

Issue 6 Summer 2009

Living Better News Bulletin

Living Better: Improving mental health and wellbeing of people with long term conditions

A regular news bulletin from the Living Better project, providing up to date information on the latest policy, research and practice relating to Coronary Heart Disease, Diabetes and Mental Health.

Research/ Articles/ Publications

Systematic review of the effectiveness of integrated care pathways: what works, for whom, in which circumstances? : Davina Allen, Elizabeth Gillen, Laura Rixson International Journal of Evidence-Based Healthcare Volume 7, Issue 2 , Pages 61 - 74 Journal compilation © 2009 The Joanna Briggs Institute

Abstract; <http://www.moodcafe.co.uk/content.asp?ArticleCode=2>; <http://www.rcpsych.ac.uk/publications/collegereports/op/op67.aspx>

Andersohn, F., R. Schade, et al. (2009). "Long-Term Use of Antidepressants for Depressive Disorders and the Risk of Diabetes Mellitus." *Am J Psychiatry* 166(5): 591-598. <http://ajp.psychiatryonline.org/cgi/content/abstract/166/5/591>

Gillison, F. B., S. M. Skevington, et al. (2009). "The effects of exercise interventions on quality of life in clinical and healthy populations; a meta-analysis." *Social Science & Medicine* 68(9): 1700-1710. <http://www.sciencedirect.com/science/article/B6VBF-4VWVC6J-2/2/6961c56e68cb2618796c86ac3f584359>

Kroenke, K., M. J. Bair, et al. (2009). "Optimized Antidepressant Therapy and Pain Self-management in Primary Care Patients With Depression and Musculoskeletal Pain: A Randomized Controlled Trial." *JAMA* 301(20): 2099-2110. <http://jama.ama-assn.org/cgi/content/abstract/301/20/2099>

Linke, S. E., T. Rutledge, et al. (2009). "Depressive Symptom Dimensions and Cardiovascular Prognosis Among Women With Suspected Myocardial Ischemia: A Report From the National Heart, Lung, and Blood Institute-Sponsored Women's Ischemia Syndrome Evaluation." *Arch Gen Psychiatry* 66(5): 499-507. <http://archpsyc.ama-assn.org/cgi/content/abstract/66/5/499>

Judith H. Lichtman, J. Thomas Bigger, Jr, James A. Blumenthal, Nancy Frasure-Smith, Peter G. Kaufmann, François Lespérance, Daniel B. Mark, David S. Sheps, C. Barr Taylor, and Erika Sivarajan Froelicher
Depression and Coronary Heart Disease: Recommendations for Screening, Referral, and Treatment: A Science Advisory From the American Heart Association Prevention Committee of the Council on Cardiovascular Nursing, Council on Clinical Cardiology, Council on Epidemiology and Prevention, and Interdisciplinary Council on Quality of Care and Outcomes Research: Endorsed by the American Psychiatric Association
Circulation, Oct 2008; 118: 1768 - 1775. <http://jama.ama-assn.org/cgi/content/abstract/300/18/2161>

Depression is an established risk factor for the development of coronary heart disease (CHD) in healthy patients and for adverse cardiovascular outcomes in patients with existing CHD. Dietary factors resulting in lower levels of omega-3 fatty acids not only increase CHD risk, but may also be involved in the pathophysiology of depression. Ali et al. **Association links between Omega-3 Fatty Acids and Depressive Symptoms among Patients with Established Coronary Artery Disease: Data from the Heart and Soul Study.** *Psychotherapy and Psychosomatics*, 2009; 78 (2): 125 DOI:

Narayan, S., & Stein, M. (2009). Do Depression or Antidepressants Increase Cardiovascular Mortality? The Absence of Proof Might Be More Important Than the Proof of Absence. *Journal of the American College of Cardiology*, 53 (11), 959-961 DOI: [10.1016/j.jacc.2008.12.009](http://dx.doi.org/10.1016/j.jacc.2008.12.009)

Improving Cardiovascular Prevention and Risk Management in European Primary Care, Project Report for the conference on 18/19 June 2009 Bertelsmann Stiftung, Berlin

Michel Wensing, Jan van Lieshout, Stephen Campbell, Sabine Ludt, Eckhard Volbracht, Richard Grol
 EPA-Cardio project – Cardiovascular Prevention and Risk Management in Primary Care

An updated meta-analysis to assess the effectiveness of psychological interventions delivered by psychological specialists and generalist clinicians on glycaemia control and on psychological status Rahul Alam a*, Jackie Sturt a, Ranjit Lall b, Kirsty Winkley c.

a Health Sciences Research Institute, Warwick Medical School, University of Warwick, Gibbet Hill, Coventry CV4 7AL, UK

b Clinical Trials Unit, Warwick Medical School, UK

c Academic Department of Psychological Medicine, Institute of Psychiatry, UK. Patient Education and Counselling 75 (2009)

25–36 http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6TBC-4V4624W-1&_user=10&_rdoc=1&_fmt=&_orig=search&_sort=d&_docanchor=&view=c&_searchStrId=945133699&_rerunOrigin=google&_acct=C000050221&_version=1&_urlVersion=0&_userid=10&md5=c8d69aabf06a7d6e0b62274ed3bbf9e2

Trends in the prevalence and incidence of diabetes in the UK: 1996–2005

E L Masso¹, Gonza²lez, I S Johansson^{2,3}, M-A Wallander^{2,4}, L A Garcia¹, a Rodri¹guez¹

¹ Spanish Centre for Pharmacoepidemiological Research (CEIFE), Madrid, Spain; ² AstraZeneca R&D, Mo¹ndal, Sweden; ³

⁴ Institute of Medicine, ahlgrenska Academy Go¹teborg University, Sweden; ⁴ Department of Public Health and Caring Science, Uppsala University, Sweden

ech.bmj.com on 16 March 2009 <http://jech.bmj.com/cgi/content/abstract/63/4/332>

Government Reports

Long Term Conditions Collaborative: Improving Self Management Support -

Ten approaches to help you to deliver better outcomes and an enhanced experience of care for people living with long term conditions

A collaborative resource to support partnerships

ISBN 978 0 7559 8053 6

Health, well-being and care Search: www.scotland.gov.uk/Publications/2009/06/02153313/0 -

Supporting People with Long-Term Conditions to Self Manage:

An Essential Guide for Frontline Staff www.nes.scot.nhs.uk/documents/news/sm_guide.pdf

The Coronary Heart Disease (CHD) Improvement Management Programme represents a new direction for NHS Quality Improvement The CHD resource pack has been developed to provide practical information about the programme and its constituent elements. The pack is an evolving document, which will develop over time, as the programme itself moves forward. Resource Pack: [CHD Resource Pack \(PDF, 2.66MB, 3mins\)](#)

Scottish GP access survey: <http://www.scotland.gov.uk/Publications/2009/06/30083150/1>

The report describes the results and background information for the GP Access Survey 2008/09. This was a large postal survey sent to a random sample of people who are registered as GP patients in Scotland, to find out about their experiences of getting to see their GP or other member of the practice team.

Promoting Professionalism and Excellence in Scottish Medicine: A Report from the Scottish Medical and Scientific Advisory Committee <http://www.scotland.gov.uk/Publications/Recent>

A report from the Scottish Medical and Scientific Advisory Committee, assessing the state of Scottish Medicine in the 60th anniversary year of the NHS. Which recognises several key themes for consideration and action. - Promoting between medical leadership at all levels of the service; - More effective team working; - Increasingly evidenced based services underpinned by a strong research base; - Doctors as role models for doctors in training and other health professionals;

News

The Living Better Project Update -

The pilot sites involved in the Living Better Project are progressing well. The Living Better Research Team are getting some interesting results from the 20 plus focus groups that have taken place so far. Some in depth work is being carried out in South East Glasgow and East Dunbartonshire. Each Pilot site will have an individual report produced and will be available for viewing on our website, www.livingbetter-scotland.org.uk, by Autumn 2009.

Self Management Fund for Scotland Launched

The Long Term Conditions Alliance Scotland (LTCAS) is delighted to announce that following final confirmation from the Scottish Government, the Self Management Fund for Scotland is now open for applications. The Self Management Fund is available to voluntary organisations and community groups throughout Scotland to support work to encourage people living with long term conditions to learn more about the management of their condition, and to become active partners in their own care. The fund is set at £2 million per year, over the next two years.

The Self Management Fund will encourage good practice to be shared and innovative approaches to be developed. LTCAS will work with those organisations who will receive funding to capture learning gained through the projects and share this widely across Scotland.

Full details including guidance notes, eligibility and criteria for the fund can be found at the LTCAS website www.ltcas.org.uk where an application pack can also be downloaded.

Contact

You can send information / news for inclusion in this bulletin by sending an email to Euan Bailey, Living Better Project Administrator at ebailey@rcgp-scotland.org.uk or in writing to:

The Living Better Project
RCGP Scotland
25 Queen Street
Edinburgh, EH2 1JX

Phone: 0131 260 6800
Fax: 0131 260 6836

If you would like further information on the project, please visit our website www.livingbetter-scotland.org.uk