org.uk/publications/gp_inquiry_report.html



Systematic Review – Health Literacy Interventions & Outcomes

30 March 2011 – Agency for Healthcare Research & Quality

More and more research is highlighting how important health literacy is. This latest systematic review again confirms that lower health literacy is associated with poorer outcomes; however it also focuses on what can help.

Components of effective interventions were “their high intensity, theory basis, pilot testing before full implementation, emphasis on skill building, and delivery of the intervention by a health professional. Interventions that changed distal outcomes (e.g., health care service use or health outcomes) appeared to work by increasing knowledge or self-efficacy, or by

Join us
Thursday
afternoon

changing behaviour.”

- To read the abstract or download the report visit: www.ahrq.gov/clinic/tp/lituptp.htm
- Executive summary: www.ahrq.gov/clinic/epcsyms/litupsum.htm

To learn more about **Health Literacy** in New Zealand & Australia and join a discussion about what we can do to address this area, come to the Health Literacy Concurrent Session on Thursday afternoon in the Banquet Room.

Regional News



Te Whariki Teitei - An innovation partnership between Waitemata DHB and Wellsford health providers

“Based in Wellsford, Rodney District, Te Whariki Teitei is an emerging Centre of Excellence for Rural Primary Health Care. It’s name, bestowed by the local community, encompasses beliefs about learning and sharing. The interwoven strands of flax symbolise these ideas through interwoven strands of flax or excellence in service, learning and research...”

Key activities include interdisciplinary education, collaborative practice, research and development. For more information visit:

www.ctcpho.co.nz/site/coasto/files/0648%20DHB%20Te%20Rito%20Brochure%20v1.7.pdf

Contact: Dr Tim Malloy, Sue Adams, Nurse Leader 021 388 449, Nancy Malloy CEO 0274 446006, or Mary-Anne Boyd 021 902 406

Recommended Resources



Free, so sign
up today!

<http://kupu.maori.nz/Default.aspx>

Learn Te Reo with He Kupu o te Ra

Maori Word of the Day, email service. Words are grouped so you can choose anything from greetings to shopping, work, colours, verbs, seasons.

Choose one or more groups and start receiving one word or more per day as an email.

Visit the website at: <http://kupu.maori.nz/Default.aspx>

For other Maori learning materials and links visit:

- **Maori Language Net** - www.maorilanguage.net - A variety of resources including multi-media to help with pronunciation, greetings and waiata.
- **Maori Dictionary** www.maoridictionary.co.nz/
- **Te Whanake** – Maori Language Online - www.tewhanake.maori.nz/

Fa'anoanoa-loa
Depression



Depression Pamphlet in Samoan

Samoan is the third most commonly spoken language in New Zealand and now, there are documented resources about depression in Samoan. Produced by Tautua Samoan Health Information Ltd, based in Wellington, these depression pamphlets have been carefully developed by Samoan cultural consultants and clinicians. According to Tautua Director Filomena Leaupepe, Pacific people are less likely to engage with early mental health interventions services and having the right information in the right language can make the difference in facilitating more successful engagement with clients and their families at an earlier stage.

- Pamphlets are available for purchase at www.tautuashi.co.nz



A Nutrition Guide for Health Professionals

Developed by Auckland DHB Dietitians, this is an excellent resource for all clinicians and will be particularly useful for nurses wishing to provide nutrition information and education to patients with hypertension, hypercholesterolaemia, diabetes, heart disease or gout.

A limited number of hard copies are available for nurses and GPs within the Auckland DHB region. Contact Christine Cook ChrisC@adhb.govt.nz

To view or download a copy visit: www.healthnavigator.org.nz/keeping-well/smart-eating/tools-resources

Other Websites of Interest



Improving Chronic Illness Care Website

Reminder: the **Improving Chronic Care website** has a wide range of excellent resources for teams and organisations wanting to make positive changes to service delivery and design.

Website sections include:

- The Chronic Care Model
- Practice Change
- Patient-Centred Medical Home
- Regional Quality Improvement
- Evidence for Better Care
- Resource Library

www.improvingchroniccare.org



- Watch the **Planned Care Visit videos** at www.improvingchroniccare.org/index.php?p=Planned_Care_Videos&s=225

www.hiirc.org.nz



There is now a section on the HIIRC website focusing on long-term conditions. Check it out at <http://www.hiirc.org.nz/section/13825/long-term-conditions/?section=13825&tab=27> and add resources, comments and discussion.



Health Navigator NZ – website

What is your area of expertise and experience? Would you like to function as a topic editor and help us expand the range of topics, factsheets and resources on the Health Navigator NZ website? This only requires a few hours each year to help us keep pages up to date and relevant.

www.hn.org.nz &
www.healthnavigator.org.nz

We would love to hear from you so come along to the Health Navigator NZ stand and find out just how easy it is.

Workforce Development - Training & CME Opportunities



Goodfellow CME Club

Reminder about the *Goodfellow Continuing Medical Education Club*. Membership is free and there are a range of case studies and new topics continually being added with specific sections for doctors, nurses and physiotherapists.

The most recent interactive quizzes are:

- Smoking Cessation and
- Brian Injury Management. Visit the website at www.goodfellowclub.org



Flinders Workshop - Two day training

Workshops coming up in Auckland, Napier and Hastings

The evidence-based **Flinders Programme of Chronic Condition Self-Management (CCSM)** is ideal for all health professionals working with people with long-term conditions whether you're a nurse, general practitioner, physiotherapist, occupational therapist or dietitian. It is especially useful for Care Plus and other chronic care programmes. Obtain a *Certificate of Competence Chronic Condition Self-Management* as well as CME Points or CPD Certificate.

Thursday & Friday 19th & 20th May, 2011, Parnell, Auckland

- **Trainers** Charlene Pretorius and Dr Janine Bycroft
- For more information email Charlene at: charlene@healthmattersnz.com

May, June and August, 2011, Napier & Hastings

- 10 & 11th May, Napier; 23rd & 24th May, Havelock North, Hastings
- 14th & 15th June, Napier 14th & 15th June, Havelock North
- 15th & 16th August, Napier 15th & 16th August, Havelock North
- For more information contact Faye Milne, Hawkes Bay PHO, Ph. 8783270 or email: faye@hbpho.co.nz

Articles of Interest

TheLancet.com



The Lancet – Chronic Disease Series November 2010

In September 2011, the United Nations will hold its first high-level Meeting of the General Assembly on chronic non-communicable diseases. In preparation for the September meeting, the Lancet has published a Series of papers covering a range of chronic disease topics – and “presents strategies for substantial health gains, monitoring, and scaling up of interventions.”

Some of the papers that may be of interest include:

Chronic diseases: global action must match global evidence

Robert Beaglehole, Richard Horton

[Full Text](#) | [PDF](#)

Rethinking health-care systems: a focus on chronicity

Pascale Allotey, Daniel D Reidpath, et al

[Full Text](#) | [PDF](#)

Mobilising the world for chronic NCDs

Jean Claude Mbanya, S B Squire, Eduardo Cazap, Pekka Puska [Full Text](#) | [PDF](#)

Series Papers

Raising the priority of preventing chronic diseases: a political process

Robert Geneau, David Stuckler, et al

[Summary](#) | [Full Text](#) | [PDF](#)

Health, agricultural, and economic effects of adoption of healthy diet recommendations

Karen Lock, Richard D Smith, Alan D Dangour, et al

[Summary](#) | [Full Text](#) | [PDF](#)

Tackling of unhealthy diets, physical inactivity, and obesity: health effects and cost-effectiveness

Michele Cecchini, Franco Sassi, et al

[Summary](#) | [Full Text](#) | [PDF](#)

- To view the full series, visit: www.thelancet.com/series/chronic-diseases-and-development

Conferences

Australasian Long-Term Health Conditions Conference :

Waipuna Conference Centre, Auckland 7-8 April 2011

Important opportunity for anyone interested in long-term conditions and system change to join us in learning from each other and hear from some excellent national and international speakers.

2011 ISBNPA Post Conference Satellite Meeting

21-23 June 2011, Queenstown, New Zealand

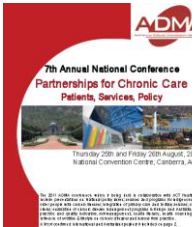
Rydgges Lakeland Resort Hotel Queenstown,

International Society for Behavioral Nutrition and Physical Activity Satellite meeting.

“The aim of the satellite meeting is to provide a forum to share information on research that considers innovative approaches to improve physical activity and nutrition promotion and measurement.”

For detailed information, please visit: www.beyond2011.org.nz





7th Annual National Disease Management Conference 2011

"Partnerships for Chronic Care - Patients, Services, Policy"

Venue: National Convention Centre, Canberra, Australia

When: 25th & 26th August 2011

Pre-Conference Workshops: Wednesday 24th August 2011

- Visit website for more information at: <http://www.adma.org.au/>



Flinders
UNIVERSITY



Chronic Condition Management Conference - Adelaide

Friday 9th September 2011

Self-Management Squared in partnership with Flinders Human Behaviour & Research Unit (FHBHRU) and South Australian Self-Management Alliance (SASMA) announce that there will be a chronic condition management conference in Adelaide.

Key Note Speakers:

- Professor Kate Lorig—Stanford University, California
- Professor Malcolm Battersby—FHBHRU, Adelaide
- Dr Saravana Kumar—International Centre for Allied Health Evidence, Adelaide

For more information email: admin@selfmanagement2.com.au

Registration will open late April 2011 & information will be available at www.selfmanagement2.com.au

Suggestions & Subscription Information



Who we are: Long-term Conditions/Shared Care Clinical Network

Over the last five years, we have developed a broad network of clinicians, managers and consumers across the country who are interested in optimising the prevention and management of long-term conditions. To facilitate more active knowledge sharing and networking, Health Navigator NZ has authorised and supports a national **Long-Term Conditions/Shared Care Clinical Network**.

Key activities include:

- This Long-Term Conditions Bulletin to facilitate increased opportunity to connect, discuss, share exemplars and resources across the country and abroad.
- Regional clinical development workshops across New Zealand (subject to financial support)

Make sure you are signed up for the network and bulletin by visiting the Health Navigator NZ stand in the exhibition area.

- To read more about us visit: www.healthnavigator.org.nz/website-information/about-this-site/who-we-are



Suggestions & Regional News

We are always interested in receiving suggestions, regional news and articles for future editions of the Long-Term Conditions Bulletin. Let us know if anything interesting is happening in your area, organisation or network. If you come across a great website, resource or article relevant to New Zealand, we would be delighted to hear from you. Contact Janine at editor@healthnavigator.org.nz

Subscribe/unsubscribe

If you have received this bulletin via a colleague or friend and would like to be added to the distribution list (which is not shared with anyone else) then let us know.

To unsubscribe reply to: admin@healthnavigator.org.nz

Nga Kiwai o te kete

'Great strength comes from working together'