



# Self Management Network Newsletter

July/August 2009



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Spring is in the air  
at last!



## 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.

### Launch - Friday 11<sup>th</sup> September, 2009

**RNZCGP CONFERENCE - 12.10 - 12.30PM**  
**DUXTON HOTEL, WELLINGTON**

Come and join us for the launch of Health Navigator NZ to be officiated by Dr Jonathan Fox (pending final confirmation)

We would love to have you celebrate this with us and a brief demonstration will be provided as part of a paper presentation at the GP conference.

Reminder of some of the key features of the online portal:

- **Front door (Gateway)** to quality tested health information and self help resources on long-term conditions for NZers
- Focus on improving **health literacy** with audio links, brief video clips, plain English resources and multiple languages
- Resources for **self management**
- **Centre for Clinical Excellence** – for QI, IT, CME links etc

Visit [www.healthnavigator.org.nz](http://www.healthnavigator.org.nz) or [www.hn.org.nz](http://www.hn.org.nz)

Tell us what you like, don't like and what other resources, features and links would be useful.

**This is a community initiated project to connect all the key resources, people and programmes relating to long-term condition management or prevention in NZ.**

### Topic Editors needed – this could be you!

Are you knowledgeable about a particular area? We would love to hear from you and are currently taking applications for Topic Editors. Contribute to a good cause, help us identify the best resources and help our colleagues and patients/clients find the right resource at the right time. Contact [website@healthnavigator.org.nz](mailto:website@healthnavigator.org.nz) for more information

## Ministerial Review Group Report – Meeting the Challenge

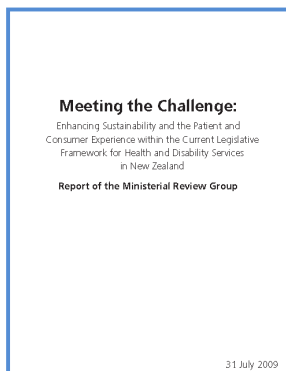
16 August 2009

The Minister of Health, Hon Tony Ryall has released the Ministerial Review Group report for public consultation. This group was set up earlier this year to recommend how New Zealand might improve the quality and performance of the public health system.

'Meeting the Challenge' is a comprehensive report, with 170 recommendations on how to reduce bureaucracy, improve frontline health services, and improve value in the public health and disability sector," Mr Ryall says.

The report consists of a number of different sections viewable and downloadable from the Minister's webpage:

- <http://www.beehive.govt.nz/release/ministerial+review+group+report+released>



### Fish Oils for Primary and Secondary Prevention of Heart Disease Omega-3 Polyunsaturated Fatty Acids and Cardiovascular Diseases

Carl J. Lavie, Richard V. Milani, et al. *Am Coll Cardiol*, 2009; 54:585-594,

Omega-3 polyunsaturated fatty acid (ω-3 PUFA) therapy continues to show great promise in primary and, particularly in secondary prevention of cardiovascular (CV) diseases. The most compelling evidence for CV benefits of 3 PUFA comes from 4 controlled trials of nearly 40,000 participants randomized to receive eicosapentaenoic acid (EPA) with or without docosahexaenoic acid (DHA) in studies of patients in primary prevention, after myocardial infarction, and most recently, with heart failure (HF).

There are multiple commentaries discussing this paper:

- Abstract and full paper at: <http://www.theheart.org/article/989749.do>
- Medscape CME and Summary  
<http://cme.medscape.com/viewarticle/707125?src=cmenews&uac=25192FJ>

## Evaluation of the Primary Mental Health Initiatives – Summary Report

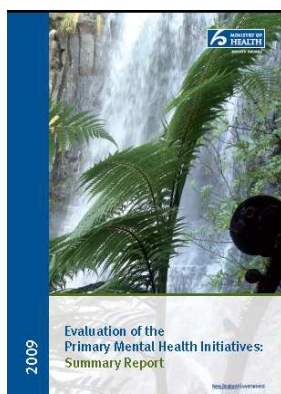
This report “describes the evaluation of the first 26 of the Ministry of Health's funded Primary Mental Health initiatives which was conducted between June 2005 and November 2007. New funding allocated through the Primary Health Care Strategy funding recognised the need for development of primary mental health services in New Zealand.”

The evaluation findings confirm the initiatives have been very successful. They have facilitated effective interdisciplinary team work, created new roles and at least 80 percent of patients receiving the funded services showed positive improvement.

**Citation:** Dowell AC, Garrett S, Collings S, McBain L, McKinlay E, Stanley J. 2009. Evaluation of the Primary Mental Health Initiatives: Summary report 2008. Wellington: University of Otago and Ministry of Health.

To view the report visit: [http://www.moh.govt.nz/moh.nsf/pagesmh/9281/\\$File/evaluation-primary-mental-health-Initiatives-summary-report-jul09.pdf](http://www.moh.govt.nz/moh.nsf/pagesmh/9281/$File/evaluation-primary-mental-health-Initiatives-summary-report-jul09.pdf)

The evidence keeps increasing for the benefits of consuming fatty fish.  
Are you eating fatty fish at least twice a week?





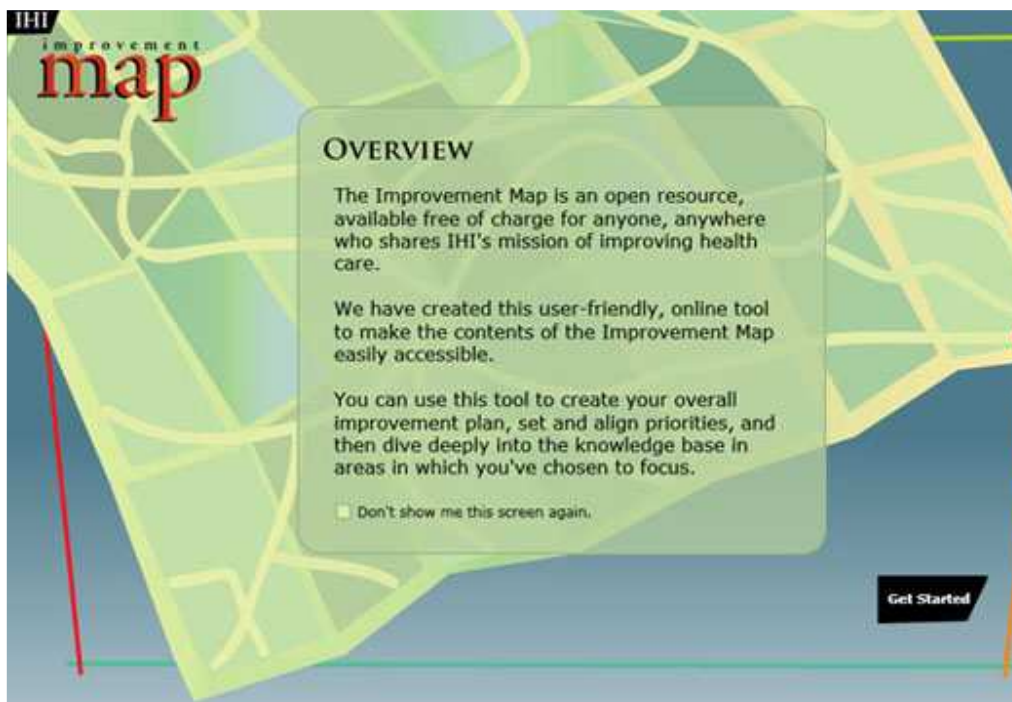
## IHI Improvement Map to be launched Sept 09

The Institute for Healthcare (IHI) Improvement Map brings together the best knowledge available on the key process improvements that will lead to exceptional hospital care. This online tool will offer clear guidance through an often confusing health care landscape, helping hospitals set change agendas, establish priorities, organize work, and optimize resources.

IHI released a prototype version of the Improvement Map on June 15, 2009. The prototype has some, but not all, of the content and features planned for the version publicly launching in September 2009.

Visit the IHI website:

- <http://www.ihl.org/IHI/Programs/ImprovementMap/ImprovementMapPreview.htm>
- For pdf version visit [http://www.nzgg.org.nz/guidelines/dsp\\_guideline\\_popup.cfm?guidelineID=154](http://www.nzgg.org.nz/guidelines/dsp_guideline_popup.cfm?guidelineID=154)



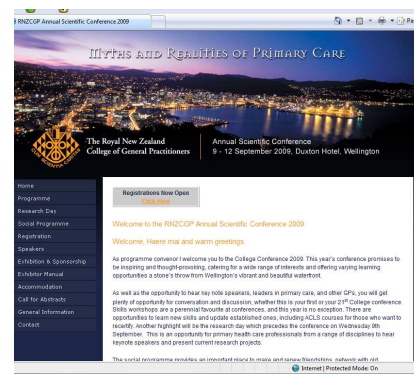
## Conferences

### Annual RNZCGP Scientific Conference

#### Myths & Realities of Primary Care

9-12<sup>th</sup> September, 2009, Wellington

Number of excellent speakers, papers and topics will be covered. A range of pre-conference workshops are also being held including a Research Day – Wed 9<sup>th</sup> September.



For more information visit the following links

- [Conference website](http://www.conference.co.nz/index.cfm/RNZCGP09) or <http://www.conference.co.nz/index.cfm/RNZCGP09>
- [programme information](http://www.conference.co.nz/index.cfm/RNZCGP09/Programme): <http://www.conference.co.nz/index.cfm/RNZCGP09/Programme>
- Speakers: <http://www.conference.co.nz/index.cfm/RNZCGP09/Speakers>

### HINZ Conference

#### Person centred healthcare – e-health as an enabler

Rotorua, 30 Sept to 2<sup>nd</sup> October, 2009

Very relevant conference theme. Good range of speakers and papers.

For more information visit:

- <http://www.hinz.org.nz/page/conference/conference-2009>



### Papers from International Conferences <http://www.hinz.org.nz/page/conference-reports>

#### Reports from HIC2009 - Frontiers of Health Informatics

Jim Warren attended the **HIC2009 Conference** - Frontiers of Health Informatics, held from August 19th - 21st in Canberra, Australia. [Read More](#)

#### Reports from NI2009 - 10th International Congress on Nursing Informatics

Three reports on the **10th International Congress on Nursing Informatics**, held June 26th - July 1st in Helsinki, Finland, from Lucy Westbrooke, Michelle Honey, and Denise Irvine.

### 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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