



NZNO College of Respiratory Nurses Monthly News Bulletin Friday 24 April 2020

NZNO / Section News

Consultation

NZNO regularly seeks members input on a range of documents up for consultation. The listing is regularly updated and full information [can be found here](#)

New Zealand Child Asthma Guidelines: A Quick Reference Guide

NZNO welcomes your feedback on a revision of these guidelines which aim to provide simple, practical, up to date, evidence-based recommendations for the diagnosis, assessment and management of child asthma in clinical practice.

General

The Bidirectional Nature of Asthma and Obstructive Sleep Apnea

Although researchers have begun to elucidate the various phenotypes and endotypes of asthma in recent years, there has been little change in asthma-related morbidity and mortality. This lack of progress points to the need to address basic knowledge gaps, such as clarifying the relationship between asthma and obstructive sleep apnea (OSA). [Read more](#)

Air pollution

Air pollution linked to dementia and cardiovascular disease

People continuously exposed to air pollution are at increased risk of dementia, especially if they also suffer from cardiovascular diseases, according to a new study. Therefore, patients with cardiovascular diseases who live in polluted environments may require additional support from care providers to prevent dementia, according to the researchers. [Read more](#)

Asthma

A plant-based diet helps to prevent and manage asthma, according to new review

A plant-based diet can help prevent and manage asthma, while dairy products and high-fat foods raise the risk, according to a new review published in Nutrition Reviews. [Read more](#)

Researchers suggest a special diet against asthma

Can a special diet help in certain cases of asthma? A new study at least points to this conclusion. According to the study, mice that were switched to a so-called ketogenic diet showed significantly reduced inflammation of the respiratory tract. [Read more](#)

Defining high probability when making a diagnosis of asthma in primary care: mixed-methods consensus workshop

Daines L, Lewis S, Schneider A, *et al*

BMJ Open 2020;**10**:e034559. doi: 10.1136/bmjopen-2019-034559

Objective Making the diagnosis of asthma is challenging. Guidelines recommend that clinicians identify a group at 'high probability' of asthma. High probability, however, is not numerically defined giving rise to uncertainty. The aim of this work was to build consensus on what constitutes a high probability of asthma in primary care. High probability was defined as the probability threshold at which there is enough information to make a firm diagnosis of asthma, and a subsequent negative test would not alter that opinion (assumed to be a false negative). [Read more](#)

The item below is not available full text but may be sourced via a DHB library through databases like CINAHL or Proquest, or through the NZNO library service

Prescribing inhaled therapy in asthma: health professionals' habits and beliefs

Andrew Booth

Journal of Prescribing Practice, Vol. 2, No. 4: 181-186.

National and international asthma guidelines provide the evidence base for prescribing growing array of different inhaled therapies. However, the advice given is generic. The influence of nurses in prescribing inhaled therapy continues to grow, yet there is little published to help understand how and why nurses prescribe or advise on the prescribing of inhaled therapy in asthma. The aim of the study was to gain a better understanding of how health professionals make prescribing decisions in inhaled therapy, which was done by taking a survey. The survey gathered data of the habits and beliefs on prescribing inhaled corticosteroid/inhaled corticosteroid therapy in asthma, from 100 primary healthcare professionals. As a result of the study, patient preference, dose counter and maintenance and reliever therapy were reported to be considered the most important elements by health professionals. The device was considered more important than the drug, and there is an ongoing need for further education of health professionals in this area. Comparing responses from this study with similar responses from people with asthma may bring together the thinking of patients and professionals.

COPD

Almost Every Hospitalized Coronavirus Patient Has Another Underlying Health Issue, According to a Study of New York Patients

A new study of people in the New York City area who have been hospitalized with COVID-19 reveals that most of them have more than one underlying illness, some of which seem to increase their risk for bad outcomes. [Read more](#)

COVID-19: how to protect people with chronic obstructive pulmonary disease

Those with COPD should self-isolate to avoid coronavirus infection, but respiratory nurses can provide care remotely [Read more](#)

Prevalence and clinical implications of respiratory viruses in stable chronic obstructive pulmonary disease (COPD) and exacerbations: a systematic review and meta-analysis protocol

Kefala AM, Fortescue R, Alimani GS, et al

BMJ Open 2020;10:e035640. doi: 10.1136/bmjopen-2019-035640

Introduction Both stable chronic obstructive pulmonary disease (COPD) and acute exacerbations represent leading causes of death, disability and healthcare expenditure. They are complex, heterogeneous and their mechanisms are poorly understood. The role of respiratory viruses has been studied extensively but is still not adequately addressed clinically. Through a rigorous evidence update, we aim to define the prevalence and clinical burden of the different respiratory viruses in stable COPD and exacerbations, and to investigate whether viral load of usual respiratory viruses could be used for diagnosis of exacerbations triggered by viruses, which are currently not diagnosed or treated aetiologically. [Read more](#)

NICE Guidelines

COVID-19 rapid guideline: Community-based care of patients with chronic obstructive pulmonary disease (COPD)

The guideline on COPD recommends that patients should continue taking their regular inhaled and oral medicines, including corticosteroids, in line with their individualised self-management plan to ensure their COPD is as stable as possible. This includes those with COVID-19 or suspected of having it.

If patients develop symptoms of COVID-19, the guidance advises they should not start a short course of oral corticosteroids and/or antibiotics. It also says they should not routinely start prophylactic antibiotics to reduce their risk from COVID-19. [Read more](#)

Covid-19

Individuals taking class of steroid medications at high risk for COVID-19

Individuals taking a class of steroid hormones called glucocorticoids for conditions such as asthma, allergies and arthritis on a routine basis may be unable to mount a normal stress response and are at high risk if they are infected with the virus causing COVID-19, according to a new article. [Read more](#)

COVID-19 Could Hit Hardest in Places With the Most Air Pollution

Studies have shown how lungs are more susceptible to pollution, and that people in polluted areas are more susceptible to respiratory infections. [Read more](#)

Cystic fibrosis

Nice guidelines

COVID-19 rapid guideline: Cystic fibrosis

The guideline highlights government guidance on shielding and protecting patients with cystic fibrosis, who are extremely vulnerable from COVID-19, and recommends several ways in which care can be provided to minimise face-to-face contact and visits to hospital. It gives recommendations for patients with possible COVID-19 and says that

members of the cystic fibrosis team should be involved in decisions about their care, including escalation of treatment. [Read more](#)

The changing face of cystic fibrosis

The Cystic Fibrosis Foundation Patient Data Registry shows that more than 54% of people with cystic fibrosis live 18 years and beyond.

Longer life expectancy is due to improvements in prescribed therapies and clinical practices. Nurses should be acquainted with the underlying cause, treatments, and basic cystic fibrosis care guidelines. [Read more](#)

Influenza

Influenza: researchers show that new treatment reduces spread of virus

Researchers have shown that a new antiviral drug for influenza can treat the infection at the same time as reducing the risk of transmission to others, offering powerful potential to change the way we manage influenza outbreaks -- particularly in vulnerable groups.

[Read more](#)

Factors influencing the uptake of influenza vaccine vary among different groups in the hard-to-reach population.

Kong, K.L., Chu, S. and Giles, M.L. (2020), Australian and New Zealand Journal of Public Health, 44: 163-168. doi:[10.1111/1753-6405.12964](https://doi.org/10.1111/1753-6405.12964)

Objective: This report describes a mobile outreach influenza immunisation program for vulnerable populations in a resource-rich setting. It explores vaccine recipients' demographics, comorbidities and vaccination histories, and the factors influencing their decision to receive vaccine during outreach. [Read more](#)

Factors associated with adverse outcomes during influenza outbreaks in aged care facilities.

Tennant, E., Fletcher, S., Kakar, S., Najjar, Z., Lord, H., Clark, P. and Gupta, L. (2020), Australian and New Zealand Journal of Public Health, 44: 65-72. doi:[10.1111/1753-6405.12933](https://doi.org/10.1111/1753-6405.12933)

Objective: To explore factors associated with adverse outcomes during influenza outbreaks in residential aged care facilities.

[Read more](#)

Lung cancer

COPD linked to heightened risk of lung cancer in people who have never smoked

COPD, short for chronic obstructive pulmonary disease, is linked to a heightened risk of lung cancer in people who have never smoked. [Read more](#)

Pneumonia

Elderly patients with pneumonia twice as likely to die as those with broken hips, yet underestimate danger of pneumonia

Elderly patients who are hospitalised with pneumonia are twice as likely to die as those hospitalised with hip fractures—yet many elderly people fail to accurately assess their risk of pneumonia, concludes research due to be presented at the European Congress of Clinical

Microbiology and Infectious Diseases (ECCMID). The study is by Dr. Leslie Grammatico-Guillon, University of Tours, France, and colleagues. [Read more](#)

COVID-19 rapid guideline: managing suspected or confirmed pneumonia in adults in the community

NICE guideline [NG165] Published date: 03 April 2020

As COVID-19 becomes more prevalent in the community, pneumonia is more likely to be caused by the COVID-19 virus than bacteria. Viral pneumonia will not respond to the use of antibiotics therefore they should only be offered if bacteria are the likely cause, or it is unclear whether the cause is bacterial or viral and symptoms are more concerning, or the person is at high risk of developing complications. [Read more](#)

Sarcoidosis

ATS publishes first official clinical practice guidelines for sarcoidosis

New guidance is available for physicians who must go through a number of steps to provide a probable diagnosis of sarcoidosis - an inflammatory disease that affects the lungs, lymph glands, and other organs. [Read more](#)

Smoking (inc vaping and electronic cigarettes)

Smokers turned off by plain tobacco packaging - Otago uni

Plain packaging is making tobacco products less appealing and warning labels more noticeable, researchers at the University of Otago, Wellington, have found. [Read more](#)

Vaping: risky business or sensible quit strategy?

E-cigarettes containing nicotine are illegal in Australia. Some health experts believe they shouldn't be, arguing that e-cigarettes are an effective smoking-cessation tool. Others say that vaping is harmful and warn of an uptake in vaping by young Australians. So what is Australia's best path to achieve the best public health outcome: legalise vaping or not?

[Read more](#)

Smoking related illness

Impact of smoking status on the efficacy of inhaled corticosteroids in chronic obstructive pulmonary disease: a systematic review

Sonnex K, Alleemudder H, Knaggs R

BMJ Open 2020;10:e037509. doi: 10.1136/bmjopen-2020-037509

Objectives Inhaled corticosteroids (ICS) reduce exacerbation rates and the decline in lung function in people with chronic obstructive pulmonary disease (COPD). There is evidence that smoking causes 'steroid resistance' and thus reduces the effect of ICS. This systematic review aimed to investigate the effect of smoking on efficacy of ICS in COPD in terms of lung function and exacerbation rates. [Read more](#)

Tuberculosis

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Towards elimination of tuberculosis in New Zealand

Ayesha J Verrall, Philip C Hill, Dougal Thorburn, Michael Maze, Lavinia Perumal, Kate Grimwade, Craig N Thornley, Josh Freeman, Mitzi Nisbet, Timothy K Blackmore
NZMJ Vol 133 No 1513: 24 April 2020

Tuberculosis (TB) remains a disease of public health significance to New Zealand. Progress in reducing TB incidence has stalled for more than a decade, with between 276 and 308 cases notified each year.

General items of interest

Respiratory Research Review

Issue 171

Welcome to Issue 171 of Respiratory Research Review - a COVID-19 Special Edition

With this pandemic moving at lightning speed, we have produced a special edition of Respiratory Research Review to help you keep up to date with the latest research from around the world during this extraordinary time in New Zealand [Read more](#)

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It is provided on the last Friday of each month and contains an overview of news items, articles and research papers of interest to the College members. All links are current at the time of being compiled and distributed.

For feedback please contact your section administrator: diana.geerling@nzno.org.nz

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