

# pūkorokoro- Airways

Newsletter of the College of Respiratory Nurses (NZNO)



Tēnā koutou katoa,

The College of Respiratory Nurses (CRN) continues to promote and support excellence in respiratory nursing in Aotearoa New Zealand. We have a focus on Maranga Mai within our annual plan and we are committed to embedding Te Ao Māori in our policies and processes. I invite you to read our 2025/26 Annual Plan which is available on the NZNO website.

I was fortunate to attend the annual NZNO College and Sections 2-day forum 4&5 March in Wellington. This was an informative and inspiring forum, a great opportunity to hear presentations and network with members of other College & Sections. I learnt about what they do and how we might work closer together, sharing ideas and resources. NZNO representatives Anne Daniels, President, Kurri Nuku, Kaiwhakahaere and Paul Goulter, Chief Executive spoke, as well as those working in the NZNO national office behind the scenes in accounts, IT and communications/media.

The CRN is working alongside NZNO and the 'Kaitiaki' magazine to improve the visibility of College's and Sections and grow our membership and promote nursing excellence.

We held our successful bi-annual symposium on 30 August 2024 in Auckland. The theme 'We are what we breathe – how environment impacts lung health' was very informative and inspiring thanks to our expert speakers.

An upcoming significant piece of work for our committee is the review of the Respiratory Adult Knowledge and Skills framework. We value member input in the review so to ensure that it is a "living document" designed to evolve in a way which reflects our specialist practise as nurses working in respiratory health. Please get in touch if you would like to share ideas or thoughts regarding how we can improve this document.

We need members to join our fun and supportive committee. Presently, we have only 3 committee members and we need to grow so to successfully continue to do great work, such as represent our members, develop/review professional frameworks, resources and organise symposium meetings and be vocal through submissions to government so to promote respiratory health and advocate for those living with respiratory disease in Aotearoa New Zealand. We encourage members to get in touch to find out more. Nomination forms are also available on the NZNO website.

Our AGM will be held Friday 2<sup>nd</sup> May at the South Island Respiratory Educators Forum (SIREF) in Christchurch. Please contact us on [respiratorycollege@gmail.com](mailto:respiratorycollege@gmail.com) for more information. We hope you can join us in person or via zoom.

Ngaa mihi nui,

Jacqueline Westenra

Chairperson, NZNO College of Respiratory Nurses

**Kia ora koutou**

**Malo e lelei**

**Talofa Lava**

**Ni sa bula Vinaka**

**Fakaalofa lahi atu**

**Malo ni**

## **WELCOME TO April 2025 AIRWAYS NEWSLETTER**

Welcome to our first edition of Airways for 2025. 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>

**World Bronchiectasis Conference 2025** Brisbane 14 – 17 July World Bronchiectasis Conference – World Bronchiectasis Conference ([world-bronchiectasis-conference.org](http://world-bronchiectasis-conference.org))

**TSANZ Education Hub Conference 2025** Sydney Masonic Centre 12 & 13 September

**TSANZ I ANZSRS NZ Branch Meeting 2025** Napier War Memorial Centre 17 – 19 September TSANZ/ ANZSRS ([nzrespiratoryasm.co.nz](http://nzrespiratoryasm.co.nz))

**Sleep DownUnder 2025** Adelaide Convention Centre 8 – 11 October Sleep DownUnder 2025

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.

## College of Respiratory Nurses Annual General Meeting 2025

The date for the 2025 AGM has been set for Friday 2<sup>nd</sup> May in Christchurch and this will again be held virtually and in person for those attending SEIRF. More details on this will be circulated prior to the meeting.

For those keen to attend SIREF, registration form and programme have been sent along with this newsletter.

The next Symposium will be held in 2026 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)

## Educational Updates

**GOLD on Spirometry for COPD diagnosis** – review committee has underscored importance of using pre- and post-bronchodilator spirometry to confirm COPD diagnosis. Read [here](#)

**Respiratory muscle strength as a predictor of exacerbations in patients with COPD** – lower respiratory muscle strength is associated with an increased risk of exacerbations. Evaluation in COPD is recommended. Read [here](#)

**Reducing ethnic inequities:** Patterns of asthma medication use and hospital discharged in Maori in Aotearoa New Zealand. Read [here](#)

**Using an Eosinophil count to diagnose asthma:** Music to your ears? Read [here](#)

**Association between the visceral fat-to-muscle ratio and severe exacerbation of COPD.** Visceral muscle to fat ratio is a risk factor for severe COPD exacerbations requiring hospitalisation. Read [here](#)

**Home High-flow nasal oxygen therapy.** Is safe and acceptable to patients recovering from a severe COPD exacerbation, linked with improved symptoms (CAT score) and positively impacted secretion clearance and use of reliever inhalers. Read [here](#)

**Pulmonary Rehabilitation may improve survival in ILD.** Completion of pulmonary rehabilitation associated with a 44% lower risk of mortality or lung function at five-years. Other findings include less exertional desaturation, better functional capacity and preserved lung function. Read [here](#)

**A digital therapy targeting anxiety in pulmonary fibrosis** – Almee (digital cognitive behavioural therapy) showed clinically meaningful improvement in pulmonary fibrosis-related anxiety. Read [here](#)

**Health literacy concerns as Aussies embrace AI advice** – Is there occurring here in Aotearoa New Zealand as well? 10% of Australian adults have used ChatGPT for health information. Read [here](#)

### 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

**THAT'S  
SMOKEFREE  
2025 US**

# Te Reo Māori Korero

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

English:

**BREATH**

Te Reo Māori

**HA**

HA



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

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

