



bestpractice

Newsletter Issue 2, July 2014

From The Team

The first six months of 2014 have been an exciting and busy time at BPAC; we have already released the **Personal Health Assessment Program**, **Virtual CVD assistance**, and **SMART Path e-referrals**.

A considerable volume of new program development is being undertaken in addition to on-going enhancements to existing modules. To support this growth we have added four new members to our development team, bringing a wide range of complementary experience and skill sets. Additional appointments will follow in the coming months.

The BPAC **Patient Prompt** is being used more than 500,000 times per week, throughout the country. As a result of user feedback a range of enhancements have been made – thank you!

We would like to acknowledge the support of all who use our toolset, especially those who contribute to its development, and those who are involved in beta testing.

Feedback

Please address comments about any aspect of bestpractice to DSFeedback@bpac.org.nz. Your comments are appreciated and help us to improve our service to you.

bestpractice Decision Support is developed by BPAC Inc, which is separate from bpac^{nz}. bpac^{nz} bears no responsibility for *bestpractice* Decision Support or any use that is made of it.



2014
MENTAL
HEALTH
MATTERS

“Mental Health Matters”

International Youth Day - 12 August

The theme of the United Nations International Youth Day 2014 is “Mental Health Matters”. The goal of the event is to increase awareness of mental health issues amongst youth and to reduce stigma surrounding youth with mental health conditions. International Youth Day is commemorated on 12 August each year.

The bestpractice **Depression in Young People** module is designed to assist health professionals in the identification and treatment of adolescent depression in Primary Care. Screening, assessment and management tools are combined to form the basis for the development of an individualised care plan.

Depression

There are three versions of the Depression module: Adult, Older Adult and Young People. The appropriate version is invoked automatically based on the age of the patient. The user is able to select another version if required. The separate Antenatal/Postnatal depression module is a specifically tailored tool for females in this group.

The format of all the Depression modules is consistent, with tabs for screening, assessment, suicide risk and further resources. The tool supports on-going monitoring and appropriate adjustments to interventions according to patient response: a ‘stepped care’ approach.

Assessments & Resources

To support the modules and provide easily accessed screening tools, most of the assessments provided in the modules are also available as ‘standalone’ forms under the **Forms** menu. When completed online they will write back to the PMS. Resources developed and endorsed specifically for either adolescents, adults, or older people are included with each module. They include patient information, online CBT resources and links to appropriate websites.

SPARX Website

A new resource added to the Depression in Young People module is the SPARX website. The New Zealand developed, evidence based, award winning tool delivers CBT therapy via a video game set in a 3D fantasy world. It is intended to help adolescents with mild to moderate depression, stress or anxiety. Access is free and available via this link: <https://www.sparx.org.nz>

90,000 modules



Record High Usage in May

May 2014 recorded the highest ever usage of bestpractice - our modules were used **91,250*** times by health professionals.

The current total use count is 2.9 million modules since July 2006. We anticipate the 3 million mark will be reached in late August of this year.

* Please note, these counts do not include use of the Patient Prompt.

Successful Collaboration

bestpractice & Midlands Health Network

In 2010, BPAC Inc and Midlands Health Network (MHN) began working together with the objective of providing general practice with tools to support patient management.

The challenge was to provide simple and easy-to-use tools to help plan, monitor and deliver improved patient healthcare outcomes.

The solution has been delivery of an integrated toolset to MHN practices. The tools perform separate tasks but combine as a suite to support workflows and patient management and reporting.



Representatives of bestpractice and Midlands Health Network after winning the Waikato Best of Health Collaboration Award in 2012.

Tools Developed in Collaboration with MHN

eReferral: supports secure electronic transfer of care from general practice to other providers (primary, community, secondary and private).

Common Form: a combined screening and management tool for Diabetic Annual Review and Cardiovascular Risk Assessment.

bestpractice Intelligence (BPI): a reporting suite with up-to-date data reflecting performance against health targets and specific PHO targets.

Patient Prompt: supports patient management through prompting at individual patient level of action to be taken.

Each of the tools has been implemented in other regions. Development is ongoing on these and new products.

The results are positive and measurable: with the introduction of the Common Form, Patient Prompt and BPI, MHN saw an average 10% increase in cardiovascular and diabetes checks done in 2013 against the same period in 2012, as well as a 20% improvement in smoking cessation performance.

Such results are expected to continue with the latest release – the Personal Health Assessment and Plan (PHAP) tool, currently being piloted in Midlands practices.

In light of our achievements so far

we would like to thank the staff of both organisations involved in the partnership. Thanks also to all health providers involved for their cooperation.

Contact Us

Support Line: 0800 633 236

Phone: 03 479 2816

Fax: 03 479 2569

Address: Level 9,

10 George Street,

PO Box 6032,

Dunedin, 9016

Email: DSFeedback@bpac.org.nz

Web: www.bestpractice.net.nz