



NZNO College of Respiratory Nurses Monthly News Bulletin Friday 28 August 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

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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](#)

Allergies

Coronavirus: Hay fever and Covid-19 symptoms 'difficult to untangle' as pollen season looms

A sore throat, runny nose, a cough. They are all symptoms of [Covid-19](#), but for many, they are also the symptoms of hay fever.

As we enter peak pollen season, people who experience asthma and hay fever are being urged to ensure their conditions are under control and to be aware of the differences between their usual reactions and any other viral symptoms. [Read more](#)

Top 7 sneeziest plants of New Zealand

"Some of the reasons we have high rates of hay fever are our environment," says Allergy New Zealand allergy advisor Penny Jorgensen. "Grass is widespread across the country and we've got a windy climate that blows pollen around. Grass pollen is a major trigger." [Read more](#)

Asthma

'Māori and Pacific asthma patients to benefit from ground-breaking Kiwi research'

New analysis from a 'landmark' New Zealand study which has radically changed the way doctors treat asthma worldwide shows a simplified inhaler treatment dramatically reduces severe asthma attacks among Māori and Pacific patients with mild asthma. [Read more](#)

Asthma education for pediatric patients

In inpatient settings, asthma educators typically teach children and their families how to manage their disease; however, if no asthma educator is present, nurses may take on this role. To ensure no important information is missed, nurses should be familiar with EPR-3 guidelines, and they should be alert to other teachable moments that might arise during patient education. [Read more](#)

Combination budesonide/formoterol inhaler as sole reliever therapy in Māori and Pacific people with mild and moderate asthma | OPEN ACCESS

Jo Hardy, Jordan Tewhaiti-Smith, Christina Baggott, James Fingleton, Alex Semprini, Mark Holliday, Robert J Hancox, Mark Weatherall, Richard Beasley, Matire Harwood on behalf of the PRACTICAL Study Team

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Asthma is a major public health problem in New Zealand. The prevalence rate is among the highest in the world, particularly in adults identifying as Māori, the indigenous people of New Zealand, and Pacific people. [Read more](#)

Patient preferences for asthma management: a qualitative study

Baggott C, Chan A, Hurford S, et al

BMJ Open 2020;10:e037491. doi: 10.1136/bmjopen-2020-037491

Objective : Preference for asthma management and the use of medications is motivated by the interplay between lived experiences of asthma and patients' attitudes towards medications. Many previous studies have focused on individual aspects of asthma management, such as the use of preventer and reliever inhalers. The aim of this qualitative study was to explore the preferences of patients with mild-moderate asthma for asthma management as a whole and factors that influenced these preferences. [Read more](#)

COPD

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

Management of COPD exacerbations: pharmacotherapeutics of medications

David Moore

Journal of Prescribing Practice, Vol. 2, No. 8: 450-458.

Chronic obstructive pulmonary disease (COPD) is widely established as a health challenge, with predictions that it will be the third leading cause of global mortality and reduced health status within the next 10 years. Exacerbations of COPD are now the second largest cause of emergency hospitalisation in the UK. The respiratory clinical nurse specialist has an active role in the acute management of COPD exacerbations in the hospital setting, and it is essential that prescribing decisions are made based on the best available evidence. This article critically evaluates the pharmacotherapeutics and evidence base for the use of two medications, salbutamol and amoxicillin, in treating unstable COPD, and discusses implications for clinical practice.

Covid-19

Children aged 12 and over should wear masks - WHO

The World Health Organization (WHO) has issued guidance saying children over the age of 12 should wear masks, in line with recommended practice for adults in their country or area.

[Read more](#)

Coronavirus: WHO warns there may never be a 'silver bullet' for Covid-19, and there's still a long road ahead

As coronavirus continues to sweep around the world, bringing second waves of infections to major cities, the World Health Organisation warns that there's still a long road ahead.

[Read more](#)

Digital contact tracing alone may not be miracle answer for COVID-19 - research

In infectious disease outbreaks, digital contact tracing alone could reduce the number of cases, but not as much as manual contract tracing, new University of Otago-led research published in the Cochrane Library reveals. [Read more](#)

Cloth face masks have potential to reduce the transmission of SARS-CoV-2 viruses

A literature review coordinated by Karolinska Institutet in Sweden and McMaster University in Canada demonstrates that cloth face masks provide clinically useful levels of filtration, which has the potential to reduce the spread of viruses such as SARS-CoV-2. The findings, now published in the journal Mayo Clinic Proceedings, support the wearing of cloth masks to reduce the spread of the new coronavirus, according to the researchers. [Read more](#)

More evidence mask wearing works to contain COVID-19 spread

A team of American researchers has looked at the effects of wearing face masks and the prevention of the spread of severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) between individuals. As of today, over 5.8 million people in the USA have been infected with the virus. This new study titled, "Mask Wearing and Control of SARS-CoV-2 Transmission in the United States," is published on the preprint server [medRxiv](#)*. [Read more](#)

Smokers more likely to experience severe COVID-19 symptoms

Researchers in Germany and Turkey have conducted a study showing that tobacco smoking is associated with an increased risk of more severe disease in cases of coronavirus disease 2019 (COVID-19). [Read more](#)

Clinical presentation and management of COVID-19

Irani Thevarajan, Kirsty L Busing and Benjamin C Cowie

Med J Aust 2020; 213 (3): 134-139. || doi: 10.5694/mja2.50698

Australian clinicians need to be able to recognise, diagnose, manage and appropriately refer patients affected by COVID-19, with thousands of cases likely to present over the coming years. [Read more](#)

COVID-19 environmental transmission and preventive public health measures.

Vardoulakis, S., Sheel, M., Lal, A. and Gray, D. (2020),

Australian and New Zealand Journal of Public Health. doi:[10.1111/1753-6405.13033](#)

With new COVID-19 cases decreased to very low levels in most parts of Australia, although persisting in a number of hotspots – mainly in the state of Victoria – and increasing in some other countries such as Brazil, it is time to reflect on the effectiveness and unintended consequences of public health measures taken so far at home and overseas to prevent transmission, and to identify challenges ahead. [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, 7: 1272-1273. 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](#)

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

The role of the nurse in supporting patients with asthma during the COVID-19 pandemic.

Duncan DL (2020)

Primary Health Care. doi: 10.7748/phc.2020.e1679

SARS-CoV-2 is a novel coronavirus that causes the disease COVID-19. It is a highly contagious virus that has led to a pandemic. There are several known risk factors for COVID-19, including age, gender, chronic obstructive pulmonary disease, coronary heart disease, hypertension, diabetes and smoking. Asthma has only been a risk factor in a small number of cases.

Despite the lack of information about asthma and the risk of contracting COVID-19, especially in children, it is a condition we need to take seriously. An important aspect of the role of the nurse in supporting patients with asthma in primary care is dispelling myths concerning COVID-19 and their condition by using telehealth and other forms of remote working.

There is confusing data about patients with COVID-19 using steroids; there are even suggestions that patients with asthma should stop using their prescribed steroids. Recent national and worldwide recommendations state that patients with asthma should keep using their prescribed medications. It is therefore important that nurses supporting patients are aware of local and national guidelines and any new recommendations.

Influenza

Over Half Our Kaumātua Vaccinated Against The Flu

More kaumātua have been vaccinated this year than ever before as the result of a push to get more Māori immunised against influenza, Associate Ministers of Health, Julie Anne Genter and Peeni Henare announced today. [Read more](#)

Study finds dedicated clinics can reduce impact of flu pandemic

A new study concludes that opening clinics dedicated specifically to treating influenza can limit the number of people infected and help to 'flatten the curve,' or reduce the peak prevalence rate. While the work focused on influenza, the findings are relevant for policymakers seeking ways to reduce impacts of the ongoing COVID-19 pandemic. [Read more](#)

School flu vaccine program reduces community-wide influenza hospitalizations

A city-wide school influenza vaccine intervention was associated with a decrease in influenza-associated hospitalizations for all age groups and a decrease in school absence rates among students in seasons with an effective influenza vaccine, according to a new study. [Read more](#)

Lung cancer

What patients with lung cancer with comorbidity tell us about interprofessional collaborative care across healthcare sectors: qualitative interview study

Bossert J, Forstner J, Villalobos M, et al

BMJ Open 2020;10:e036495. doi: 10.1136/bmjopen-2019-036495

Background : Patients with lung cancer with comorbidity often require treatment and care by different health professionals, in different settings and at different points in time during the course of the disease. In order to organise and coordinate healthcare efficiently, effective information exchange and collaboration between all involved care providers are required. The aim of this study was to assess the views of patients with advanced lung cancer with comorbidity regarding coordination of treatment and care across healthcare sectors.

[Read more](#)

Lung transplants

Diary for self-observation: A self-management tool for recipients of lung transplantation—A pilot study.

Evald, L, Graarup, J, Højskov, IE.

Nursing Open. 2020; 00: 1– 8. <https://doi.org/10.1002/nop2.562>

To (a) explore how the diary contributes to patient motivation for monitoring self-management and (b) explore the nurses' experience of how the diary supports the patients' self-management after lung transplantation. [Read more](#)

Pneumonia

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

Pneumocystis pneumonia in HIV-negative adults: missed opportunities for prevention

Nicholas Young, Stephen McBride, Susan Morpeth, Aliya Bryce, Ahsan Siddiqui, Hasan Bhally

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Pneumocystis pneumonia (PCP), caused by the opportunistic fungus *Pneumocystis jirovecii*, is almost exclusively a disease of the immunocompromised.

Smoking (inc vaping and electronic cigarettes)

Cigarette sales down as vaping up, End Smoking NZ says, but Smokefree 2025 target won't be met

Cigarette sales are plunging faster than any time before as smokers turn to alternatives like vaping - with 410 million fewer smokes sold annually than just two years ago. [Read more](#)

Group-based smoking cessation treatment helps incarcerated smokers quit tobacco

Behavioral and nicotine replacement therapies offered together can help people who are incarcerated quit smoking, according to Rutgers researchers. [Read more](#)

It could take 10 years to measure the impact of legalising weed – should New Zealand's proposed law be even stronger?

The referendum on legalising recreational cannabis use is just over a month away. Campaigns [for](#) and [against](#) the change are well under way. [Read more](#)

Identifying significant contributors for smoking cessation among male prisoners in Australia: results from a randomised clinical trial

Wand H, Richmond R, Adily A, *et al*

BMJ Open 2020;**10**:e034046. doi: 10.1136/bmjopen-2019-034046

Introduction : In Australia, an estimated 90% of those entering prison are current tobacco smokers and three-quarters of current prisoners are tobacco smokers.

Aims : To identify factors and their relative contributions to smoking cessation among male prisoners. [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

Smoke-free cars legislation: it works but New Zealand should still rigorously evaluate its upcoming law

Nick Wilson, George Thomson, Richard Edwards

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A systematic review has reported that smoking in cars leads to extremely high exposure to secondhand smoke (SHS), “even in the presence of air-conditioning or increased airflow from open windows”.

Smoking related illness

Will smoking cannabis harm your heart?, yes says AMA

The American Heart Association (AHA), in their statement, has said that smoking cannabis (marijuana) could be harmful to the heart. This new stand on smoking weed was published this week in the journal *Circulation*. The announcement is released as an article titled, “Medical Marijuana, Recreational Cannabis, and Cardiovascular Health: A Scientific Statement From the American Heart Association.” [Read more](#)

Tuberculosis

Insights into culturally appropriate latent tuberculosis infection (LTBI) screening in NSW: perspectives of Indian and Pakistani migrants.

Hall, J., Kabir, T.M., Shih, P. and Degeling, C. (2020),

Australian and New Zealand Journal of Public Health. doi:[10.1111/1753-6405.13021](https://doi.org/10.1111/1753-6405.13021)

Objective: Latent tuberculosis (LTBI) case-finding and treatment are a focus of TB elimination in Australia. We sought the perspectives of migrants from two high-burden countries likely to be targeted by this strategy.

Results: Australia's immigration system prioritises migrants of higher socioeconomic status. Participants supported elimination but perceived TB as a disease of the poor and not relevant to them. Lack of understanding of LTBI and sensitivity to being ‘targeted’ are further barriers to screening participation. [Read more](#)

General items of interest

Respiratory Research Review

Issue 176

The Asthma and Respiratory Foundation New Zealand Adolescent and Adult Asthma Guidelines 2020; a quick reference guide has been published and is available on the Asthma and Respiratory Foundation NZ website. [Read more](#)

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