



## **NZNO College of Respiratory Nurses monthly news bulletin Friday 29 May 2020**

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### **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](#)

#### **Kia Kaha, Kia Māia, Kia Ora Aotearoa - COVID-19 Psychosocial and Mental Wellbeing Recovery Plan**

NZNO warmly welcomes your feedback on this plan which provides a national approach to supporting the mental and social wellbeing of New Zealanders in the COVID-19 recovery period. This plan provides a framework for collective actions to support whānau and communities to adapt and thrive in the next 12 to 18 months. It draws on the directions for mental wellbeing that were laid down in [He Ara Oranga: Report of the Government Inquiry into Mental Health and Addiction](#). Your input will help build a collective picture of how the nursing workforce is contributing to COVID-19 recovery and will assist with shaping a further iteration of the plan, anticipated for September 2020.

### **New Zealand**

#### **ESR research nurses go mobile**

Two Wellington nurses have taken an ordinary campervan and turned it into a mobile clinic all in the name of influenza and COVID-19 research. [Read more](#)

#### **Removing barriers to respiratory health - Asthma and Respiratory Foundation**

Asthma and Respiratory Foundation NZ are pleased to announce the translation of their first Samoan language resources, with more to come over the next year. [Read more](#)

## **Bill banning smoking in cars with children inside passes**

A bill banning smoking in cars with children has passed its final reading with support from all parties. [Read more](#)

## **General**

### **What is aspirin-exacerbated respiratory disease (AERD)?**

Diagnosis of AERD can be difficult and is often delayed unless your doctor has expertise and experience in recognizing and treating it. [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*

### **Monitoring respiratory rate in adults**

Barry Hill and Sarah H. Annesley

Practice Nursing, Vol. 31, No. 5: 206-211.

Barry Hill and Sarah H Annesley discuss the importance of monitoring respiratory rate and why it is a crucial clinical skill

This article will introduce Respiratory Rate and the role of adequate respiration, as well as explore respiratory rate monitoring as an essential aspect of nursing care. It will also give rationale to the importance of respiratory rate monitoring as a clinical skill and introduce normal and abnormal respiration rates and patterns. Furthermore, it will provide a 'how to' guide on respiratory rate monitoring and use contemporary evidence-based literature to underpin respiratory rate monitoring for clinical practice.

## **Asthma**

### **Rental Assistance May Reduce Emergency Department Use in Children With Asthma**

Children with asthma who live in housing that relies on the US Department of Housing and Urban Development's (HUD) rental assistance programs are less likely to be admitted to the emergency department (ED) for treatment, according to study results published in JAMA Pediatrics. [Read more](#)

### **Research nurses as practice facilitators to disseminate an asthma shared decision making intervention.**

Shade, L., Reeves, K., Rees, J. et al.

BMC Nurs 19, 40 (2020). <https://doi.org/10.1186/s12912-020-00414-0>

Practice facilitation is a method of introducing and sustaining organizational change. It involves the use of skilled healthcare professionals called practice facilitators (PFs) to help address the challenges associated with implementing evidence-based guidelines and complex interventions into practice. PFs provide a framework for translating research into practice by building relationships, improving communication, fostering change, and sharing resources. Nurses are well positioned to serve as PFs for the implementation of complex interventions, however, there is little evidence currently available to describe nurses in this role. Additionally, the best strategies to implement complex interventions into practices are still not fully understood. Combining practice facilitation with the train-the-trainer model has the potential to spread knowledge and skills. Shared decision making (SDM), which involves patients and providers jointly engaging in decisions around treatment options, has been shown to improve outcomes for patients with asthma. The goal of this manuscript is to describe and evaluate the practice facilitation process from the ADAPT-NC Study which successfully utilized research nurses to implement a complex asthma SDM toolkit intervention into primary care practices. [Read more](#)

### **Measuring inflammation in paediatric severe asthma: biomarkers in clinical practice**

Amelia Licari, Sara Manti, Riccardo Castagnoli, Salvatore Leonardi, Gian Luigi Marseglia  
Breathe 2020 16: 190301; DOI: 10.1183/20734735.0301-2019

Severe asthma in children is a highly heterogeneous disorder, encompassing different clinical characteristics (phenotypes) and immunopathological pathways (endotypes). Research is focusing on the identification of noninvasive biomarkers able to predict treatment response and assist in designing personalised therapies for severe asthma. Blood and sputum eosinophils, serum IgE and exhaled nitric oxide fraction mostly reflect type 2 airway inflammation in children. However, in the absence of available point-of-care biomarkers, the diagnosis of non-type 2 asthma is still reached by exclusion. In this review, we present the most recent evidence on biomarkers for severe asthma and discuss their implementation in clinical practice. We address the methods for guiding treatment decisions and patient identification, focusing on the paediatric age group. [Read more](#)

## **Bronchial disorders**

### **Smoking cannabis causes bronchitis and changes to lung function - research**

Cannabis is harmful to the lungs, but in a different way to tobacco, causing significant respiratory symptoms such as bronchitis with evidence to suggest it can result in destructive lung disease -sometimes referred to as 'bong lung' - in heavy cannabis users. [Read more](#)

## **COPD**

### **Proactive Integration of Geriatrics and Palliative Care Principles Into COPD: Podcast with Anand Iyer**

What's the role of geriatrics and palliative care in the care of individuals with COPD? We talk this week with Anand Iyer, the lead author of this weeks [JAMA IM article on this subject](#). It's a little off from our ongoing COVID topics, but given that his along with his co-authors (Randy Curtis and Diane Meier) JAMA IM piece just got published, we figured now is the right time to highlight #PalliPulm. [Read more](#)

### **Screening for comorbidities in COPD**

Delphine Natali, Georges Cloatre, Philippe Hovette, Belinda Cochrane  
Breathe 2020 16: 190315; DOI: 10.1183/20734735.0315-2019

Due to growing recognition of comorbidities, COPD is no longer considered a disease affecting only the respiratory system. Its management now entails the early diagnosis and treatment of comorbidities. However, although many studies have examined the impact of comorbidities on the evolution of COPD and patients' quality of life, very few have explored the means to systematically identify and manage them. The aims of this article are to summarise the state of current knowledge about comorbidities associated with COPD and to propose a possible screening protocol in the outpatient setting, emphasising the areas needing further research. [Read more](#)

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### **Shielding people with COPD from COVID-19: what you need to know**

Beverley Bostock

Independent Nurse, Vol. 2020, No. 5: 18-21.

How to take care of patients with respiratory conditions during the pandemic. By Beverley Bostock

## Covid-19

### **Tobacco smoking increases lung entry points for COVID-19 virus**

Researchers at Baylor College of Medicine, the University of South Carolina and other institutions have identified tobacco smoking as a potential risk factor for infection of the COVID-19 virus. [Read more](#)

### **Coronavirus: UK hospital trials new treatment drug**

A new drug developed by UK scientists to treat Covid-19 patients is being trialled at University Hospital Southampton. [Read more](#)

### **Air pollution associated with greater virulence of COVID-19**

A new study published on the preprint server [medRxiv](#)\* in April 2020 provides convincing evidence that air pollution contributes to greater severity of COVID-19. The researchers say, "This suggests the detrimental impact climate change will have on the trajectory of future respiratory epidemics." [Read more](#)

### **A song in your heart shouldn't lead to an infection in your lungs: reasons to get with online choirs**

On March 10 2020, Skagit Valley, Washington – a town with no known cases of COVID-19 – held a choir rehearsal. There was hand sanitiser at the door, no direct contact between choristers, no-one coughed or was ill.

[Read more](#)

### **COVID-19 rapid guideline: interstitial lung disease**

NICE guideline [NG177]Published date: 15 May 2020

The purpose of this guideline is to maximise the safety of adults with interstitial lung disease, including idiopathic pulmonary fibrosis and pulmonary sarcoidosis, during the COVID-19 pandemic. It also aims to protect staff from infection and enable services to make the best use of NHS resources. [Read more](#)

### **A virtual care program for outpatients diagnosed with COVID-19: a feasibility study**

doi: 10.9778/cmajo.20200069cmajo May 23, 2020 vol. 8 no. 2 E407-E413

Background: In patients who are discharged home to self-isolate while coronavirus disease 2019 (COVID-19) test results are pending, there is no formal method for physician assessments or counselling to occur if the result returns positive. Our aim was to develop and test the feasibility of a virtual care program for self-isolating outpatients diagnosed with COVID-19. [Read more](#)

### **Covid 19 coronavirus: WHO warns infections 'on the way up'**

A top health expert is warning that the world is still in the very middle of the coronavirus outbreak, dampening hopes for a speedy global economic rebound and renewed international travel. [Read more](#)

### **Transmission of SARS-CoV-2 From Patients to Healthcare Workers**

Among 121 healthcare personnel (HCP) exposed to a patient with unrecognized coronavirus disease 2019 (COVID-19), 43 became symptomatic and 3 tested positive for severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). These 3 HCP all had contact with the patient without personal protective equipment and exposure while performing physical examinations or during nebulizer treatments were more common. These findings were published in Morbidity and Mortality Weekly Report. [Read more](#)

## Cystic fibrosis

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

### **Adults with cystic fibrosis: spiritual coping with lifelong disease,**

Daniel H. Grossoehme, Adam G. Cole, Katrina Lewis, Sophia M. Stamper, Alexis Teeters & Patricia M. Joseph (2020)

Journal of Health Care Chaplaincy, 26:2, 45-57, DOI: [10.1080/08854726.2020.1713647](https://doi.org/10.1080/08854726.2020.1713647)

Cystic fibrosis (CF) is a chronic life-shortening disease requiring significant coping. Spiritual belief relates to treatment behaviors. Little is known about spirituality's role in adults diagnosed as children, nor how it compares with adults diagnosed as adults. Adults over 18 years, diagnosed as children completed a questionnaire; some were randomized to also participate in an interview or daily phone diary to measure adherence. Qualitative analyses of 25 adults are presented. Participants reframed their disease as part of a Divine Plan, in which Divine assistance was conditional upon adherence. Linear regression models of spiritual constructs on airway clearance, nebulized medication, and exercise are presented. Adults diagnosed as children related spirituality to CF in ways both consistent and different from adults diagnosed as adults. Spiritual beliefs were related to adherence determinants and intentions. Increased understanding of the relationship between spirituality and health behaviors is important to providing person-centered care.

## Influenza

### **Academics say winter flu 'outbreaks' looming**

It's hoped New Zealand efforts to flatten the Covid-19 curve will translate into a milder flu season this winter. [Read more](#)

### **Record flu vaccination rates for Hawke's Bay Maori**

More local Māori aged 65 and over have received an influenza vaccine this year than ever before.

Hawke's Bay has also achieved the second highest vaccination rate for this group in the country. [Read more](#)

### **Coronavirus: 360,000 Northern Hemisphere flu jabs have been ordered for NZ**

Hundreds of thousands more flu vaccines have been secured for New Zealand, after issues with supply. [Read more](#)

## Inhalers

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

### **Teaching inhaler technique**

Jane Scullion

Journal of Prescribing Practice, Vol. 2, No. 5: 234-237.

Inhalers were developed to deliver required medications directly to the lungs whilst minimising any side effects. They are the key to managing exacerbations and symptoms in both asthma and chronic obstructive pulmonary disease but are not yet proven to prevent mortality in the later. Disappointingly, the evidence still shows that many healthcare professionals cannot use them and therefore cannot correctly instruct patients in their use, and that patients are still unable to maximise the benefits they could get from their inhalers

because of poor technique and adherence. The following article discusses the issues and offers a simple approach and practical advice on teaching inhaler techniques. It concludes that maybe it is time for us to think differently to teach inhaler technique and use effectively.

## Lung cancer

### **Lung cancer victims miss out in drug funding boost - advocates**

Advocates for lung cancer sufferers say the extra funding for Pharmac in this year's Budget won't help them. [Read more](#)

### **Lung cancer screening in primary care is feasible, study suggests**

The benefits of routine lung cancer screenings have been hotly debated in the medical community. After reviewing a national trial published in 2011, the US Preventive Services Task Force introduced a recommendation for systematic low-dose CT lung cancer screenings for people at high risk. At the time, some leaders in the primary care community were not convinced that there was strong enough evidence in the initial trial to support routine screening. A new [lung cancer screening](#) cohort study conducted at a large integrated health system suggests that lung cancer screening in primary care is feasible. The study demonstrated low adverse event rates, and 70 percent of diagnosed lung cancer cases were detected at early stages in their development. [Read more](#)

### **Tech highlights lung tumours for better removal**

A groundbreaking technology that enhances lung cancer tissue is providing surgeons with a significantly better chance of finding and removing more cancer than ever before. Read more. [Read more](#)

### **Management of incidental nodules in lung cancer screening: ready for prime-time?**

Nikolaos I. Kanellakis, Kevin Lamote

Breathe 2019 15: 346-349; DOI: 10.1183/20734735.0247-2019

Lung cancer is the leading cause of cancer-related mortality. Two independent trials from the USA and the Netherlands and Belgium demonstrated that annual low-dose computed tomography (LDCT) screening reduced mortality by 20% and 26%, respectively [1–3]. LDCT is therefore widely accepted as the preferred method for detecting pulmonary nodules, but raises an important clinical challenge concerning nodule evaluation and patient management [4–7]. [Read more](#)

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### **Self-management of oxygen and bronchodilators to relieve the dyspnoea of lung cancer with pneumoconiosis**

Jung Won Kim and Eun Young Park

International Journal of Palliative Nursing, Vol. 26, No. 4: 167-174.

This study aimed to evaluate the level of dyspnoea and the self-management strategies used to alleviate dyspnoea in lung cancer patients with concurrent pneumoconiosis, particularly oxygen therapy and bronchodilator treatment. Furthermore, the authors aimed to determine the factors associated with such self-management and to provide a basis for developing an applicable and safe treatment plan for alleviating dyspnoea.

## Lung function

### **New study shows how oxygen transfer is altered in diseased lung tissue**

A multidisciplinary team of researchers at the University of Illinois at Urbana-Champaign has developed tiny sensors that measure oxygen transport in bovine lung tissue. The study -- which establishes a new framework for observing the elusive connection between lung membranes, oxygen flow and related disease -- is published in the journal Nature Communications. [Read more](#)

## Medication / pharmacy

### **New insights into asthma aerosol treatments could aid future improvements**

New research has revealed new insights into common asthma aerosol treatments to aid the drug's future improvements which could benefit hundreds of millions of global sufferers. [Read more](#)

### **Asthma Treatment Adherence Patterns Determined by Electronic Medication Monitors**

The use of electronic medication monitors (EMMs) for establishing treatment adherence patterns in patients with asthma has shown promise, enabling real-time, objective, and passive collection of data regarding medication use. [Read more](#)

## Sleep apnoea

### **Sleep-disordered breathing tied to brain changes**

(HealthDay)—Sleep-disordered breathing (SDB) is associated with changes in the brain, including amyloid deposition in brain regions typically involved in Alzheimer disease, according to a study published online March 23 in JAMA Neurology. [Read more](#)

### **Tonsillectomy for sleep apnea carries risks for some kids: study**

(HealthDay)—Children who have their tonsils removed to treat sleep apnea are more likely to suffer breathing complications than kids who have the procedure for other reasons, a new review shows. [Read more](#)

### **CPAP therapy reduces symptoms of depression in adults with sleep apnea**

A new study shows that depressive symptoms are extremely common in people who have obstructive sleep apnea, and these symptoms improve significantly when sleep apnea is treated with continuous positive airway pressure therapy. [Read more](#)

### **Flinders leads new NHMRC sleep apnoea study**

Nearly 1 billion people globally, including 1 million Australians, have obstructive sleep apnoea (OSA) and more targeted treatments are 'urgently needed' to reduce the costs and health impacts, say Flinders University experts. [Read more](#)

## Smoking (inc vaping and electronic cigarettes)

### **Targeting a new generation – time for a greater focus on smoking uptake prevention?**

The theme of this year's [World No Tobacco Day](#) (WNTD) is how the tobacco industry continues to target young people and recruit new generations to smoking. It is accompanied by a call to action to recruit young people to join the fight for them to become a tobacco-free generation. So how could this year's WNTD theme inform New Zealand's smokefree activities and, specifically, how does it relate to efforts to achieve a Smokefree Aotearoa? In

this blog, we argue for greatly increasing actions to minimise smoking uptake by youth and young adults so we can achieve a Smokefree Aotearoa equitably and sustainably.

[Read more](#)

### **Change in smoking intentions of university students in New Zealand following simulated cigarette price increases: results of the first of two cross-sectional surveys**

Ben Wamamili  
NZMJ

Smoking remains one of the leading causes of preventable death and illness in New Zealand and elsewhere. Each year about 5,000 people in New Zealand die because of smoking or second-hand smoke exposure. [Read more](#)

## **Health and wellness**

### **Prevent Burnout With These Six Self-Care Strategies**

What are the key methods that nurses and doctors use to prevent burnout? This question was at the heart of a recent study published in *Critical Care Nurse*, the clinical practice journal of the American Association of Critical-Care Nurses, "[Self-care Strategies to Combat Burnout Among Pediatric Critical Care Nurses and Physicians.](#)" This face to face study, conducted among a group of 20 nurses and physicians in pediatric intensive care and intermediate care units, explores six different strategies to help mitigate burnout

[Read more](#)

## **Professional development / courses / seminars etc**

### **The New Zealand Respiratory Conference 2020**

5-6 November, Te Papa, Wellington

You are invited to register for this year's NZ Respiratory Conference, to be held this 5th & 6th of November, at Te papa, Wellington. [Learn more](#)

## **General items of interest**

### **Respiratory Research Review**

#### **Issue 172**

In 2019, the American Thoracic Society published guidelines on the 'Diagnosis and treatment of adults with CAP'. We have the short answers to 16 of the questions it addressed. [Read more](#)

### **Respiratory Research Review**

#### **Issue 173**

In this issue we report on the global prevalence and burden of obstructive sleep apnoea

[Read more](#)

### **Lung Cancer Research Review**

#### **Issue 13**

This issue opens with a triplet of papers covering various aspects of lung cancer screening; including assessments of the cost effectiveness of LDCT, mortality outcomes of LDCT, and public attitudes to screening and radiation risk. [Read more](#)

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