



NZNO College of Respiratory Nurses monthly news bulletin Friday 25 September 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 section administrator: DianaG@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](#)

Primary Maternity Services Notice Review 2021 – Health Professionals

NZNO warmly invites your feedback on Ministry of Health's proposed changes to the Primary Maternity Services Notice.

The changes are being made to increase the flexibility of community maternity services to better meet the varied needs of women and their whānau.

Structural and administrative changes to the Notice are proposed. MoH also wants to know our thoughts on the future of maternity services in Aotearoa New Zealand.

New Zealand

'Thunderstorm asthma' reported in NZ for first time

Sadly, it's not lightning that's believed to cause asthma during thunderstorms.

Instead, it's thought that pollen is lifted into the clouds by storm updrafts in late spring and early summer. [Read more](#)

Asthma

Novel Gamified Mobile App Improves Asthma Control in Pediatric Patients

ASTHMAXcel Adventures is a gamified, guideline-based, pediatric mobile application that improves asthma control, knowledge, and quality of life, and reduces emergency department (ED) visits and prednisone use with high satisfaction scores, according to the results of a study published in the Annals of Allergy, Asthma & Immunology [Read more](#)

Thunderstorm-related asthma can occur in New Zealand.

Sabih, A, Russell, C, Chang, CL. (2020)

Respirology Case Reports, 8(7), e00655. <https://doi.org/10.1002/rcr2.655>

Thunderstorm asthma is induced by specific weather conditions causing breakdown and widespread distribution of allergens. Thunderstorm asthma had previously been considered

unlikely to occur in New Zealand (NZ), given its local weather patterns. Storm events on 2 December 2017 led to increased asthma presentations at Waikato Hospital in Hamilton. Analyses of patient presentations led us to conclude that these presentations were similar to international descriptions of thunderstorm asthma. This is the first time such presentations have been reported in NZ. Documenting these events accurately is important as this is the first step to making a plan that would enable paramedics and emergency facilities across NZ to respond to any larger scale thunderstorm asthma events in the future. [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

A randomized controlled trial of a nurse-led education pathway for asthmatic children from outpatient to home.

Gao, G, Liao, Y, Mo, L, Gong, Y, Shao, X, Li, J.

Int J Nurs Pract. 2020; 26:e12823. <https://doi.org/10.1111/ijn.12823>

Background

Education for asthmatic children in the outpatient department is insufficient.

Aim

To evaluate the efficacy of a nurse-led education pathway, a standard education programme, on children with asthma.

COPD

Oral Sustained-Release Morphine May Improve Moderate, Severe Breathlessness in COPD

The use of regular, low-dose, oral sustained-release morphine for 4 weeks in patients with chronic obstructive pulmonary disease (COPD) and moderate to very severe breathlessness has been shown to improve disease-specific health status, with no effect on arterial partial pressure of carbon dioxide (PaCO₂) or serious adverse events. [Read more](#)

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

The effects of nurse-driven self-management programs on chronic obstructive pulmonary disease: A systematic review and meta-analysis.

Helvaci, A, Gok Metin, Z.

J Adv Nurs. 2020; 00: 1– 23. <https://doi.org/10.1111/jan.14505>

To analyse the effects of nurse-driven self-management (SM) programs on physical and psychosocial health variables in people with chronic obstructive pulmonary disease (COPD).

Mealtime challenges in patients with chronic obstructive pulmonary disease: Who is responsible?.

Sørensen, D, Wieghorst, AR, Elbek, JA, Mousing, CA.

J. Clin. Nurs. 2020; 00: 1– 11. <https://doi.org/10.1111/jocn.15491>

To explore experiences of, and practices related to, mealtime challenges in patients with chronic obstructive pulmonary disease (COPD).

Background

Nutritional status is a significant indicator of prognosis and outcome in patients with COPD. Preventing unintended weight loss and helping patients regain weight are important nursing tasks. Dietary supplements have been effective in treating underweight in cases of stable COPD. However, compliance with long-term interventions is quite low. Improving nutritional intake through knowledge of meal-related challenges is the key to making further progress in preventing unintended weight loss.

Closing the gap: The effect of an evidence-based intervention in increasing COPD nurses' knowledge.

Staiou, M, Gourgoulisanis, K, Kotrotsiou, E, Raftopoulos, V.
Nursing Forum. 2020; 1- 7. <https://doi.org/10.1111/nuf.12507>

Background

Chronic obstructive pulmonary diseases (COPD) is the leading cause of respiratory failure and is associated with high morbidity and mortality rates. Nurses play a vital role in ensuring effective, safe, and person-centered care in COPD.

Aim

To assess the effect of an evidence-based intervention in increasing the COPD knowledge in a sample of care nurses, staffing public primary, and secondary healthcare services infrastructures and hospitals.

The effects of nurse-driven self-management programs on chronic obstructive pulmonary disease: A systematic review and meta-analysis.

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Covid-19

Covid patients have lung damage 'weeks after leaving hospital'

Austrian research shows how recovery can be slow process for those with severe infection
[Read more](#)

Should a COVID-19 vaccine be mandatory?

Political awkwardness aside, the question of whether such a vaccine should be mandatory brings to the fore a series of complicated, but fundamental, ethical questions: Is it legitimate for the state to coerce some of the population for the perceived benefit of the majority? When does the threat of harm to others override individual autonomy? Under what conditions and with respect to whom can consent be set aside when administering the vaccine? Does coercion run the risk of being counterproductive? What about those who object to the vaccine on either precautionary or religious grounds? To what extent should their conscientious objections be respected? What obligation is there for some to offer to 'go first'? [Read more](#)

Why COVID-19 vaccination should be compulsory

The pandemic has so far infected more than twenty-five thousand in Australia, and killed more than five hundred. The economic impact of the lockdown is significant, especially on the younger generation. Those who are forced into quarantine, isolation, and social distancing suffer greatly. A successful vaccine widely distributed among us may be our only hope to return to our normal lives. [Read more](#)

COVID-19 Discovery In Children May Inform Development Of Vaccines, Treatments

New discoveries about the immune response made against a particular part of the COVID-19 virus in children who have the rare but dangerous Multisystem Inflammatory Syndrome in Children (MIS-C) may have important implications for the development of vaccines and immune therapies for COVID-19, according to a new commentary from Steven Zeichner, MD, PhD, of UVA Children's, and Andrea Cruz, MD, of Baylor College of Medicine in Houston, appearing in the scientific journal *Pediatrics*. Both Zeichner and Cruz are associate editors of *Pediatrics*. [Read more](#)

Apply now for the NZ-China (NSFC) COVID-19 Collaboration Fund

The Health Research Council is pleased to announce the [release today of a Request for Proposals](#) (RFP) to fund research that will address the global threat of COVID-19 and support the development of collaborative research relationships between New Zealand and China (through the National Natural Science Foundation of China/NSFC). [Read more](#)

Cystic fibrosis

Cystic fibrosis and COVID-19

An estimated 30,000 people are living with cystic fibrosis in the U.S. This genetic disease can cause progressive lung damage and recurrent episodes of lung infections in many who are affected. Understanding the effects of COVID-19 is critical to patients with cystic fibrosis as this worldwide pandemic continues. [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 dance of cystic fibrosis: Experiences of living with cystic fibrosis as an adult.

Varilek, BM, Isaacson, MJ.

J Clin Nurs. 2020; 29: 3553– 3564. <https://doi.org/10.1111/jocn.15397>

Aims and objectives

This study sought to understand the experience of living with cystic fibrosis (CF) as an adult.

Background

Cystic fibrosis is one of the most difficult chronic diseases to manage long term because of numerous challenges faced on a day-to-day basis. The majority of studies focus on improving symptom response to new treatment regimens with the hope of prolonging life. Yet few qualitative studies explore the experience of adults with CF. What is missing from the current literature are the voices of people living with CF, especially as they age.

Influenza

New study reveals why flu can be devastating for pregnant women

New research helps explain why flu can lead to life-threatening complications during pregnancy, suggesting the virus does not stay in the lungs but spreads throughout the mother's body. [Read more](#)

Vaccines against respiratory infections linked to fewer heart failure deaths

Influenza and pneumonia vaccinations are associated with fewer hospital deaths in patients with heart failure. That's the result of a study in nearly 3 million Americans. One out of five individuals will develop heart failure in their lifetime. An estimated 26 million people are affected worldwide. [Read more](#)

Influenza vaccine supply chain report

This report was commissioned by the Ministry in May 2020 to examine the supply and distribution of influenza vaccines and identify improvements for the 2021 influenza season and beyond.

It was produced by PricewaterhouseCoopers (PWC), and highlights ten areas of focus grouped into the following themes of authorising and political environment, the strategic goals of the programme, and the organisation and system capabilities. [Read more](#)

Lung cancer

Combined use of three drugs linked with lower lung cancer incidence and mortality

Combined use of aspirin, statins, and metformin is associated with decreased lung cancer incidence and mortality, according to a study published in the Journal of Thoracic Oncology

(JTO). The JTO is the official journal of the International Association for the Study of Lung Cancer. [Read more](#)

Lung Cancer Research Review

Issue 14

This issue opens with two local papers; a study evaluating screening for ALK-gene rearrangements in patients diagnosed with NSCLC, and a paper describing the development and validation of a predictive model for estimating EGFR mutation probabilities in patients with NSCLC. [Read more](#)

Mechanical ventilation

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

Nurses' communication with mechanically ventilated patients in the intensive care unit: Umbrella review.

Holm, A, Viftrup, A, Karlsson, V, Nikolajsen, L, Dreyer, P.
J Adv Nurs. 2020; 00: 1– 12. <https://doi.org/10.1111/jan.14524>

Aim

To conduct a review summarizing evidence concerning communication with mechanically ventilated patients in the intensive care unit (ICU).

Background

ICU patients undergoing mechanical ventilation are unable to communicate verbally, causing many negative emotions. Due to changes in sedation practice, a growing number of patients are conscious and experience communication difficulties.

Medication / pharmacy

Decision to fund an additional brand of budesonide with eformoterol

What we're doing

We're pleased to announce a decision to fund an additional brand of budesonide with eformoterol inhaler (DuoResp Spiromax) for patients with asthma or COPD. [Read more](#)

Sleep apnoea

Obstructive sleep apnea in adults

Obstructive sleep apnea (OSA)—breathing cessation during sleep—contributes to significant health problems, including headache, fatigue, depression, high blood pressure, stroke, heart failure, arrhythmia, heart attack, and diabetes. Typical OSA symptoms may include snoring, daytime sleepiness and fatigue, morning headaches, dry mouth, sore throat, and irritability. Women are more likely to present with atypical symptoms such as insomnia, headache, anxiety, and depression [Read more](#)

Smoking (inc vaping and electronic cigarettes)

The smokefree policies of political parties: Do they care about people who smoke?

In this time of Covid-19, helping people who smoke to quit their addiction has an even greater importance. Smokers are more vulnerable to many harmful health effects, including severe effects from the virus. Policies that support people who smoke to be smokefree would also increase the discretionary income of many of those most affected by the Covid-driven recession. We looked at the policies of seven New Zealand political parties and found that they are largely ignoring the strategies that would help smokers to become free of their nicotine addiction. [Read more](#)

Tobacco smoke-exposed children have higher rates of hospital admissions

Children who are exposed to tobacco have higher rates of hospital admissions after visiting emergency departments or urgent care facilities, according to a new study by University of Cincinnati researchers. [Read more](#)

Smokers increasingly using e-cigarettes to quit - survey

People who smoke are increasingly using e-cigarettes to try to quit smoking, a study by researchers at the University of Otago, Wellington, has found. [Read more](#)

Smoke related illness

Unprecedented smoke-related health burden associated with the 2019–20 bushfires in eastern Australia

Nicolas Borchers Arriagada, Andrew J Palmer, David MJS Bowman, Geoffrey G Morgan, Bin B Jalaludin and Fay H Johnston

Med J Aust 2020; 213 (6): 282-283. || doi: 10.5694/mja2.50545

Weather conditions conducive to extreme bushfires are becoming more frequent as a consequence of climate change.¹ Such fires have substantial social, ecological, and economic effects, including the effects on public health associated with smoke, such as premature mortality and exacerbation of cardio-respiratory conditions.^{2,3} During the final quarter of 2019 and the first of 2020, bushfires burned in many forested regions of Australia, and smoke affected large numbers of people in New South Wales, Queensland, the Australian Capital Territory and Victoria. The scale and duration of these bushfires was unprecedented in Australia. We undertook a preliminary evaluation of the health burden attributable to air pollution generated by bushfires during this period. [Read more](#)

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