

Self Management Network Newsletter

Volume 3: Issue 3

July 2008

Welcome



Welcome to the 3rd newsletter of the Self Management Network for 2008. You have been sent this newsletter because of your interest in self-care support, quality improvement or optimising primary and secondary care for people with long-term conditions.

In this newsletter you will find the following sections:

- Update re Health Navigator website project
- NZ Health Survey – preliminary report released
- MOH focus on long-term conditions framework
- Local News – Cardiac Rehab Clinic
- Featured Websites
- Articles of Interest
- Conferences
- Feedback & unsubscribe details

Health Navigator Website Update



Help Needed:

We still need help with any of the following:

- Reviewing and loading content – anyone willing to volunteer and help for an hour or so per month?
- Photos of groups, families, individuals - especially Maori and Pacific families.

Overview

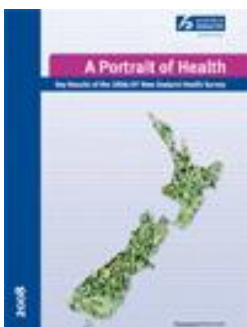
This collaborative project is being developed by a range of non-profit health organisations working together to identify the most useful resources available for New Zealanders with an emphasis on self-help/self-care resources and tools. The purpose is to develop a health information gateway/portal that will link through to reliable sources of health information, tools and resources that support and enable individuals and their families to manage their health and long term health conditions more effectively in partnership with their healthcare providers.

Audience: consumers and health providers

The website has been built; we are now focussing on loading the content.

Please continue to look out for high quality resources for both consumers and health providers and send the [link](#) or [offer of help](#) through to Janine at janine@webmail.org.nz Thank you!

NZ Health Survey – 2006/07



A Portrait of Health – Preliminary findings from the 2006/7 New Zealand Health Survey

A Portrait of Health is the first release of key descriptive findings from the 2006/07 New Zealand Health Survey. Analyses have been presented by gender, age group, ethnic group, neighbourhood deprivation and regional area where possible. Results are compared with earlier surveys for the total population and for Māori by gender.

The **2006/07 New Zealand Health Survey** was carried out from October 2006 to November 2007:

- Sample size – **over 17000 people** (4921 children aged from birth to 14 years and 12,488 adults aged 15 years and over).
- Survey measured self-reported physical and mental health states (including diagnosed health conditions), modifiable risk and protective factors for health outcomes, and the use of health care services.

The 2006/07 NZ Health Survey found that **1 out of every 3 children** (36.5%) and **2 out of every 3 adults** (65.7%) had been diagnosed by a doctor with a health condition that had lasted or was expected to last for 6 months or more.

To read more about the report, visit the page on the Ministry of Health website at <http://www.moh.govt.nz/moh.nsf/indexmh/portrait-of-health?Open>

Ministry of Health are developing a Long-Term Conditions Framework



MOH Website sections:

- [Long-Term Conditions Home](#)
- [What are Long-Term Conditions?](#)
- [Long-Term Conditions Programme](#)
- [Long-Term Conditions Framework](#)
- [News and Updates](#)
- [Events](#)
- [Contact Us](#)

Long-Term Conditions Programme

<http://www.moh.govt.nz/longtermconditions>

Long-term conditions are any on-going, long-term or recurring condition that can have a significant impact on a person's life.

"The Long-Term Conditions Programme (LTCP) is an across-Ministry, across-sector programme. It was established to enable a strategic response to the recommendations of the 2007 National Health Committee Report 'Meeting the Needs of People with Chronic Conditions.'"

There is now a separate section on the Ministry of Health website that provides information on the Long-Term Conditions Programme including the development of a Long-Term Conditions Framework, progress to date and an opportunity for feedback.

The Programme Director Dr Jane O'Hallahan is providing a monthly update:

- May 08 - <http://www.moh.govt.nz/moh.nsf/indexmh/longtermconditions-news-may08update>
- 30 June 08 - <http://www.moh.govt.nz/moh.nsf/indexmh/longtermconditions-news-june08update>

The team are keen to have input and feedback from providers and consumers. Below is a short extract:

"I am also always keen to hear from you. This programme is new and we are determined to make sure it is kept real. We will be listening to people, who live the reality of long-term conditions every day, tell their stories - the patients, carers, health professionals and administrators. We also will be providing opportunities for all stakeholders to take part in an on-going dialogue so together we can forge the best way forward for long-term conditions management in New Zealand. If the opportunities we suggest for communicating with you don't meet your needs, let us know and we will work on it."

<http://www.moh.govt.nz/moh.nsf/indexmh/longtermconditions-news-may08update>

Local News



www.cardiacrehab.org.nz



Do you know about the Auckland Cardiac Rehabilitation Clinic?

The ACRC provides tailored and monitored gym-based exercise programmes for people living with heart disease as well as for people with risk factors for this disease.

Training sessions are supervised by qualified exercise scientists with cardiac knowledge, providing you with a safe environment to exercise and training programmes tailored to your personal needs.

Aerobic training sessions are held from 6am-11am Monday, Wednesday and Friday, and resistance (weights) training sessions are held 7-10am Tuesdays.

Clinic location: University of Auckland's Tamaki Campus, 71 Merton Road, Glen Innes, Auckland.

For further information go to:

- The website: www.cardiacrehab.org.nz
- Contact the Clinic Coordinator Kristin Wilson on (09) 373 7599 ext 82540, or
- Email km.wilson@auckland.ac.nz
- Online referral form at: www2.auckland.ac.nz/acrc/referral.html

Featured Websites



CardioSmart www.cardiosmart.org

CardioSmart is a new patient education site of the American College of Cardiology. Their mission is to engage, inform, and empower patients to better prepare them for participation in their own care. It provides visitors with accurate, unbiased information and includes a number of features you may find useful such as video clips explaining common conditions, ask an expert section and information for people on managing their condition.



Parenting website

www.nzfamilies.org.nz/parenting/

“The Families Commission is well aware of the vital and valuable role that parents have. We, and our [partners on this project](#), are backing everyone who raises kids by making it easier to find information that could help when you've run out of ideas. [more...](#)”

This new site provides tips, answers and links to a wide range of parenting topics. It covers everything from health and wellbeing, to pocket money, parent types, daily challenges, bullying, life stages and sibling rivalry.

Worth a look and backed by a wide range of health and social services organisations.




Articles of Interest

The Lancet 2008; 371:
1999-2012



**Multi-centre, cluster
randomised trial -
8 European countries**

Nurse-coordinated multidisciplinary, family-based cardiovascular disease prevention programme (EUROACTION) for patients with coronary heart disease and asymptomatic individuals at high risk of cardiovascular disease: a paired, cluster-randomised controlled trial

Prof [DA Wood](#) MSc  [a](#) , [K Kotseva](#) MD [a](#), [S Connolly](#) MD et al on behalf of EUROACTION Study Group 

Background Our aim was to investigate whether a nurse-coordinated multidisciplinary, family-based preventive cardiology programme could improve standards of preventive care in routine clinical practice.

Methods: In a **matched, cluster-randomised, controlled trial in eight European countries**, six pairs of hospitals and six pairs of general practices were assigned to an intervention programme (INT) or usual care (UC) for patients with coronary heart disease or those at high risk of developing cardiovascular disease. The **primary endpoints**—measured at 1 year—were family-based lifestyle change; management of blood pressure, lipids, and blood glucose to target concentrations; and prescription of cardioprotective drugs. Analysis was by intention to treat. The trial is registered as ISRCTN 71715857.

Findings: **1589 and 1499 patients with coronary heart disease** in hospitals and **1189 and 1128 at high risk** were assigned to INT and UC, respectively. Key findings included:

- Reduced consumption of saturated fat, increased consumption of fruit and vegetables and oily fish at 1 year
- Improvements in reaching blood pressure target of less than 140/90 mmHg compared to usual care (UC)
- In the hospital group, prescriptions for statins were higher in the INT group
- In general practices, ACE inhibitors and statins were prescribed more frequently in the intervention groups.

Abstract at:

www.thelancet.com/journals/lancet/article/PIIS0140673608608685/abstract

Conferences – Local and International

Fourth Mental Health Promotion Hui Aotearoa
Orongomai Marae, Upper Hutt 7- 8 August 2008

THEME:



Are you passionate about improving the mental health of individuals, whanau, families and communities? Are you are interested in developing or refining your mental health promotion strategies? If so you may wish to attend this hui in Upper Hutt.

The conference theme is **Te Pae Mahutonga (Southern Cross Star Constellation)** which brings together elements of modern health promotion.

The Hui aims to support and strengthen mental health promotion and to identify and develop linkages across sectors through evidence, information sharing and networking.

More information and the registration form can be downloaded from the Mental Health Foundation website or www.mentalhealth.org.nz/page.php?211

- Programme: www.mentalhealth.org.nz/resources/Hui08Programme.pdf

CMDHB Sustainability Conference



'Building Tomorrow's Health Services' – 21-22 August, 2008

Ministry of Health & Counties Manukau DHB - TelstraClear Pacific Centre, Manukau City, Auckland.

"The third and final CMDHB Sustainability Conference takes place on the 21st and 22nd of August 2008. This time the focus will be looking at future models of care for health services looking out to 2028.

This interactive 2 day 'think-tank' includes a range of challenging speakers like Prof. Martin McKee from the UK talking about global health systems in transition and Dr Scott Young, via video link from the US, discussing the use of technology in 20 years time."

The purpose is to look at the strategic future of New Zealand's health system:

- How do we reduce inequalities in health or decide which new technologies to invest in?
- How do we manage 'baby boomer' expectations for health services over the net 20 years?
- How does the workforce need to change and where do we find it?

For more information and to register go to the conference website:

- www.cmdhb.org.nz/counties/Conferences/2008/tomorrowshealthservices/



19th Australasian Conference on Safety and Quality in Health Care 18-20 Sept, 2008, Christchurch, NZ

The Australasian Association for Quality in Health Care (AAQHC) is pleased to announce that it is holding its 19th Annual Conference in New Zealand. This Conference, which continues to be the premier event for those interested in quality and safety, has grown to become amongst the largest international events of its kind."The theme of the conference is "**Bold Aims – Bold Outcomes**"

Visit the conference website at <http://www.conference.co.nz/index.cfm/aaqhc08> for programme, registration and keynote speakers.

The Obesity Action Coalition


2008 AGM and Symposium - 26 September 2008 Sorrento in the Park, One Tree Hill Domain, Auckland, NZ


Guest speakers include:

- Prof Janet Hoek – On the food industry's infiltration of society via its marketing messages and what we can do in response
- Jennifer Lamm – Active Transport and Urban Design
- Jordan Waiti – A tikanga-based motivation model for physical activity
- Bronwen King – an interactive session on label logic.

For further information visit the website at www.obesityaction.org.nz/whatsnew.html

- [Draft programme](#)

	<ul style="list-style-type: none"> • Registration form <p><i>“The Obesity Action Coalition is an advocacy organisation which aims to reduce the prevalence of obesity in New Zealand by promoting environmental changes to make it easier for people to maintain a healthy weight. Over 60 non-profit organisations have joined the Coalition to date, representing a wide range of organisations including, public health units, Māori groups, consumers, education and recreation and physical activity groups.”</i></p>
<p>www.obesityaction.org.nz</p>	

<p>Australia - Chronic Disease Self-Management Conference</p>	<p>International Congress on Chronic Disease Self-Management – 26-28th Nov, 2008</p> <p><i>“Chronic Disease Self-management: Innovation and evidence of effectiveness”</i></p> <p>Keynote speakers include internationally renowned leaders in the field such as:</p> <ul style="list-style-type: none"> • Professor Stan Newman, London University, UK • Dr Teresa Brady, Centres for Disease Control and Prevention, USA, • Professor Bob Lewin, University of York, UK. <p>Conference themes include:</p> <ul style="list-style-type: none"> • The workplace – an untapped opportunity for Chronic Disease Self-management • Innovations in Chronic Disease Self-management program content and delivery • Optimising the role and impact of primary care • The needs of indigenous people and those from culturally and linguistically diverse backgrounds • Chronic Disease Self-management for young people • Health Literacy: the foundation of self-care and self-management support • Introduction of innovation - making Chronic Disease Self-management sustainable
	
<p>2007 Conference Download presentations: The Way Forward - Chronic Disease Self-Management in Australia</p>	
<p>Conference information at: • www.cdsm2008.com</p>	

Feedback & Subscribe

	<p>Suggestions & regional news</p> <p>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 or you come across a great website, resource or article.</p> <p>Subscribe/unsubscribe</p> <p>If you have received this newsletter 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, if you would like to be removed, simply reply and add remove or unsubscribe in the subject box. Thank you.</p> <p>Contact details: janine@webmail.org.nz</p>
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