

Long Term Conditions Bulletin *New Zealand*

He Ara Oranga - A Journey to Wellbeing - Evidence - Knowledge Sharing - Learning - Self Management

Published by Health Navigator NZ

ISSN: 1179-6693

Volume 1: No. 1 Feb/March 2010

Welcome to the **Long-Term Conditions Bulletin**

(Formerly known as the **Self Management Network Newsletter**)



Contents:

- **Editorial** – Expanding Horizons
- **Report** - Alleviating the Burden of Chronic Conditions NZ Study (ABCC NZ Study)
- **Clinical Guidelines** – Weight Management for NZ Adults – Dec 2009
- **Websites** - Te Mahere Whakatika Oranga & Health Navigator NZ
- **Resources** – Heart Failure booklet and WOF Info Sheets
- **Workforce Development** – **Flinders Workshop** & Online CVD Quiz
- Study of Online Support for Epilepsy
- **Articles** of Interest
- **RE-AIM** – Resources to support translation of research into clinical practice
- **Conference presentations**
- **Suggestions & subscription information**

The **intended audiences** for the Long-Term Conditions Bulletin are: senior leadership, managers, funders, consumers, health-related networks, researchers, medical, nursing and allied health providers throughout primary, secondary and tertiary services. While primarily focused on the New Zealand health system, it may also be of interest to others further afield.

The **purpose** is to raise awareness, knowledge, collaboration, sharing and learning with regard to improving long-term condition management. Areas of focus include quality improvement, self management support, e-health, health disparities, workforce development, research and health literacy.

You are welcome to forward this bulletin to colleagues that may be interested.

Editorial – Expanding Horizons



Welcome to this inaugural edition of the Long-Term Conditions Bulletin. Formerly known as the Self Management Network (SMN) Newsletter, this bulletin is part of the Health Navigator NZ project – a community based initiative to encourage collaboration, sharing, networking and linking of resources and people interested in the areas of chronic care, quality improvement, e-health and self management support/health literacy.

We've changed the name from the SMN Newsletter to the Long-term Conditions Bulletin since much of what is covered in this bulletin is broader than just the area of self management support. There is also growing awareness of the need to focus more specifically on Long-Term Conditions for both strategic planning and improvements in service delivery if we are to improve quality, safety, efficiency, effectiveness and more

adequately meet the needs of our communities and population.

A recently released report - **Alleviating the Burden of Chronic Conditions in NZ Study** and the accompanying workbook have identified poor performance by most DHBs in the increasingly expensive domain of Long-Term Conditions. While some DHBs have made significant improvements since the initial survey was done in 2007, many have made major cuts to long-term condition strategies or teams in an attempt to address more pressing deficits.

Long-term conditions already account for 70-78% of all healthcare spending and with continually rising rates of conditions such as diabetes, depression, arthritis and other lifestyle related diseases (including many cancers) the viability of our public health system is increasingly threatened. I would hope the new National Health Board hears the message from repeated reports such as the ABCC NZ study and will provide national leadership and direction to our DHBs, PHOs and Better, Sooner, More Convenient coalition groups. A coordinated, comprehensive and efficient intersectoral approach to long-term condition management is needed before it is too late.

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

LTC Bulletin
*a beacon for
increased focus
on long-term
conditions
within the
shifting sands of
our current
health system*

Alleviating the Burden of Chronic Conditions in NZ (ABCC NZ Study & Workbook)

ABCC NZ Study Literature Reviews, Reports & Workbook

The DHBNZ commissioned these reports in 2007 on behalf of all the DHBs within NZ. A range of useful resources have been produced and will be of interest and value to DHBs, PHOs, and health providers in general.

The Workbook is a particularly useful summary highlighting **10 key dimensions or areas for improving chronic care.**

“Ten dimensions critical to effective chronic conditions management emerged through interactions with people across the country. A brief summary of each along with practical ideas follows. The critical dimensions are:

1. Conceptual understanding
2. Effective leadership
3. Implementation of clinical guidelines
4. Collaboration
5. Sustainable community links
6. Self-management support for patients and as relevant to their families/whanau/support people
7. Reducing health inequalities
8. Delivery system design
9. Decision support
10. Knowledge transfer”

The reports and workbook are available at:

http://dhbrf.hrc.govt.nz/index.php/current_projects#ABCC_NZ_Study

- [Workbook](#) (pdf 2.1MB)
- [Executive Summary](#) (pdf 568 KB)
- [Generic Stocktake report](#) (pdf 1.5MB)
- [Disease Specific Stocktake Report](#) (pdf 1.1MB)



What is your District Health Board doing around Long-Term Conditions?

Clinical Guidelines - Recent Releases

Weight Management for NZ Adults – Dec 09

Over the last 20 years, the prevalence of obesity has more than doubled in New Zealand adults and is more common in Māori, Pacific and South Asian populations compared with other New Zealanders.

The Ministry of Health commissioned development of these guidelines to provide evidence-based guidance for individual and group weight management, particularly for use in primary care and community-based initiatives.



For more information visit:

- Ministry of Health webpage <http://www.moh.govt.nz/moh.nsf/0/76DA1DE05E57F30BCC25768E006EEC9E?Open>
- Word document [http://www.moh.govt.nz/moh.nsf/pagesmh/9838/\\$File/weight-management-adults-guidelines.doc](http://www.moh.govt.nz/moh.nsf/pagesmh/9838/$File/weight-management-adults-guidelines.doc)
- pdf document [http://www.moh.govt.nz/moh.nsf/pagesmh/9838/\\$File/weight-management-adults-guidelines.pdf](http://www.moh.govt.nz/moh.nsf/pagesmh/9838/$File/weight-management-adults-guidelines.pdf)

Websites of Interest

Te Mahere Whakatika Oranga – Maori translation & Website for WRAPs

“**Wellness Recovery Action Planning** is a structured system that encourages people to carefully observe themselves and use their personal wisdom to create a plan that will assist them to get well and stay well. It is a system that is based on the experience of others who have got well and got on with their lives despite having mental health difficulties/ psychiatric symptoms. It is a system that is based on values of hope, self-determination, personal empowerment, and responsibility and focuses on the importance of education, personal strengths rather than deficits and natural support systems.”

Balance NZ and Whanganui DHB have facilitated development of this new website to provide a Maori translation and version of a WRAP for people to use for themselves, whanau or with clients.



www.tereowrap.info/

These WRAPs provide an excellent **care plan approach** for people with mental illness and were developed from years of research by Mary Ellen Copeland and team after studying how people help themselves, get well, and stay well. She is also the author of the best-selling Depression Workbook, another useful tool and self-help approach for people with mild to moderate depression.

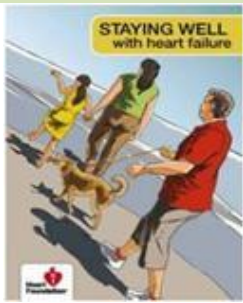
Health Navigator NZ

A number of new sections and topics have been added over recent months. Some that may be of interest include:

- **Epilepsy** - <http://www.healthnavigator.org.nz/health-topics/epilepsy>
- **Clinical Networks & Discussion Forums** www.healthnavigator.org.nz/centre-for-clinical-excellence/clinical-networks
- Finding Health Information within NZ - **Health Directories** www.healthnavigator.org.nz/health-directories



Resources for Consumers



New Heart Failure Booklet – “Living Well with Heart Failure”

This is an excellent booklet recently produced by the Heart Foundation for clinicians to use with patients, families and groups. It is full of information and practical worksheets to stimulate active participation and understanding. Sections include a heart failure action plan, goal setting page, recordings page to name just a few.

- To view online visit: <http://www.nhf.org.nz/index.asp?pageID=2145878927>
- To order print copies visit: <http://www.nhf.org.nz/index.asp?PageID=2145852487>



New Information Sheet – Why Should I have a Heart WOF?

The use of comics to connect with men is proving increasingly popular and this WOF flyer is just one of the new resources recently developed by the Heart Foundation. You may find this useful when discussing the importance of a CVD risk assessment in a range of settings.

- View online & download from <http://www.nhf.org.nz/files/Heart%20WOF.pdf>
- [What do you think a heart attack is?](http://www.nhf.org.nz/files/What%20do%20you%20think%20a%20Heart%20attack%20is%20one%20page.pdf)

Workforce Development - Training & CME Opportunities

Flinders Workshop – 22nd – 23rd April, 2010

A Flinders Workshop will be held in Auckland on Thursday and Friday, 22-23rd April. This is a useful approach for health providers and organisations interested in providing structured long-term condition management and is ideal for primary care teams providing Care Plus or comprehensive primary healthcare.



For more information visit:

- **What is the Flinders Programme?** <http://www.healthnavigator.org.nz/centre-for-clinical-excellence/continuing-professional-development/flinders-programme>
- **Evidence-base:** <http://som.flinders.edu.au/FUSA/CCTU/publications.htm#Flindersmodel>
- **Registration form:** www.healthnavigator.org.nz/centre-for-clinical-excellence/continuing-professional-development/flinders-programme

Online CME - CVD Guidelines Update Quiz –for Doctors and Nurses

Pharmac have sponsored a new Goodfellow Club quiz on Cardiovascular Disease Risk Assessment and Management based on the 2009 update of the CVD Handbook Guidelines. This is an excellent quiz, well worth doing and provides a useful opportunity to check out if you've remembered the key changes since the 2005 Handbook was released.

- It's free to register at www.goodfellowclub.org for NZ GPs and nurses
- New Zealand Guidelines Handbook 2009 www.nzgg.org.nz/guidelines/0154/CVD_handbook_june_2009_update.pdf
- [Webcasting by Professor Norm Sharpe on Updating the Guidelines](#)



Earn CME Points
Online

Study of Online Support for Epilepsy – currently recruiting

WebEase (Epilepsy Awareness, Support and Education) Research Study

The Rollins School of Public Health at Emory University in the USA is currently recruiting participants for a research study to test WebEase, an on-line programme for people with epilepsy. WebEase is an internet self-management programme that is designed to encourage people to adopt behaviours that can help them take their medications consistently, reduce stress, and improve sleep. The study is funded by the Centers for Disease Control & Prevention.



For more information about this study, please visit

<http://www.sph.emory.edu/ManagingEpilepsyWell/research/webease.php>

Open to NZ residents

Associated Website: **Managing Epilepsy Well Network**

<http://www.sph.emory.edu/ManagingEpilepsyWell/index.php>

Articles of Interest

Partnership with patients to improve patient safety

Stephanie M Newell, Dorothy A Jones and Martin J Hatlie
MJA 2010; 192 (2): 63-64

“We cannot stay silent any longer, waiting and watching as more people are harmed in health care.”

“Error in health care remains a significant problem in Australia, despite more than a decade of efforts to remedy it. Since the landmark 1994 Quality in Australian Health Care Study (QAHCS), Australian governments, both state and federal, have introduced various clinical governance, health policy and structural reforms to improve the quality of patient care and reduce preventable harm to patients. However, adverse events have not been measurably reduced. Many acknowledge that barriers to change are embedded in the culture and norms of health care. So, 15 years after the QAHCS and 5 years after a follow-up editorial in the Journal by Wilson and Van Der Weyden noting that health care was no safer and calling for a more imaginative strategy to improve patient safety, it is necessary to consider new approaches — not just more of the same. One such approach is to enable patients, carers and families who have experienced poor-quality care and preventable health care harm to develop solutions in partnership with clinicians, health providers and policymakers.”



http://www.mja.com.au/public/issues/192_02_180110/new11006_fm.html

(Log on to view full article)

Reach and Effectiveness of DVD and In-person Diabetes Self-management Education

Kraschnewski JL, Keyserling TC, Bangdiwala SI, Gizlice Z, Garcia BA, Johnston LF, Gustafson A, Petrovic L, Glasgow RE, Samuel-Hodge CD. 2010; Preventing Chronic Disease 7(1):1-8.

OBJECTIVES

To evaluate the reach and effectiveness of a diabetes self-management DVD compared to classroom-based instruction.

METHODS

A hybrid preference/randomized design was used with participants assigned to Choice v. Randomized and DVD v. Class conditions. One hundred and eighty-nine adults with type 2 diabetes participated. Key outcomes included self-management behaviours, process measures including DVD implementation and hypothesized mediators and clinical risk factors.

RESULTS

In the Choice condition, four times as many participants chose the mailed DVD as selected Class-based instruction (38.8 v. 9.4%, $p < 0.001$). At the 6-month follow-up, the DVD produced results generally not significantly different than classroom-based instruction, but a combined Class plus DVD condition did not improve outcomes beyond those produced by the classes alone.

DISCUSSION

The DVD appears to have merit as an efficient and appealing alternative to brief classroom



Does anyone know of an educational DVD produced in NZ?

RE-AIM – Resources to support translation of research into clinical practice



Revised and updated RE-AIM Website

The RE-AIM website has recently been updated with now over 100 publications relating to the RE-AIM approach for assessing and guiding adoption of evidence-based health programmes.

There are five RE-AIM elements that refer to key steps to translate research into action and here are examples of some of the planning questions one can use:

1. **Reach** – How do I REACH the targeted population with the intervention?
2. **Efficacy** – How do I know my intervention is EFFECTIVE?
3. **Adoption** – How do I develop organizational support to deliver my intervention?
4. **Implementation** – How do I ensure the intervention is delivered properly?
5. **Maintenance** - How do I incorporate the intervention so that it is delivered over the long term?

www.re-aim.org

Some of the pages that may be of interest include:

- **Applying the RE-AIM Framework:** www.re-aim.org/whatisREAIM/apply.html
- **Self-rating quiz** for your programme: www.re-aim.org/whatisREAIM/database_quiz/quiz.asp?ElementNumber=1&email=
- **Tools & resources** including a planning tool: www.re-aim.org/tools/index.html
- **Publications:** www.re-aim.org/whatwedo/publications.html

Conferences & Presentations

International Forum on Quality & Safety in Healthcare – April 2010, France

“The 2010 International Forum on Quality and Safety in Healthcare is the leading global event for health care professionals responsible for quality improvement and patient safety, presented by the Institute for Healthcare Improvement (IHI) and the British Medical Journal (BMJ). Taking place in Nice, France, 20-23 April, 2010, this year’s theme, **Improving Quality, Reducing Costs**, will address increasing challenges brought about by current global financial pressures.”



Keynote speakers will include:

- **Laurent Degos**, MD, PhD, Chairman of the Board of the French National Authority for Health (Haute Autorité de Santé, HAS)
- **Sir Michael Rawlins**, Chairman, National Institute for Health and Clinical Excellence, UK
- **Hans Rosling**, Professor of International Health at Karolinska Institutet, Stockholm, Sweden. Founder of Médecins Sans Frontières (Doctors Without Borders) in Sweden

Look for feedback from NZ participants in the May edition

The major content areas are divided into six “streams”:

- Leading for cost and quality
- Safe and reliable care
- Transforming the system
- Igniting citizen and patient-led change
- Delivering clinical service improvement
- Creating capacity and capability for world class results

In terms of potential benefit to our health system, this is one of the top annual international conferences. We would love to hear from anyone that attends and is willing to provide a podcast, article or reflection for publishing on Health Navigator NZ as a forum for spreading the key learnings further afield.

To view the full programme and to register online, visit the [conference website](#).

Recent Conferences – Presentations to view or hear online

Quality Symposium

The 2010 RNZCGP Quality Symposium was held in Wellington mid February and was attended by more than 220 key primary care stakeholders. A number of issues were discussed including work led by the College on the development of a quality framework and indicators for New Zealand primary care. This work was supported by British Kings’ Fund experts Nick Goodwin and Candace Imison and Royal Australian College of GPs President Dr Chris Mitchell.



Audios of many of the key note presentations and sessions are **now available**

To view visit the College website at: <http://www.rnzcgp.org.nz/quality-symposium/>



Evidence on Trial: has it made an impact on health? - 22 March, 2010

New Zealand hosted the recent meeting of the Australasian contributors meeting for The Cochrane Collaboration. For those that are not familiar with the Cochrane Collaboration, this is an international organisation who aims to produce and promote systematic reviews

on healthcare and NZ and Australia have a number of organisations or research groups that are involved in various roles.

Further information is available from the following links:

- Visit the website: <http://www.evidenceontrial.co.nz/>
- View symposium programme: [download pdf 356 KB](#)



Goodfellow Symposium, March 26-28, 2010 (just been held)

The annual Goodfellow Symposium is being held in Auckland this weekend and provides an excellent forum for updating oneself on a wide range of primary care related topics. Organised by the Goodfellow Unit, in partnership with MercyAscot, and now in association with the Accident and Medical Practitioners Association, the symposium theme is "**Pillars of Practice - Strengthening Patient Care Through Shared Education**". A wide range of clinical topics will be offered, with key themes for Sat and Sun being palliative care and youth health. Other topics include dental and oral health, Maori health, sports medicine, glaucoma and an array of Nurse led initiatives. There will also be a stream dedicated to practical workshops and a stream dedicated to sessions with specialists in the areas of sexual health, dermatology, cardiology, endocrinology and gynaecology.

For more information visit <http://www.goodfellowsymposium.org/>

Suggestions & 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. Let us know if anything interesting is happening in your area or organisation. Likewise, if you come across a great website, resource or article we would be pleased 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. Likewise, to unsubscribe reply to: admin@healthnavigator.org.nz

Mahia te mahi, mēnā he painga mō te iwi.
Do what needs to be done if there is a benefit in it for the people.