



NZNO College of Respiratory Nurses Monthly News Bulletin Friday 31 January 2020

Respiratory & Bronchiectasis Symposium

Friday 17 April 2020
Te Puna O Te Matauranga Marae
51 Valley Road
Whangārei

- [Download the Programme](#) (PDF, 303KB)
- [Download the Flyer](#) (PDF, 340KB)

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NZNO / College 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](#)

Draft Disability Employment Action Plan

NZNO welcomes your feedback on a draft action plan specifically for disabled people and people with health conditions because they often face barriers to getting and staying in work. In particular, we would like feedback on whether the action plan includes the right actions to improve outcomes for disabled people and people with health conditions.

14 February 2020

Options to reform the Burial and Cremation Act 1964 and related legislation

NZNO welcomes your feedback on a consultation that sets out a range of options for modernising the legislation relating to death, burial, cremation and funerals in New Zealand. This consultation will help inform the development of a modern, fit-for-purpose legislation for death, burial, cremation and funerals. **3 April 2020.**

New Zealand

Nominations Open for NZ Respiratory Achievers Awards

Nominations are now open for the 2020 **New Zealand** Respiratory ... "Recognising community groups, educators, doctors, **nurses**, and media is ... [Read more](#)

General

Lung tube procedure less effective than painkillers - 'game changing' NZ study

New research from New Zealand doctors could save people all over the world from painful and unnecessary treatment for collapsed lungs. [Read more](#)

Air pollution

COPD Severity Affected by Traffic-Related Air Pollution

Acute exposure to traffic-related air pollution can lead to lower airway neutrophils to release of neutrophil extracellular traps (NETs), which is linked to chronic obstructive pulmonary disease (COPD) severity and airflow limitations, according to study results published in the European Respiratory Journal. [Read more](#)

Asthma

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

Evaluation of a Choir as a Non-Medical Intervention for Children with Asthma:

BreathStars, Louise Bowden, Tony Long & Heather Henry (2019) Comprehensive Child and Adolescent Nursing, DOI: [10.1080/24694193.2019.1607629](#)

A shift in the current health policy has seen heightened focus on non-medical interventions which can be delivered out with formal health-care settings, to complement and enhance the clinical care of people with long-term conditions. Asthma is a common long-term condition managed by pharmacological and non-pharmacological interventions. Recent research activity has focused on the use of singing for respiratory health due to its similarity with the more well-known intervention of breathing exercises.

The aim of this study was to determine if singing improved breathing in children with asthma. A realist evaluation study design with a mixed methods approach was adopted to evaluate a singing group for children aged 7–12. Results obtained through framework analysis of the data indicated notable improvement in asthma control with the added impact on self-esteem. Enjoyment of the singing group within a family centered approach was seen as a positive alongside the community benefit of wider asthma education. Lessons can be learnt from this evaluation which could inform future initiatives relevant to the current agenda of asset-based approaches such as social prescribing within the context of the current devolution of the health and social care budget in the North West of England.

Bronchial disorders (Bronchiectasis/Bronchiolitis)

Reduced inhaler use is safe for infants with bronchiolitis

Bronchiolitis, a lung infection that is one of the most common reasons for hospitalizations in young children, is most prevalent during the winter months and is usually treated with albuterol delivered via inhalers, despite evidence showing no benefit in most patients. A multidisciplinary team of researchers from Children's Hospital of Philadelphia (CHOP) redesigned the hospital's standard treatment for the infection and reduced albuterol use without compromising care. [Read more](#)

Coronavirus

Coronavirus: Everything you need to know

New Zealand officials say it's highly likely a new coronavirus called 2019-nCoV will arrive in the country, as its spread around the world continues. What is it? And what might it mean for New Zealand if it arrives here? Science reporter Jamie Morton explains. [Read more](#)

Coronavirus latest: 'We're expecting we will get a case'

New Zealand health authorities say there has not been anyone who has met the definition of a suspected case of coronavirus in this country, but they are expecting a case and are prepared for it. [Read more](#)

Coronavirus explained: How it differs from a regular flu

The spread of coronavirus continues to raise fears around the world, but is the threat as serious as it seems? [Read more](#)

Scientists reveal clinical features of Wuhan coronavirus patients

The Wuhan coronavirus, or the 2019-nCoV, which originated in Wuhan City in Hubei province infected more than 7,700 people with the death toll topping more than 170. China reports 38 deaths in just 24 hours, making the outbreak one of the deadliest ones the country has faced. [Read more](#)

NZ now has coronavirus tests available with results back in 2 hours

Urgent testing for the coronavirus can now be done in New Zealand, the Ministry of Health says. The World Health Organisation this morning declared the coronavirus outbreak a public health emergency of international concern. [Read more](#)

NZ has a pandemic plan. How does it work?

Mounting worry over the spread of a new coronavirus from China has prompted New Zealand to activate its pandemic plan - but how does it work? [Read more](#)

Cystic fibrosis

PHARMAC seeking views on new cystic fibrosis medicine

PHARMAC has reached a provisional agreement with medicine supplier Vertex to fund ivacaftor (marketed as Kalydeco) for people with cystic fibrosis. [Read more](#)

Influenza

Influenza vaccination of children cuts hospitalization in half

Fully vaccinating children reduced the risk of hospitalization for complications associated with influenza by 54%, according to a new study by Ben-Gurion University of the Negev (BGU) and University of Michigan researchers. [Read more](#)

Lung cancer

Depression affects one-third of lung cancer patients

About one-third of patients newly diagnosed with the most common form of lung cancer have moderate to severe symptoms of depression, a new study suggests. [Read more](#)

Medication / pharmacy

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

Medicines adherence in respiratory disease

Jane Scullion. *Journal of Prescribing Practice*, Vol. 2, No. 1: 24-29.

In respiratory diseases, there are good pharmacological and non pharmacological therapeutic interventions that can improve symptoms, health status and quality of life for many, and in some cases transform and even save lives. What is not in place is a robust method for ensuring that the therapies and interventions that are prescribed or advised can and will be taken as instructed, and we call this nonadherence. This article looks at medicines adherence, using examples from respiratory diseases and their treatments, discussing what what is meant by it, the reasons it remains problematic, and what could be done about it in respiratory prescribing

Pertussis

Whooping cough bug becoming 'smarter', researchers warn

Australian researchers are warning that whooping cough is evolving, and new vaccines will be key to combat it in the future. [Read more](#)

Pulmonary embolism

Pulmonary Embolism (Fact sheet)

Breathe 2019 15: 360-365; DOI: 10.1183/20734735.ELF154

A pulmonary embolism is a clot in the blood vessels in the lungs and is a medical emergency. If you think you might have a pulmonary embolism, it is important to seek medical treatment immediately. [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

The diagnosis and management of pulmonary embolism

Emma Toplis and Gerri Mortimore. *British Journal of Nursing*, Vol. 29, No. 1: 22-26.

Pulmonary embolism (PE) is a condition characterised by an obstruction of the pulmonary arterial system by one or more emboli. Advanced clinical practitioners are often faced with ruling out a diagnosis of PE in patients with non-specific symptoms such as dyspnoea and pleuritic chest pain, which can be fairly mild and therefore a diagnosis of PE easily missed. PEs can be a challenge to diagnose, especially in elderly people, since it can be difficult to differentiate their symptoms from other less serious illnesses. Widely used scoring tools are helpful to calculate a patient's probability of having a PE. The Wells score is the most widely used pre-test clinical probability indicator of PE used in the UK, which scores the patient's probability of having a PE based on their risk factors. The D-dimer test is a relatively simple investigation to rule out venous thromboembolism (VTE) but can be raised for various reasons other than PE. Computed tomography pulmonary angiography (CTPA) is regarded as the gold standard imaging modality for investigation of acute PE but ventilation-perfusion (VQ) scans can be used as an alternative imaging technique for diagnosing PE in those where CTPA is contraindicated. Thrombolysis is underused in clinical practice due to the fear of adverse bleeding events. Patients without a massive or sub-massive PE are treated with anticoagulant therapy, usually commencing with subcutaneous low-molecular-weight heparin and switching over to a direct oral anticoagulant (DOAC). There has been a shift away from treatment with warfarin for the prevention and treatment of VTE over the past decade.

Sleep apnoea

Time to wake the giant of obstructive sleep apnoea

The Lancet Respiratory Medicine

EDITORIAL| VOLUME 8, ISSUE 1, P1, JANUARY 01, 2020

Earlier this year, The Lancet Respiratory Medicine reported staggering [global estimates](#) for the number of people aged 30–69 years who are affected by obstructive sleep apnoea (OSA). The figure of nearly a billion adults with mild to severe OSA suggests that the condition is both underdiagnosed and under-recognised. The paper also highlighted the paucity of quality evidence available to derive estimates of the prevalence and burden of OSA. To provide such global data is important because the condition, especially severe OSA, is associated with neurocognitive impairment, reduced quality of life, and an increased risk of hypertension, cancer, and metabolic, cardiovascular, and cerebrovascular diseases.

[Read more](#)

Smoking (inc vaping and electronic cigarettes)

Smoking ban in cars carrying kids linked to 72% fall in teens' tobacco smoke exposure in England

The law, banning smoking in cars carrying children, has seen the proportion of teens exposed to secondhand tobacco smoke fall by 72% in England, suggests an analysis of survey data, published online in the journal Thorax. [Read more](#)

Smokers who quit one month before surgery reap benefits

Tobacco smokers who quit at least four weeks before undergoing surgery not only have a lower risk of complications, but also show better results six months later than those who continue, the United Nations health agency [said](#) on Monday. [Read more](#)

DHBs offering fewer smokers help with quitting

The rate of smokers being offered help in quitting by their health providers has fallen significantly in the past two years, according to an official measure. [Read more](#)

Tobacco sales only through liquor stores, petrol stations or pharmacies

The sale of tobacco only through liquor stores, petrol stations or pharmacies would considerably reduce the overall availability of tobacco and assist the Government in achieving its 2025 smokefree goal, new University of Otago research shows.

[Read more](#)

Up in smoke: A single cigarette will cost nearly \$2

The cost of a single cigarette is about to reach nearly \$2 as New Zealand's smokefree deadline looms.

The latest rise in a series of annual tax-based price increases on cigarettes comes into effect on New Year's Day meaning a pack of 25 cigarettes will cost more than \$40. Throughout 2018, the price of a pack has hovered around \$38, [according to Statistics NZ](#). [Read more](#)

'No doubt' e-cigarettes harmful: WHO

Electronic cigarettes are harmful both to users and bystanders exposed to the fumes, the World Health Organization says in a report warning they can damage growing foetuses and impact teenagers' brains. [Read more](#)

Quitting smoking: Going it alone is not the best approach

We live in an era of self-empowerment. But when it comes to quitting smoking, going it alone isn't the best approach.

That's because smoking isn't just a bad habit - it's an addiction. [Read more](#)

Quitting smoking reverses lung cell damage even for decade-long smokers

It's never too late to quit smoking, as a new study shows the lung's ability to heal and regrow damaged cells caused by cigarette smoking, even if they smoked for decades. [Read more](#)

Smoking related illness

Findings strengthen link between vitamin E acetate and vaping-associated lung injuries

New research strengthens prior findings on the link between vitamin E acetate and EVALI (E-cigarette or vaping product use-associated lung injury). [Read more](#)

Tuberculosis

Delivering TB vaccine intravenously dramatically improves potency, study shows

Worldwide, more people die from tuberculosis (TB) than any other infectious disease, even though the vast majority were vaccinated. The vaccine just isn't that reliable. But a new Nature study finds that simply changing the way the vaccine is administered could dramatically boost its protective power. [Read more](#)

Study maps immune responses to tuberculosis across 3 species

Tuberculosis (TB) is one of the world's most vexing public health problems. About 1.5 million people died from this bacterial lung infection in 2018, and the World Health Organization (WHO) estimates that one-quarter of the world's population -- some 2 billion people, mostly in developing countries -- are infected with the bacteria that causes TB. [Read more](#)

Health and wellness

5 Responses Guaranteed to Shut Down Nurse Bullying as Soon as You See it

Even if you're not part of the [85 percent of nurses who've been abused by a fellow nurse](#), you're still probably aware that bullying among healthcare workers is a pervasive problem. Perhaps you've heard that [1 in 3 nurses has considered quitting](#) a job due to bullying — or you've seen it at your own workplace. [Read more](#)

The above bulletin has been compiled by Linda Stopforth, SNIPS, on behalf of the NZNO College of Respiratory Nurses. It is for NZNO College of Respiratory Nurses only and must not be reproduced without their permission.

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 College Administrator: diana.geerling@nzno.org.nz

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http://www.nzno.org.nz/groups/colleges_sections/colleges/college_of_respiratory_nurses

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