



NZNO College of Respiratory Nurses monthly news bulletin Friday 26 June 2020

This 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. This monthly bulletin contains an overview of news items, articles and research papers of interest to the College members, but does not necessarily represent the views of the NZNO College of Respiratory Nurses. All links are current at the time of being compiled and distributed. For feedback please contact your College Administrator: diana.geerling@nzno.org.nz

To learn more about the College [click here](#)

[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](#)

ESR study shows the burden of respiratory syncytial virus infection in adults

New research from ESR has quantified the health and economic burden of a common respiratory virus among New Zealand adults. [Read more](#)

[Air pollution](#)

Wildfire smoke has immediate harmful health effects

Exposure to wildfire smoke affects the body's respiratory and cardiovascular systems almost immediately, according to new research. [Read more](#)

[Asthma](#)

NZ Adolescent and Adult Asthma Guidelines 2020

The purpose of the Asthma and Respiratory Foundation NZ Adolescent and Adult Asthma Guidelines is to provide simple, practical and evidence-based recommendations for the diagnosis, assessment and management of asthma in adults and adolescents (aged 12 and over) in a quick reference format. [Read more](#)

Air filters shown to improve breathing in children with asthma

(HealthDay)—Daily use of a fine particulate matter air filtration device can significantly improve airway mechanics and reduce airway resistance in children with asthma, according to a study recently published in JAMA Pediatrics. [Read more](#)

New approach for treatment of mild asthma added to national guidelines (Australia)

The National Asthma Council has released a preview of an updated approach to initiating and adjusting asthma medication in adults and adolescents aged 12 and over that will be added to its Australian Asthma Handbook that provides national guidelines for management of the condition. [Read more](#)

Study examines the characteristics of superusers engaged in the Asthma UK online community

New research by a multidisciplinary collaboration between the Queen Mary University of London, Asthma UK Centre for Applied Research (AUKCAR) the University of Edinburgh, University of Nottingham, University of Cambridge and charity Asthma UK, published in the Journal of Medical Internet Research, looks at the characteristics of superusers who are actively engaged in the Asthma UK online community and Facebook group to help healthcare professionals better understand the role they play in supporting the management of long-term conditions. [Read more](#)

Bronchial disorders (Bronchiectasis/Bronchiolitis)

Aspiration, Infections Increase Risk for Bronchiectasis in AERD

Risk factors for bronchiectasis in patients with aspirin-exacerbated respiratory disease (AERD) include older age as well as the presence of allergic bronchopulmonary aspergillosis (ABPA), aspiration, mycobacterial infection, and pneumonia, according to a study in Journal of Allergy and Clinical Immunology: In Practice. [Read more](#)

The article below is not available full text but may be sourced via a DHB or academic library, or via the NZNO library service

Bronchiolitis: treatment and management in an urgent out of hours care setting

Justine Dexter and Gerri Mortimore
Practice Nursing, Vol. 31, No. 6: 246-253.

<https://www.magonlinelibrary.com/doi/10.12968/pnur.2020.31.6.246?ai=wf&ui=17qh&af=T>

Justine Dexter and Gerri Mortimore explore ways to manage the common lung infection bronchiolitis in small children

Bronchiolitis is an acute inflammation of the bronchioles that predominately affects children but is most common in the first 12 months of life. Viral bronchiolitis is the principal cause of admission in England and Wales, with numbers exceeding 30 000 annually. Occurrence is seasonal, in winter months incidence is typically at epidemic proportions for approximately six weeks. Bronchiolitis presents initially with coryza and a persistent cough; as the infection progresses, tachypnoea, chest recession, or both, may be present alongside wheeze or crackles. The assessment of an unwell child is challenging and as an advanced nurse practitioner, working in an out of hours service, the importance to prevent further deterioration should focus on spotting the sick child at an early stage. Therefore, an initial assessment should be undertaken, prior to taking a history and examination, to ensure patient safety. Bronchiolitis is usually a self-limiting illness, that requires supportive management only with treatment directed at fluid input. However, management approaches to bronchiolitis continue to be a subject of substantial debate with vast differences in practice exhibited in the UK, and beyond. with a lack of consensus regarding management. Therefore, the appropriate management of children presenting with bronchiolitis is challenging and can be overwhelming. Nurses must be aware of the pathophysiology, presentation, diagnosis, and management of children presenting to an out of hours service with bronchiolitis, to manage patients safely.

COPD

Undersized airways increase risk of COPD regardless of smoking habits

A new study of lung anatomy may explain why 1 in 4 cases of COPD—a lung disease most often linked to smoking—occur in people who have never smoked, a fact that has long perplexed researchers. [Read more](#)

COPD Exacerbation Frequency Affected by Comorbidities, Influenza Vaccination

Patients with chronic obstructive pulmonary disease (COPD) who have frequent exacerbations were more likely to have a history of exacerbations, anxiety, and be unvaccinated against influenza, according to the results of a study published in Respiratory Medicine. [Read more](#)

Triple inhaled therapy aids in moderate-to-very severe COPD

(HealthDay)—Triple therapy, including glucocorticoid at either of two dose levels, is beneficial for moderate-to-very severe chronic obstructive pulmonary disease (COPD), according to a study published online June 24 in the New England Journal of Medicine. [Read more](#)

The article below is not available full text but may be sourced via a DHB or academic library, or via the NZNO library service

Improved quality of care by using the PRISMS form to support self-management in patients with COPD: A Randomised Controlled Trial.

Zakrisson, A-B, Arne, M, Lisspers, K, et al.

J Clin Nurs. 2020; 29: 2410– 2419. <https://doi.org/10.1111/jocn.15253>

Aims and objective

To investigate the effects on the quality of care of the Patient Report Informing Self-Management Support (PRISMS) form compared with usual care among patients with chronic obstructive pulmonary disease (COPD) consulting a COPD nurse in primary health care.

Background

Patients with COPD experience symptoms affecting their everyday lives, and there is a need for interventions in self-management support. The delivery of chronic care in an organised, structured and planned manner can lead to more productive relationships between professionals and patients.

Covid-19

Long road to recovery for severely ill COVID-19 patients

Many people who survive severe COVID-19 cannot simply resume normal activity when they are discharged from the hospital and instead need long-term rehabilitative therapy. Some probably will never fully recover and will have to learn new ways to accomplish everyday tasks, says Matthew Bartels, Montefiore Health System's chairman of rehabilitation medicine. [Read more](#)

Study confirms 'classic' symptoms of COVID-19

A persistent cough and fever have been confirmed as the most prevalent symptoms associated with COVID-19, according to a major review of the scientific literature.

[Read more](#)

New article clarifies details of COVID-19 respiratory transmission

In a new article, scientists provide an exhaustive, evidence-based review of how COVID-19 droplets from infected patients spread through the air and describe how health care professionals can protect themselves. [Read more](#)

Asthma isn't a risk factor for worsening COVID-19: study

(HealthDay)—People with asthma can breathe a little easier: New research suggests the condition does not increase your risk of hospitalization due to COVID-19. [Read more](#)

Pulmonary embolism and COVID-19

Researchers say early diagnosis of a life-threatening blood clot in the lungs led to swifter treatment intervention in COVID-19 patients. A new study finds that 51 percent of patients found to have a pulmonary embolism, or PE, were diagnosed in the Emergency Department, the entry point for patients being admitted to the hospital. [Read more](#)

Coronavirus: complete disruption of lung architecture found in patients who died from Covid-19

Autopsies of some people who died after being sick with [Covid-19](#) for a month or more show "a complete disruption of the lung architecture", a committee of the UK House of Lords has been told. [Read more](#)

The critical bedside role in identifying and treating lung injury during the COVID-19 pandemic.

Johnson, D.L. and Parreco, J.P. (2020),
Nurs Open. doi:[10.1002/nop2.525](#)

Most early deaths from COVID-19 were from adult respiratory distress syndrome (ARDS) that led to multiorgan system failure (Arentz et al., [2020](#)). COVID-19 primarily injures the vascular endothelium in such a unique way that a COVID-19 patient with ARDS (CARDS) can even die if they are young and healthy. Patients with ARDS develop stiff lungs that are difficult to ventilate without causing ventilator-induced lung injury (VILI). Through a series of clinical trials known as ARDSNet, that spanned over 20 years, clinicians were able to identify the ideal ventilator settings necessary to treat these patients. The trials revealed that low tidal volumes with high positive end-expiratory pressure resulted in less injury from the ventilator (VILI) (Acute Respiratory Distress Syndrome Network et al., [2000](#)). [Read more](#)

Influenza

The article below is not available full text but may be sourced via a DHB or academic library, or via the NZNO library service

Seasonal influenza vaccination for children with special risk medical conditions: Does policy meet practice?.

Tuckerman, J., Crawford, N.W. and Marshall, H.S. (2020),
J Paediatr Child Health. doi:[10.1111/jpc.14943](#)

Ensuring children with special risk medical conditions (SRMC) are protected from influenza is important. The study objective was to describe influenza vaccination practices of medical professionals caring for children with SRMC and explore characteristics associated with a vaccine recommendation.

Lung cancer

Early informed lung cancer patients have greater survival rates

(HealthDay)—Lung cancer patients who are given the opportunity to be informed of their diagnosis have a longer median survival time, according to a study published in the May issue of Psycho-Oncology. [Read more](#)

Scientists discover that nicotine promotes spread of lung cancer to the brain

Among people who have the most common type of lung cancer, up to 40% develop metastatic brain tumors, with an average survival time of less than six months. But why non-small-cell lung cancer so often spreads to the brain has been poorly understood. [Read more](#)

Mechanical ventilation

Study seeks to optimize comfort for patients removed from ventilators at end of life

A recently published paper reports on a study of the palliative ventilator withdrawal (PVW) procedure performed in intensive care units (ICU) at end of life. [Read more](#)

Mesothelioma

New Treatment Offers Hope to Mesothelioma Patients

New treatment for advanced mesothelioma may improve the quality of life for patients who have few options. Transarterial chemoperfusion treatment for malignant pleural mesothelioma (MPM) comes with minimal side effects and shows promise for extending the lives of patients. [Read more](#)

Sleep apnoea

Obstructive sleep apnoea: Mandibular advancement device helps against daytime sleepiness

With the help of a mandibular advancement device (MAD), daytime sleepiness of patients with obstructive sleep apnoea can be relieved. Treatment with an MAD is not inferior to positive airway pressure (PAP) therapy with a sleep mask. This is the conclusion reached by the German Institute for Quality and Efficiency in Health Care (IQWiG) in its final report on the benefit of MAD. [Read more](#)

Study links increased exercise with lower sleep apnea risk

A study published online as an accepted paper in the Journal of Clinical Sleep Medicine found that increased physical activity is associated with a lower risk of obstructive sleep apnea, a common sleep-related breathing disorder. The study is the largest to date focused on the relationship between sleep apnea and levels of physical activity in the general community. [Read more](#)

Smoking (inc vaping and electronic cigarettes)

How the tobacco industry targets young people to achieve a new generation of smokers

This year's [World No Tobacco Day \(WNTD\)](#) focusses on the tobacco industry's continued targeting of young people, whose addiction to nicotine will help ensure the industry's on-going profitability. World Smokefree Day's social media handle #tobaccoexposed reminds us that, despite a new-found interest in '[unsmoking](#)' the world, and moving smokers to "reduced harm" products, tobacco companies continue to develop and promote smoked tobacco products that will appeal to young people. In this blog, we explore how tobacco companies have continued to recruit young people to smoked tobacco; we discuss their efforts to infiltrate public health agendas while continuing to innovate with smoked tobacco, and explain why strong policies and industry denormalisation strategies are vital to ensuring young people remain nicotine free. [Read more](#)

Smoking still a core challenge for child and adolescent health reveals WHO report

The latest Health Behaviour in School-aged Children (HBSC) study focusing on adolescent health and well-being has revealed that levels of cigarette-smoking are worryingly high, particularly among 15-year-olds. In this age group, 15% of adolescents report having smoked a cigarette at least once in the past 30 days and nearly 1 in 3 mentioned having tried smoking (27% of girls and 29% of boys). [Read more](#)

Smoking cessation messages focusing on child are most effective

(HealthDay)—Smoking cessation messages that emphasize the impact on children and with outcomes focused on respiratory health, cancer, or general health are ranked as most important by parent smokers, according to a study published online June 22 in Pediatrics. [Read more](#)

Professional development / courses / seminars etc

Asthma and COPD Guidelines Overview

at this year's NZ Respiratory Conference

We are pleased to confirm that the New Zealand Respiratory Conference (NZRC) will be held this 5-6 November 2020, at Te Papa, Wellington.

This year's theme is 'Building the Foundation for Better Breathing' as we present in-depth sessions with leading respiratory experts on the newly published NZ Adolescent and Adult Asthma Guidelines, the revised NZ Child Asthma Guidelines, and New Zealand's first ever COPD Guidelines.

This year's programme includes presentations on the latest asthma and COPD Guidelines, asthma in the digital realm, learnings from COVID-19, the impact of air pollution, and vaping and its place in New Zealand's Smokefree 2025.

These presentations will translate the latest research and findings into relevant and actionable material, to promote clinical best practice and wrap around care for patients and their whānau. [See the full programme for 2020 here.](#)

The NZRC is the largest gathering or hui for professionals with an interest in respiratory health in New Zealand. Delegates from a variety of professions join us each year, including GP's, nurses, pharmacists, specialists, educators and researchers.

Limited Early-bird registrations, register now!

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