



# Self Management Network Newsletter



May/June 2009

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## Welcome, Kia ora, Talofa

The purpose of this newsletter is to provide a forum for sharing ideas, resources and news for people in New Zealand and abroad, with an interest in improving chronic care, self management support, quality improvement, e-health initiatives, health promotion and health literacy. The Self Management Network is part of the Health Navigator Charitable Trust.



Our beta website has been live for the last 6 months

Key features include:

- **Front door (Gateway)** to quality tested health information and self help resources on long-term conditions in NZ
- Focus on improving **health literacy** with audio links, brief video clips and plain English resources
- **Multiple languages** – where possible, topics include links to resources in other languages
- Section on **what is self management?** Key resources for getting started

**New look coming  
10<sup>th</sup> July 09**

Visit [www.healthnavigator.org.nz](http://www.healthnavigator.org.nz) or [www.hn.org.nz](http://www.hn.org.nz) to check it out

## Tell us what you think!

The site will shortly be revamped to improve the visual appeal and usability, (screen view opposite). **Meanwhile tell us what you like, don't like and what other resources, features and links would be useful.**

We're always on the lookout for people who are willing to help collate resources for a particular topic and join the team. **If you have an area of expertise and would be willing to help, please contact us for an information pack.**



## Regional Master Classes in Self Management Support & Telehealth

The Ministry of Health recently hosted a series of regional master classes. The first round in early June focused on Self Management Support. The 2<sup>nd</sup> round during the last week of June looked at Telehealth from a self management perspective.

This was an excellent opportunity to hear from some international experts and for attendees to start linking together across regions and hear what each other is doing.

*Our thanks and appreciation to Dr Jane O'Hallahan, Eileen O'Leary and team for all their hard work making this happen and to the regional coordinators for all their effort at the regional level.*

A summary of the Master Classes is available on the MOH website at:

- <http://www.moh.govt.nz/moh.nsf/indexmh/longtermconditions-masterclasses>

**Below are some of the keynote presentations that may be of interest**

### Supported Self-Management

#### Dr Gill Furze

Research fellow, British Heart Foundation Care & Education Research Group, University of York.

Gill gave an interesting presentation on the experience of cardiac rehabilitation and self management programmes within the UK, plus highlighted some important learnings around misconceived and maladaptive beliefs and their effect on outcomes in people with heart disease.

[Self-management: The UK Experience \(PDF, 1 MB\)](#)

#### Dr Robert J. Reid

Associate medical director, Group Health Cooperative's Department of Preventive Care, Seattle, Washington. As a primary care physician with doctoral training in health policy and management, Robert's presentation gave a unique perspective as he outlined Group Health's experience transforming primary care to accelerate improvements in chronic illness care.

[Accelerating Improvement in Chronic Illness Care: Maximizing Success in Primary Care \(PDF, 1 MB\)](#)

### Telehealth

#### Professor Stan Newman

Professor Stan Newman is the Director for the Centre of Behavioural and Social Sciences in Medicine, London University and presented an excellent overview of the evidence for telehealth and self management support.

[Telehealth: a new frontier in chronic disease self-management \(PDF, 1 MB\)](#)

#### Mr Andrew Donald

There is growing interest in telephone support as a simple form of telehealth. Andrew Donald (Chief Operating Officer and Deputy Chief Executive for Birmingham East and North Primary Care Trust) has led the introduction of a large telephone support programme known as **Own Health** and gave an informative presentation sharing their experiences, over the last 4 years.

[Telephone based Care Management \(Birmingham OwnHealth\) \(PDF, 935 KB\)](#)

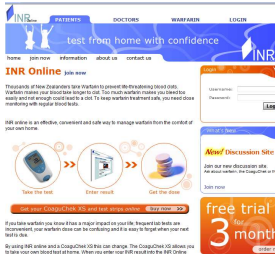


Watch out for the follow up workshops in each region:

Auckland/Northland  
Waikato/BOP  
Wellington & Central  
Christchurch/South Island

## Regional News - MidCentral Chronic Care Symposium

A recent symposium held by the Mid Central DHB on chronic care attracted over 250 nurses from far and wide. There were some excellent presentations. Here is one relating to self management that may be of interest to others.



### Warfarin self management via the internet

One exciting project that was profiled is Warfarin self management via the internet. The Department of Clinical Haematology at MidCentral Health were the winners of the Innovation category Health Awards 2008 for this great programme.

Several years previously, a review of anticoagulant treatment in Auckland revealed a number of problems with warfarin management; there was a lack of good record keeping, dose recommendations were not consistent and there was poor follow up of patients. This prompted Dr Harper and colleagues to develop software that would allow doctors to more easily manage warfarin treatment.

"INR online was initially developed for family doctors to manage their own patients on warfarin but as the system is accessible over the internet, we soon recognised that it had much wider applications. The obvious benefit was that patients could access INR online from home and by using a self-testing device, take control their own treatment."

- Research studies can be viewed at: <http://www.inronline.net/AboutUs.aspx>
- Visit the website at <http://www.inronline.net>

**Conclusion:** "Self-testing with computer decision support via a website achieved anticoagulant control at least as good as laboratory management. There was a trend towards improved control with the time the INR was in range increasing from a mean of 71% to 80.4% with a significant improvement in patients with poor control prior to the change (40.4% to 65.5%). ...Home testing with computer support is convenient for patients, allows more frequent testing and achieves improved control."



## National Depression Initiative Website

Check out the updated Ministry of Health website at [www.depression.org.nz](http://www.depression.org.nz). Chair of the NDI advisory group, Auckland University's Professor of General Practice, Dr. Bruce Arroll, says, "These days many people are finding help and support for managing their mental health problems over the internet. While this is not a substitute for people with severe depression, who need to seek professional help, it is proving to be very helpful for people in recovery, and those with milder forms of depression and anxiety."

What's at [www.depression.org.nz](http://www.depression.org.nz) ?

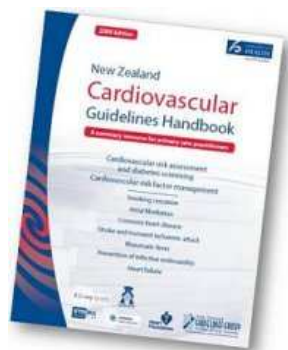
"The website has a specially designed structure and format created to be to be user-friendly for people experiencing depression. It features an introduction by John Kirwan welcoming them to the site as well as clips of the well-known NDI TV commercials. There are also video stories of everyday people's experiences with depression and getting well.

Visitors are guided through the information available with prompts and questions, providing a tailored experience relevant to their own situation.

People can also learn more about depression signs and symptoms, and get tips on self-help strategies and access a list of help services."



## Resources - Updated Cardiovascular Guideline Handbook



The 2009 update of the *New Zealand Cardiovascular Guidelines Handbook* was launched on 29 March at the Goodfellow Symposium in Auckland by Professor Norman Sharpe, Medical Director, National Heart Foundation of New Zealand.

The 2009 Handbook summarises the latest evidence and consensus on best practice for CV risk assessment and diabetes screening, and CV risk factor management in New Zealand.

Click [here](#) for more information about how to get a copy of the handbook and details of the changes.

- View Launch webcast, key changes and order copy of handbook <http://www.nzqg.org.nz/index.cfm?fuseaction=specialfocus&fusesubaction=docs&>

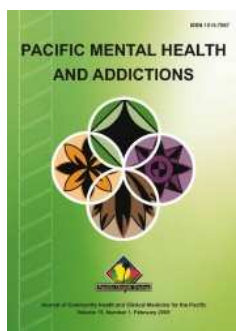
## Evidence-based report on Complementary Medicines for Arthritis – Feb 09 Arthritis Research Campaign, charitable trust in UK



“Complementary medicines are widely used by people with arthritis as they seek to avoid taking potentially harmful drugs, preferring natural products. However, natural does not mean they are either safe – or effective. Many people spend hundreds of pounds on these products and they need to know that there is a strong chance of benefit.”

There is an excellent report reviewing medicines taken by mouth or applied to the skin, rather than therapies such as acupuncture and chiropractic. It scores medicines according to their effectiveness with 1 indicating that the available evidence suggests that the compound is not effective and 5 indicating that the compound is effective. It also grades the medicines according to safety, providing traffic light classifications for each.

- Webpage with summary points: <http://www.arc.org.uk/news/pressreleases/awareness/CAM.asp>
- Full report pdf: <http://www.arc.org.uk/arthinfo/documents/6300.pdf>



## Pacific Mental Health Focus & Network

Pacific Health Dialog has recently produced an entire edition dedicated to Pacific mental health and addictions. It features 20 original, discussion, viewpoint and perspective papers from across the Pacific mental health and addictions spectrum.

Check it out at <http://www.leva.co.nz/page/49-Projects+Research+Knowledge+Waves>

Includes an interesting paper taking a **Pacific view of the Flinders Model**  
The Papao Model: A Pacific recovery and strength concept in mental health. (PDF, 128KB) by Manu Fotu, Taitoko Tafa

## Supplement from eMJA on Depression & Anxiety and physical illness/comorbidity

An interesting supplement to the electronic Medical Journal of Australia was recently published. Abstracts can be viewed at the following links. Subscription needed to view full article:

[HTML](#) [Depression and physical illness: more complex than simple comorbidity](#)

David M Clarke — *Med J Aust* 2009; 190 (7): S52-S53.

[HTML](#) [Depression, anxiety and their relationship with chronic diseases: a review of the epidemiology, risk and treatment evidence](#)

David M Clarke and Kay C Currie — *Med J Aust* 2009; 190 (7): S54-S60.

[HTML](#) [Depressive symptoms in patients with chronic pain](#)

Michael K Nicholas, Carissa M Coulston, Ali Asghari and Gin Singh Malhi — *Med J Aust* 2009; 190 (7): S66-S70.

[HTML](#) [Medical morbidity and severity of depression in a large primary care sample of older Australians: the DEPS-GP project](#)

Jon J Pfaff, Brian M Draper, Jane E Pirkis, et al including, Ngaire M Kerse — *Med J Aust* 2009; 190 (7): S75-S80.

[HTML](#) [Depression in advanced physical illness: diagnostic and treatment issues](#)

Brian J Kelly and Jane Turner — *Med J Aust* 2009; 190 (7): S90-S93.

[HTML](#) [Anxiety and depression among long-term survivors of cancer in Australia: results of a population-based survey](#)

Allison W Boyes, Afaf Girgis, Alison C Zucca and Christophe Lecathelinais — *Med J Aust* 2009; 190 (7): S94-S98.



## Real Stories - Life is for Living

By: Norma Keesing in – ‘The Juice’, Arthritis New Zealand member’s magazine – Issue 28, March 2009. (Reprinted with permission)

*Life is for living. You only get one go at it so don't waste a minute of it! We all start with our whole lives ahead of us when suddenly, it seems, we have grey hair, wrinkles, aches and pains and all that boring stuff. But hopefully we have gained some wisdom, experienced life and made the most of it.*

*There are many benefits from attending the LIVING A HEALTHY LIFE (LHL) COURSE. Meeting others with similar health issues, finding out how they manage their lives, learning new ways of doing things to make life easier and just generally supporting each other.*

*In the LHL course we learnt we should all make the most of our talents and abilities, however good or not we think they may be. We can't all be at the top of the pile. We never know what WE CAN ACHIEVE UNTIL WE TRY, SO DO WHATEVER IT IS YOU DREAM ABOUT DOING TODAY – TOMORROW MAY BE TOO LATE.*

*As we go through life we gather all sorts of mental baggage. We were told as young people – particularly us girls – to behave or act this way or that way. As we get older we should question the mould we may have been poured into. It may not be ‘us’ in that mould.*

*Comparing our backgrounds with others, who took part in the six-week LHL course, allowed us to get rid of that extra baggage we had been carrying around for probably most of our lives.*

*We were free to get out and live life, to be ourselves...*

**Evaluations from Arthritis New Zealand course participants show the following:**

- 99% either agreed or strongly agreed that the course was worthwhile
- 93% either agreed or strongly agreed that after the course they felt more confident about their ability to cope with their condition
- 92% stated they intend to make health care changes as a result of attending the course
- 91% stated they would continue to use goal setting as a self-management strategy
- 93% stated they would continue to exercise
- 90% stated they would continue to use relaxation techniques
- 92% stated they would continue to eat more healthy food.

All of the research can be summed up in the comment from one participant:

**'THE COURSE HAS GIVEN ME MY LIFE BACK'.**



## Stanford Model

**The Stanford Model of group self management education courses** (held over 6 weeks) are now available in a number of regions around NZ. Check with your local Arthritis NZ office, DHB or PHO. There are a range of names for the same programme such as Living a Healthier Life, My Health, OUR LIFE and so forth.

Courses in Auckland are available through the following organisations:

- **Central Auckland** – Jane Messer, R.N and Arthritis Educator Phone 09 523 8906
  - Course starting in Orakei – early August Contact: [Jane.messer@arthritis.org.nz](mailto:Jane.messer@arthritis.org.nz)
- **ProCare Network Auckland** contact Heather Menzies, email [heatherm@procare.co.nz](mailto:heatherm@procare.co.nz)
- **ProCare Network Manukau** - Gayle Sinclair [gayle@procare.co.nz](mailto:gayle@procare.co.nz)
- **South Auckland** – multiple locations through local PHOs and Arthritis NZ. Contact the DHB, your local GP surgery or PHO to find a course near you. We'll work on getting a full list of contact details over time.

**Courses elsewhere?** – let us know and we'll start collating a list of regions and contact details for a page on the Health Navigator NZ website.

## Suggestions & regional news

We are always interested in receiving suggestions, regional news and articles for future newsletters. Let us know if anything interesting is happening in your area or organisation. Likewise, let us know if you come across a great website, resource or article.

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