

# pūkorokoro- Airways

Newsletter of the College of Respiratory Nurses (NZNO)



Welcome to all, Kia ora koutou,

I am pleased to report the Biannual College Symposium, with a focus on Bronchiectasis, was held Virtually in September 2022. Our thanks to all that contributed to making this a successful event, in particular the wonderful speakers offering their time and expertise and the Respiratory College Committee for organising it. Special thanks to Marilyn Dyer for her support and significant contribution to organising the event which she has been involved from the initial 2020 face to face version that was postponed due to COVID-19. The 2022 AGM was held during the Symposium lunch interval. We had sadly farewell Alan Shaw (Chair) and Karen McIntosh (membership/interim secretary) from the Committee recently. Our thanks to them for their commitment and valuable contribution.

The date for the 2023 AGM has been set for Tuesday 18<sup>th</sup> July and this will again be held virtually. More details on this will be circulated prior to the meeting. The next Symposium will be held in 2024 and we look forward to welcoming attendees in person. If you are interested in joining the committee please contact us via the website - [respiratorycollege@gmail.com](mailto:respiratorycollege@gmail.com)

Airways is one of the avenues the College utilises to share knowledge and updates in Respiratory management. We would love to hear your stories about Respiratory care in the areas that you work in. Sharing your experience can allow others to build on your knowledge and help improve their understanding and Practice. Although we may work in different silos, we all share the same aim of improving Respiratory care for our community, so let us come together to work as a community of Respiratory Nurses.

Take care and stay well,  
Ngā mihi maioha, Ka kite anō  
Teresa Chalecki

## World Smokefree Day 31st May

World Smokefree May leads up to the celebration of World Smokefree Day on 31st May. Internationally, World Smokefree Day is known as World No Tobacco Day, and is celebrated annually on 31 May. The objectives of World Smokefree May and World Smokefree Day in New Zealand are:

- Raising awareness and contributing to the achievement of Smokefree 2025
- Raising awareness of the smokefree Kaupapa with the underlying objective of reducing exposure to second-hand smoke and increasing quit attempts
- Enabling continuity and consistency of messaging across the moku
- Building on and complementing current work in tobacco control

For free assistance contact Quitline on 0800 778 778 or [www.quit.org.nz](http://www.quit.org.nz)

Kia ora koutou

Malo e lelei

Talofa Lava

Ni sa bula Vinaka

Fakaalofa lahi atu

Malo ni

## WELCOME TO May 2023 AIRWAYS NEWSLETTER

Welcome to our first edition of Airways for 2023. As the temperature drops, we are reminded as Respiratory nurses and allied health members that winter is coming and the importance of keeping our whanau and patients healthy during this busy season.

Our College is small but growing! Encourage your nursing colleagues, student nurses and enrolled nurses to join!

## Conferences & Events

**Asthma & COPD Fundamentals Course** – Asthma & Respiratory Foundation online course.

<https://www.asthmafoundation.org.nz/health-professionals/copd-asthma-fundamentals>

**TSANZ / ANZSRS NZ Branch Meeting Rotorua** – September 20 – 22 2023 <https://www.nzrespiratoryasm.co.nz>

**Sleep in Aotearoa** June 22-23, 2023 Dunedin, Otago [Sleep in Aotearoa 2023](#)

**New Zealand Respiratory Conference** – 16-17 November 2023 Te Papa, Wellington [New Zealand Respiratory Conference](#) | [Asthma Foundation NZ](#)

**Sleep DownUnder** 2023 TBC [Sleep DownUnder 2022](#) | [Sleep DownUnder 2022](#)

Note: Respiratory Education Fund can be accessed by College of Respiratory Nurses members. See this [Link](#) for further details.

## Useful Resources

National Asthma Council Australia [How-to Videos](#): Using your inhaler

Good Fellow [Webinars](#)

Lung Foundation Australia Patient Inhaler [Resources](#)



# LungFlareCare

LungFlare Care was brought to my attention at the TSANZ Conference held in Christchurch in March 2023.

Lung Flare Care was an initiative of the [ResPTlab](#) team, led by Associate Professor Christian Osadnik, Alethea Kavanagh and Ruben Hopmans from Monash University, Department of Physiotherapy.

The website is an educational and self-management resource for patients with COPD. They are in the process of rolling this out for those with Asthma and Bronchiectasis.

Visit their website [here](#)

## The Concern of Youth Vaping

NZ Health Survey 2021/2022 found that 10.3% of New Zealanders over 15 were vaping at least once a month, increasing from 3.9% in 2017/2018. The ASH Year 10 Snapshot Survey for 2022 found that daily vaping rates amongst 14- to 15-year-olds was 10.1%. However, for Māori teens, the rate was 21.7%. The Secondary Principals' Association of NZ/ ARFNZ 2021 survey of Year 9 to 13 students, found that 27% of young people reported vaping in the last week.

### Why should we care?

The long-term health risks of vaping are not yet known. But research so far has found that vaping and second-hand vaping can irritate the lungs, increase coughing and worsen symptoms of respiratory conditions like asthma.

### Resources for our teens

Don't Get Sucked In - [Vaping education for teens - Don't Get Sucked In \(dontgetsucked.in.co.nz\)](#)

Protect Your Breath - [Protect Your Breath](#)

# Immunsation Updates

<https://covid19.govt.nz/>

From 1 March the Pfizer bivalent vaccine has replaced the existing booster. From 1 April, an additional booster will be available for those eligible. The bivalent vaccine is considered likely to be more effective against Omicron subvariants. Bivalent vaccines work by combining 2 strains of a virus, which prompts the body to create antibodies against both strains, providing a greater level of protection.

From 1 April, anyone 30 years or over will be eligible to receive the bivalent vaccine if it has been at least six months since their last COVID-19 booster or positive COVID-19 test. People at higher risk of severe illness from COVID-19 will also be able to receive an additional booster, regardless of how many doses they have previously had.

## From 1 April

Anyone who has completed a primary course will be eligible to get another booster if you are:

- aged 30 and over
- at higher risk of severe illness from COVID-19.

High-risk groups include:

- people aged 65 years and over
- Māori and Pacific peoples aged 50 years and over
- residents of aged care and disability care facilities
- severely immunocompromised people
- people aged 16 years and over who have a medical condition that increases the risk of severe breakthrough COVID-19 illness
- people aged 16 years and over who live with a disability with significant or complex health needs or multiple comorbidities.

## Influenza

Te Pātaka Whaioranga – Pharmac is widening access to the annual funded flu vaccine to tamariki aged 6 months to 12 years, and will again offer it to Māori and Pacific peoples who are 55 to 64 years of age for the 2023 flu season

## Measles

With the report of measles in Tāmaki Makaurau on 3 May, please see below the links to the various resources that have been developed to enable you to ensure our communities and whānau remain informed.

- A [general information factsheet](#) about measles

The MMR vaccine is free for:

- everyone under 18 years old (it does not matter what their visa or citizenship status is) and
- those eligible for free healthcare in New Zealand (who were born on or after 1 January 1969).

## Te Reo Māori Korero

Learn common respiratory words in Te Reo Māori to incorporate into your mahi

English:

**BREATH**

Te Reo Māori

**HA**



**OUR NURSES.  
OUR FUTURE.**

International Council of Nurses

**International Nurses Day  
12 May 2023**



**You can find us on FACEBOOK!**

Search for us **NZNO College of Respiratory Nurses**

Better connect with Respiratory nurses across the motu, share resources and keep up to date.

### Mindful Colouring

We thank you nurses for your service.

### Feedback

We would love to hear your feedback on topics you would like to see or articles you may have in *pūkorokoro*- Airways. Please email [respiratory@nzno.org.nz](mailto:respiratory@nzno.org.nz)

**Ka Pai!**

We would like to extend our thanks to all nurses all over the motu for everyone's hard Mahi.

