

Long-Term Conditions Bulletin NZ



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Welcome to this edition of the Long-Term Conditions Bulletin

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The Long-Term Conditions Bulletin is produced quarterly by the Long-Term Conditions Clinical Network and Health Navigator NZ to raise awareness, share knowledge, facilitate collaboration and raise collective performance to improve chronic care and long-term condition management. While primarily focused on New Zealand, it may also be of interest to others further afield.

Areas of interest include shared care, self-management support, quality improvement, e-health, reducing health disparities, workforce development, health literacy, evidence-based behaviour change and research.

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Conference Proceedings & Presentations



Thank you to everyone who joined us for the Australasian Long-Term Conditions Conference in April. The feedback has been very positive and specific follow-up underway includes developing a Long-Term Conditions Model for NZ and an increased focus on health literacy.

The conference proceedings and most of the presentations can be viewed online at:

- www.healthnavigator.org.nz/conference

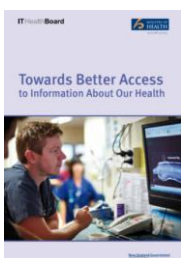
Reports

Better Access to Information about Health

The IT Health Board has recently published a new e-booklet which contains case studies from across the country highlighting how information technology is making a difference to the sharing of patient information and improving patient care.

Examples include GP2GP, e-referrals, electronic prescribing in hospital, Testsafe, and more. They also held a showcase event - Enabling Integrated Health Care in Wellington and some interesting presentations were given.

- **Booklet:** www.ithealthboard.health.nz/sites/all/files/FINAL%20eBooklet.pdf
- **Presentations:** <http://www.ithealthboard.health.nz/content/enabling-integrated-health-care-event>





Targeting Diabetes & Cardiovascular Disease

"In July 2009 the Government demonstrated its commitment to reducing the incidence and disease impact of diabetes and cardiovascular by introducing a health target of 'Better Diabetes and Cardiovascular Services'.

The health target aims for:

- increased percent of the eligible adult population will have had their CVD risk assessed in the last five years
- increased percent of people with diabetes will attend free annual checks
- increased percent of people with diabetes will have satisfactory or better diabetes management.

A new publication released by the Ministry of Health looks at how DHBs are working to achieve this health target, and because they have a plan *"discusses the real gains which are being made thanks to the creativity, teamwork and dedication of hospital staff, especially those on the frontline, and the people who provide health services and support in the community."*

To download visit: www.moh.govt.nz/moh.nsf/indexmh/targeting-diabetes-cardiovascular-disease



Reducing Care Fragmentation – A Toolkit for Coordinating Care The Commonwealth Fund

"This toolkit has been designed for patient-centred medical homes aiming to transform how their clinics manage patient referrals and transitions, and its goal is to provide clinical practice resources to support coordinated care. The toolkit introduces four key concepts for enabling change, and offers activities, tools, and case studies to support their implementation."

To view: www.improvingchroniccare.org/index.php?p=Care_Coordination&s=326



Co-Creating Health Model

Co-Creating Health is an improvement programme developed by the Health Foundation in the UK that is helping people living with long-term conditions to take control of their health and health organisations with implementing self-management support.

This booklet provides a brief snapshot of the first phase and includes an overview of the learning they have gathered so far which is based around four key elements:

1. **Establishing the programme:** The vision of clinicians, managers and commissioners/funders must be aligned in order to deliver the programme effectively.
2. **Improving clinical practice:** Local clinical champions, who promote the value of the approach and advocate its feasibility among their peers, are essential.
3. **Helping people to improve their health:** Building the Self-Management Programme into care pathways is essential for success. People are more likely to participate in self-management programmes if they are encouraged to do so by their clinicians.
4. **Changing the system:** Service improvement experience and expertise are needed to make real progress.

For more information visit: www.health.org.uk/publications/snapshot-co-creating-health/



Innovations in Health Literacy: Workshop Summary - 2010

"Nearly nine out of 10 adults have difficulty using everyday health information to make good health decisions. The Institute of Medicine Roundtable on Health Literacy held a meeting in 2010, to explore areas for research in health literacy, the relationship between health literacy and health disparities, and ways to apply information technology to improve health literacy."

A book has been collated following this meeting and can be downloaded for free from the National Academies Press – visit https://download.nap.edu/catalog.php?record_id=13016



UN High-Level Meeting on Non-Communicable Diseases: addressing four questions

The Lancet Non-Communicable Diseases Action Group - Robert Beaglehole, Ruth Bonita, George Alleyne, Richard Horton, et al. Published online June 13, 2011 DOI:10.1016/S0140-6736(11)60879-9

The Lancet, [Volume 378, Issue 9789](#), Pages 449 - 455, 30 July 2011

Key messages

- Non-communicable diseases (NCD) threaten economic and human development; action against non-communicable diseases will support overall development goals, including the Millennium Development Goals
- The global crisis in non-communicable diseases requires a global multi-sectorial response
- Strong national and international leadership is essential; tackling non-communicable diseases should be part of both national and international health and development agendas
- Population-wide multisectoral preventive interventions are cost saving and will have a rapid effect
- Improving primary health care for prevention and treatment in people at high risk of non-communicable diseases is cost effective
- Efficient use of existing resources and innovative financing methods are needed, not a new global fund
- The success of the upcoming UN High-Level Meeting on non-communicable diseases requires the participation of the heads of states and governments and commitment to sustained action and accountability

[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(11\)60879-9/abstract](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(11)60879-9/abstract)

Recommended Resources



www.healthnavigator.org.nz/network

Long-Term Conditions Network

Building on the work of Health Navigator NZ and the Self-Management Network, this network provides a forum for clinicians, researchers, students and all those interested in health and healthcare – particularly best practice, innovation, study and research in prevention and clinical management, self-management and well-being support for individuals and families living with long-term conditions and chronic disease.

Activities of the network include:

- Regional workshops & national conferences
- Opportunity to share your experience and learnings with other regions
- Discussion and analysis of new (and not so new) theories and themes of long-term condition management
- A forum for showcasing and learning about successful implementations of best practice from around the country
- A virtual network – blogs, discussion groups, forums for specific areas, resource library and much more
- Join up via www.healthnavigator.org.nz/network



Climate change and population, sleep and obesity
In this week's podcast Babatunde Osofimehin, executive director of fundi, joins us in the studio to talk about climate change and reproduction.
Also, Barry Taylor from the University of Otago in New Zealand, delves into the link between sleep, BMI, and body fat in children.
See also:

Podcasts

Podcasts are an excellent way to keep up to date with lectures, news and your favourite groups whether at home, exercising or driving.

- For a list of health-related podcasts, visit www.healthnavigator.org.nz/centre-for-clinical-excellence/continuing-professional-development#Online Learning
- We will keep expanding this list, so send us a quick email with your favourite podcasts and video casts. Email: editor@healthnavigator.org.nz

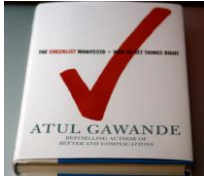


Health Literacy Month - October

October is traditionally Health Literacy Month in the USA. Workbase has decided to bring the concept to New Zealand. Over the month of October, Workbase will be publishing regular health literacy stories about “Why Health Literacy Matters” in their e-newsletter. Each story will feature a health literacy initiative in Aotearoa New Zealand.

If you'd like to know more or follow these stories, sign up to Workbase's e-newsletter, and check out the health literacy website at www.healthliteracy.org.nz

- Sign up for the Workbase health literacy e-newsletter at www.healthliteracy.org.nz/e-news
- If you have a health literacy story of your own, contact jamesrdixon@workbase.org.nz



Book Review – *The Checklist Manifesto: How to Get Things Right* ★

Atul Gawande

“One of the top ten greatest doctors in the world looks at the lowly checklist, and how this simple idea - which is free to reproduce - will revolutionise the way we approach problems, and help save lives. In this ground-breaking book, **Atul Gawande** makes a compelling argument for the checklist, which he believes to be the most promising method available in surmounting failure” and raising the performance of any team.

Website: <http://gawande.com/the-checklist-manifesto>

Video - Leadership series – An Evening with Atul Gawande - <http://youtu.be/ybdtIH0A6d4> (43 mins)

Video - New York Public Radio – interview with Atul Gawande – <http://youtu.be/QjhG17YbFGI> (8 mins)

Highly recommended

Topic Editors

New Topics available & Topic Editors needed

What is your area of expertise and experience? Or have you spotted a topic that isn't covered on the Health Navigator NZ website?

Would you be willing to be a topic editor and help us expand the range of topics, factsheets and resources so that all New Zealanders can benefit? This only requires an hour or two twice a year to help us keep pages up to date and relevant. Email for an outline of the role at editor@healthnavigator.org.nz

New topics:

- Bowel cancer - www.healthnavigator.org.nz/health-topics/bowel-cancer
- Coeliac disease - www.healthnavigator.org.nz/health-topics/coeliac-disease

Workforce Development - Training & CME Opportunities



Unified Health Communication (UHC)

Free, online, go-at-your-own-pace training that has helped more than 4,000 health care professionals and students improve patient-provider communication through addressing health literacy, cultural competency, and limited English proficiency. (USA based, however still useful.)

To find out more visit: www.hrsa.gov/publichealth/healthliteracy/index.html

Articles of Interest



BMJ Quality & Safety

BMJ Quality & Safety (previously Quality & Safety in Health Care) is an international peer review publication providing news, opinion, debate and research for academics, clinicians and healthcare managers. It is collated by some of the world's best thinkers and architects of the science of quality improvement in health care. The work of this colloquium is now the focus of some 22 essays published in a special, OPEN ACCESS supplement entitled “knowledge for improvement”.

The articles cover six major areas:

- Structure of improvement knowledge
- Social determinants of action
- Challenges of professional education
- Discovering and defining sources of evidence
- Importance of cross-disciplinary work
- Rethinking methods of inference

To view articles visit: <http://qualitysafety.bmj.com/>

Can pain be managed through the Internet? A systematic review of randomized controlled trials. Bender JL, Radhakrishnan A, Diorio C, et al. *Pain*. 2011 Aug;152(8):1740-50. Epub 2011 May 11. (Review) PMID: 21565446

Systematic review of Medline, CINAHL, PsycINFO, and the Cochrane Library from 1990 to 2010 describing randomized controlled trials that assessed the effects of Internet-based interventions on patients with pain of any kind. Of 6724 citations, 17 articles were included. The studies evaluated the effects of interventions that provided cognitive and behavioral therapy, moderated peer support programs, or clinical visit preparation or follow-up support on 2503 people in pain. Six studies (35.3%) received scores associated with high quality.

- Most cognitive and behavioral therapy studies showed an improvement in pain (n=7, 77.8%), activity limitation (n=4, 57.1%) and costs associated with treatment (n=3, 100%), whereas
- effects on depression (n=2, 28.6%) and anxiety (n=2, 50%) were less consistent.
- Limited (n=2 from same research group) but promising evidence that Internet-based peer support programs can lead to improvements in pain intensity, activity limitation, health distress and self-efficacy;
- limited (n=4 from same research group) but promising evidence that social networking programs can reduce pain in children and adolescents; and
- insufficient evidence on Internet-based clinical support interventions.

Conclusion: *“Internet-based interventions seem promising for people in pain, but it is still unknown what types of patients benefit most. More well-designed studies with diverse patient groups, active control conditions, and a better description of withdrawals are needed to strengthen the evidence concerning the impact of Internet-based interventions on people in pain. This systematic review of Internet-based treatments for pain indicates that the evidence for such treatment is promising.”*

- [View abstract at www.painjournalonline.com/article/S0304-3959\(11\)00118-7/abstract](http://www.painjournalonline.com/article/S0304-3959(11)00118-7/abstract)

What's on



Health Promotion Calendar

Some organisations are linking their waiting room displays to the Health Promotion Calendar.

October 2011

- 1-30 Save Our Sight Month & Breast Cancer Awareness Month
- 1 International Day of the Older Person
- 1-8 The Brain Injury Appeal Week
- 1-8 Head Injury Appeal Week
- 8 Pink Ribbon Day - Breast Cancer
- 10-16 World Mental Health Day (10th) & Mental Health Awareness Week
- 15-23 Bandanna Week 'Canteen'
- 20 World Osteoporosis Day

For links and more information visit Auckland Regional Public Health Services at www.arphs.govt.nz



HINZ Conference and Exhibition 23 - 25 Nov 2011

The latest version of the full programme, along with a registration form, is available [here](#). Guest speakers include: Dr David Blumenthal, Professor Enrico Coiera, Professor Sabine Koch, Susan Newbold, Andrew Howard, and Baldhur Johnsen.

Learn how health and informatics professionals are Working Together ... Working Smarter.

- Workshops, presentations and panels - www.hinz.org.nz/page/conference
- Programme: www.hinz.org.nz/uploads/file/2011conference/Programme_6Aug2011.PDF
- Social events: [Welcome Function and Thanksgiving Dinner](#).

Presentations to View Online



Australasian Long-Term Health Conditions Conference Auckland 7-8 April 2011

The conference brought together clinicians, managers and consumers with a real interest for progressing chronic care across New Zealand and Australia.

Presentations available online include:

- Presentation from Dr Kevin Woods – Director General, Ministry of Health
- Opening and closing addresses by Professor Edward Wagner
- For these any many more visit: www.healthnavigator.org.nz/conference/presentations

HINZ Seminar Series



Innovation
Putting evidence to work
24 June 2011
Ko Awatea
Middlemore Hospital
Auckland

HINZ Seminar Series: Putting evidence to work Held Friday 24th June 2011, at Ko Awatea Centre, Auckland

Speakers included:

Sir Muir Gray, Director of the NHS Knowledge Service and Chief Knowledge Officer of the NHS
Prof Jonathon Gray, Director of Ko Awatea & Professor Cindy Farquar

To view videos of the sessions visit: www.hinz.org.nz/page/seminars_organisational-change/Innovation-Evidence-Presentations

Who we are & 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. Send to editor@healthnavigator.org.nz

Subscribe/unsubscribe

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

Nga Kiwai o te kete

'Great strength comes from working together'