



## NZNO College of Respiratory Nurses Monthly News Bulletin Friday 28 February 2020

### [NZNO / News](#)

### **Respiratory & Bronchiectasis Symposium**

Friday 17 April 2020

Te Puna O Te Matauranga Marae  
51 Valley Road  
Whangarei

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

### [Register Online Now](#)

### [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 Cannabis Legislation and Control Bill**

NZNO is seeking informal feedback on the first draft Cannabis Legalisation and Control Bill. This is a first draft which the Government has published at this point to ensure that New Zealanders are informed about the direction being taken and the decisions that have been made to date. [Read more](#)

#### **Residential Tenancies Amendment Bill**

NZNO welcomes your feedback on this bill which makes a range of changes to make the Residential Tenancies Act 1986 fit for modern renting situations in New Zealand. NZNO is of the view that addressing the availability, affordability, quality, and security of rental housing is fundamental to improving population health and equity in Aotearoa New Zealand.

[Read more](#)

## New Zealand

### **A health problem in NZ you don't hear much about**

A large proportion New Zealand's under-tuos are hospitalised annually with an acute lower respiratory illness, putting extreme strain on families and the health system. Associate Professor Karen McBride-Henry shares her research into this under-studied area and discusses what needs to be done to help families.

According to previous research, 10.3 percent of New Zealand children under two are hospitalised annually with a lower respiratory illness, with Māori and Pasifika children significantly more likely to be hospitalised.

As well as the long-term effect on children's health, this repeated hospitalisation is putting huge strain on families and healthcare systems. There has been little work done focusing on the impact on parents and families when their child is repeatedly hospitalised for acute illnesses, so we wanted to investigate this serious issue further. [Read more](#)

## General

### **Rise in global deaths and disability due to lung diseases over past three decades**

There has been an increase in deaths and disability due to chronic respiratory (lung) diseases over the past three decades, finds an analysis of data from 195 countries published by The BMJ today. [Read more](#)

## Asthma

### **Cleaning product exposure ups childhood asthma risk**

Youths with elevated exposure to household cleaners from birth to 4 months had 37%, 35% and 49% increased likelihood of developing asthma, recurrent wheeze and recurrent wheeze with atopy, respectively, at age 3 years, according to a study in CMAJ. However, researchers didn't associate increased household cleaner exposure in infancy to higher odds of childhood atopy. [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*

### **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;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.

## Bronchial disorders (Bronchiectasis/Bronchiolitis)

*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*

### **Management and outcomes of patients presenting to the emergency department with croup: Can we identify which patients can safely be discharged from the emergency department?.** Elder, A.E. and Rao, A. (2019), J Paediatr Child Health, 55: 1323-1328. doi:10.1111/jpc.14412

Croup is a major cause of emergency department (ED) presentations, but there remains a paucity of evidence to guide clinical decision-making around which patients require admission. We aimed to describe the clinical characteristics, management and outcomes of patients presenting to the ED with croup and to identify characteristics associated with a need for further intervention. [Read more](#)

## COPD

*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*

**Health Care Utilisation and Health Needs of People with Severe COPD in the Southern Region of New Zealand: A Retrospective Case Note Review**, Jack Dummer, ... et al (2020) COPD: Journal of Chronic Obstructive Pulmonary Disease, DOI: [10.1080/15412555.2020.1724275](https://doi.org/10.1080/15412555.2020.1724275)

We examined health care utilisation and needs of people with severe COPD in the low-population-density setting of the Southern Region of New Zealand (NZ). We undertook a retrospective case note review of patients with COPD coded as having an emergency department attendance and/or admission with at least one acute exacerbation during 2015 to hospitals in the Southern Region of NZ. Data were collected and analysed from 340 case notes pertaining to: demographics, hospital admissions, outpatient contacts, pulmonary rehabilitation, advance care planning and comorbidities. Geometric mean (95%CI) length of stay for hospital admissions in urban and rural hospitals was 3.0 (2.7-3.4) and 4.0 (2.9-5.4) days respectively. More patients were from areas of higher deprivation but median hospital length of stay for patients from the least deprived areas was 2.0 days longer than others ( $p = 0.04$ ). There was a median of 4 (range 0-16) comorbidities and 10 medications (range 0-25) per person. Of 169 cases where data was available, 26 (15%) were offered, 17 (10%) declined, and 5 (3%) completed, pulmonary rehabilitation at or in the year prior to the index admission. Patients were less likely to be offered pulmonary rehabilitation if they lived >20km away from the hospital where it took place (odds ratio of 0.12 for those living further away [95%CI 0.02-0.93,  $p = 0.04$ ]). There were deficits in care: provision and uptake of non-pharmacological interventions was suboptimal and unevenly distributed across the region. Further research is needed to develop and evaluate strategies for delivering non-pharmacological interventions in this setting.

## Coronavirus

**Coronavirus: Jacinda Ardern reveals how New Zealand would cope with any outbreak here**

The Government has decided to extend a ban on foreign travellers arriving from China to protect against the spread of coronavirus. [Read more](#)

**Most coronavirus infections are mild, says Chinese study**

Most people infected by the new coronavirus in China have mild symptoms, with older patients and those with underlying conditions most at risk from the disease, according to a study by Chinese researchers. [Read more](#)

**Doctors fear coronavirus will hit NZ at same time as winter flu season**

This story was originally published on [RNZ.co.nz](https://www.rnz.co.nz) and is republished with permission. Doctors fear the coronavirus Covid-19 will hit New Zealand at the same time as the winter flu season, stretching health services and hospitals to breaking point. [Read more](#)

**What does coronavirus do to your body?**

From mucus-filled lungs and damaged livers to an out-of-control immune system - this is what coronavirus does to different parts of your body.

Efforts to combat the outbreak have been ramping up across the world as the virus' rapid spread continues. It has now infected more than 82,000 people globally and is worrying governments with its rapid spread beyond the epicentre of China. [Read more](#)

## **SARS-CoV-2: a novel deadly virus in a globalised world**

Meik Dilcher, Anja Werno, Lance C Jennings

NZMJ EDITORIAL

Vol 133 No 1510: 21 February 2020

When the first reports of a cluster of mysterious atypical pneumonia cases connected to a seafood and live-animal market in Wuhan, capital of Hubei province of China appeared on 31 December 2019, visions of the 2002/2003 SARS epidemic immediately came to mind. All diagnostic tests for common respiratory pathogens, including SARS and the closely related MERS coronaviruses were negative and rumours spread that a novel coronavirus might be the cause. Closure of the market in Wuhan was initiated by Chinese officials in an attempt to contain the outbreak. [Read more](#)

## **Influenza**

### **First childhood flu helps explain why virus hits some people harder than others**

Why are some people better able to fight off the flu than others? Part of the answer, according to a new study, is related to the first flu strain we encounter in childhood

[Read more](#)

### **Factors influencing the uptake of influenza vaccine vary among different groups in the hard-to-reach population.**

Kong, K.L., Chu, S. and Giles, M.L. (2020), Australian and New Zealand Journal of Public Health. doi:[10.1111/1753-6405.12964](https://doi.org/10.1111/1753-6405.12964)

**Objective:** This report describes a mobile outreach influenza immunisation program for vulnerable populations in a resource-rich setting. It explores vaccine recipients' demographics, comorbidities and vaccination histories, and the factors influencing their decision to receive vaccine during outreach.

**Methods:** Teams of nurse immunisers visited and provided influenza vaccines to clients from 21 sites (18 community centres for migrants, refugees and the homeless; and three outpatient clinics). Risk factors for severe influenza, vaccination histories and perceived barriers and facilitators to vaccines were collected from vaccine recipients. [Read more](#)

## **Lung cancer**

### **The electronic nose: emerging biomarkers in lung cancer diagnostics**

Wouter H. van Geffen ... et al. Breathe Dec 2019, 15 (4) e135-e141; DOI: 10.1183/20734735.0309-2019

Lung cancer is very common and the most common cause of cancer death worldwide. Despite recent progress in the systemic treatment of lung cancer (checkpoint inhibitors and tyrosine kinase inhibitors), each year, >1.5 million people die due to this disease. Most lung cancer patients already have advanced disease at the time of diagnosis. Computed tomography screening of high-risk individuals can detect lung cancer at an earlier stage but at a cost of false-positive findings. Biomarkers could lead towards a reduction of these false-positive findings and earlier lung cancer diagnosis, and have the potential to improve outcomes and treatment monitoring. To date, there is a lack of such biomarkers for lung cancer and other thoracic malignancies, although electronic nose (e-nose)-derived biomarkers are of interest.

E-nose techniques using exhaled breath component measurements can detect lung cancer with a sensitivity ranging from 71% to 96% and specificity from 33 to 100%. In some case series, such results have been validated but this is mostly using internal validation and hence, more work is needed. Furthermore, standardised sampling and analysis methods are lacking, impeding interstudy comparison and clinical implementation. In this narrative review, we provide an overview of the currently available data on E-nose technology for lung cancer detection. [Read more](#)

## Sleep apnoea

### Research shows that older patients with untreated sleep apnea need greater medical care

Obstructive sleep apnea (OSA) is a common and costly medical condition leading to a wide range of health risks such as cardiovascular disease, stroke, depression, diabetes and even premature death. Researchers at the University of Maryland School of Medicine (UMSOM) found that the medical costs are substantially higher among older adults who go untreated for the disorder. [Read more](#)

## Smoking (inc vaping and electronic cigarettes)

### Proposed vaping regulations address most concerns - Asthma and Respiratory Foundation

The proposed Smokefree Environments and Regulated Products (Vaping) Amendment Bill is a positive step forward but has room for improvement, says Asthma and Respiratory Foundation NZ Chief Executive Letitia Harding. [Read more](#)

*The items below are not available full text but may be sourced via a DHB library through databases like CINAHL or Proquest, or through the NZNO library service*

### Barriers and enablers to implementation of antenatal smoking cessation guidelines in general practice

Rohan Reeks ... et al. Australian Journal of Primary Health 26(1) 81-87  
<https://doi.org/10.1071/PY18195>

Smoking is a major preventable cause of adverse outcomes in pregnancy. Despite the existence of smoking cessation support guidelines, many pregnant smokers do not receive support in quitting. The aim of this study was to identify and understand the facilitators and barriers experienced by GPs in implementing the 5As of smoking cessation support with pregnant women. The results of this study may help in shaping interventions to support GPs in implementing the guidelines. This was a qualitative study using semi-structured interviews built around the Theoretical Domains Framework. Participants were 15 GPs, and thematic analysis was used to identify relevant themes. Perceived barriers to implementing guidelines included unfamiliarity with the 5As, uncertainty using nicotine replacement therapy, lack of time, and fears of damaging rapport. Perceived facilitators included high levels of knowledge and skills, patients' expectations and a recognition that smoking cessation was a fundamental and essential part of the GPs' role in antenatal care. Educating and training GPs regarding the 5As and NRT (nicotine replacement therapy) use in pregnancy may have a role in improving delivery of smoking cessation support. The strong overall commitment to provision of smoking cessation support among GPs may also have a role in developing interventions in the future.

### Ethnic inequities in life expectancy attributable to smoking

Michael Walsh, Karen Wright. NZMJ  
Vol 133 No 1509: 7 February 2020

There are large and persistent inequities in mortality and life expectancy among Māori and Pacific when compared with non-Māori/non-Pacific people, in New Zealand.

## Smoking related illness

**How would the tobacco retail landscape change if tobacco was only sold through liquor stores, petrol stations or pharmacies?.** Marsh, L., Doscher, C., Cameron, C., Robertson, L. and Petrović-van der Deen, F.S. (2020), Australian and New Zealand Journal of Public Health, 44: 34-39. doi:[10.1111/1753-6405.12957](https://doi.org/10.1111/1753-6405.12957)

**Objective:** To examine the potential impact of tobacco being available only from pharmacies, only from liquor stores or only from petrol stations on the New Zealand tobacco retail landscape. [Read more](#)

## Tuberculosis

### Health board confirms two tuberculosis cases in top of the south

Health officials are investigating if more people in Nelson and Marlborough have been exposed to tuberculosis after two people were diagnosed with the infection. [Read more](#)

### TB Case Management Forms (RCN)

PUBLICATION CODE : 009 040

These forms were originally published as appendices in A Case Management Tool for TB Prevention, Care and Control in the UK in 2019 (006 194) and have now been extracted for download and use by nurses in managing and caring for patients with TB. [Read more](#)

## Professional development / courses / seminars etc

### Respiratory Research Review

#### Issue 168

A large international study reveals a potential protective role of prebiotics and probiotics against lung carcinogenesis. [Read more](#)

### Respiratory Research Review

#### Issue 169

In adults with mild-to-moderate asthma, budesonide-formoterol taken as needed for symptom relief was more effective at preventing severe exacerbations than maintenance low-dose budesonide plus as-needed terbutaline, according to the findings of the PRACTICAL trial. [Read more](#)

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*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 section administrator: [DianaG@nzno.org.nz](mailto:DianaG@nzno.org.nz)*

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