

AIRWAYS



'Hongihongi te rangi hou'
'Smell the fresh air'

Newsletter of the College of Respiratory Nurses (NZNO)

July 2017

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Note from the Chairperson

Kia ora koutou katoa.

Welcome to our winter edition of AIRWAYS. This edition focuses on patients' perspectives on living with their respiratory condition and serves to inspire us all. The committee for College of Respiratory Nurses NZNO are all working hard in their respective roles, and honouring our new status. The web site has been updated, so please do visit the site regularly. Synopsis Nursing Information Provision Service (SNIPS) is up and running, and provides members with an overview of a variety of research topics related to respiratory conditions. Links are provided should you wish to seek further information. We would really value your feedback as to how you are finding this new initiative, and whether the articles are of relevance.

The June edition of Kai Tiaki has highlighted respiratory nursing. A huge thank you to all those who contributed their time towards this edition in providing a snapshot at what respiratory nurses are contributing nationally.

Our focus over the coming months is around organising the 2018 Symposium in Wellington. I am on a huge learning curve with just how much goes on behind the scenes and the time and energy that goes into the preparation to bring together what is promising to be a really outstanding Symposium. Please diary the date now to ensure you can make it!

The College remains committed to promoting Respiratory Disease at a national level. We are targeting at a government level in an effort to be heard and to bring about changes in those disproportionally represented by the burden of respiratory disease.

You will also find on the website application forms to apply for a scholarship to go toward supporting education. The committee recognises the challenges that exist in furthering education and to that end are committed to providing some support.

The winter months are challenging for both patients with a respiratory condition and staff who are under pressure to provide support. Please let us know how this is impacting on your services. We would truly like to hear any stories you may have and wish to share. Michelle, who works really hard on AIRWAYS, always welcomes articles from members for publication. The experiences you have can certainly enrich and inform all our practice in the field of respiratory medicine.

I wish to acknowledge all the committee who give voluntarily of their time, and who work so hard and often under tight timelines. I really could not do this without all their support.

We are a small College, but aim to represent all respiratory nurses. Please encourage staff around you to consider joining the Respiratory College; nurses can

belong to two Colleges at the same time. If anyone would be interested in joining the committee, we would love to hear from you, as some of those on the committee will be completing their term later in the year.

Keep safe and well through these next few months, and we look forward to hearing from you with any feedback you may have.

'Hongihongi te rangi hou'
'Smell the fresh air'

Mary Gluyas
Chairperson
College of Respiratory Nurses NZNO



Pauline Mohi's story



Reproduced from stuff.co.nz

My name is Pauline Mohi and for some time I have wanted to let General Practitioner's (GP) and other health professionals know how grateful I am, that my GP knew of pulmonary rehabilitation (PR) and that she suggested I go. I can never thank her enough.

In 2010 I was diagnosed with Chronic Obstructive Pulmonary Disease (COPD), and took part in a PR programme in 2011. It took a while to sink in that I had "smoker's disease". How could this be? I had stopped smoking over 20 years ago. I thought I was getting older. I have worked with and seen older folk, getting breathless. Maybe I was just unfit. Anyway don't all the cells in your body regenerate about every 7 years? I had never been to a doctor much at all in my life. I had prided myself in being very lucky. I grew the majority of my own fruit and vegetables. I had my own chooks. I was living the dream. I always did everything myself; I had to, being the sole parent of seven children.

However, I was becoming aware that I was finding it harder and harder to maintain my gardens and lawns. It was harder to chop the wood as well. I was even starting to buy it, instead of always foraging as I used to. I even had my own chain saw. I proudly did it all myself. I was a bit stubborn I suppose. I was also working full time in a Kindergarten. However, I developed a cough that just wouldn't go away. I think I tried every cough medicine that the Chemist sold. I blamed this on the flu injection

which I had whilst working in a child care facility. The staff kept saying you can't work with children, coughing, and huffing and puffing all the time. My work colleagues came up with some thoughts and mentioned the "90 day cough". I went back to see my GP, highly indignant that once again I was asked if I was a smoker or an ex-smoker. I had been smoke free for twenty years. I was sent for a spirometry test. I didn't know what it was for. I didn't ask. My generation usually didn't ask. I was given some inhalers which helped a little. I still couldn't keep up with everything.

I had to sell my beautiful 100 year old villa that I had had transported out of town onto a horse paddock 14 years earlier. I had worked so hard to get it how I wanted it. I was in the country, with only a walk through a horse paddock behind me to the beach. This was my dream, my heaven, my haven. This was my grandchildren and great grandchild's heaven. They still talk fondly of "our place". They ask "why did you leave Nanny"? My dream was that on retirement I would have them stay all school holidays, not just weekends. They loved it and so did I. I had nearly everything for them, monkey bars, trampoline, swing, seesaw, slide, and castle; little house and an aviary and even a spa. We would all get in together in a circle, as we each either sang a song, said a poem, or just talked about something we loved. I had a piano indoors and their little shop. We did dress ups. You name it we had it. But little by little I realised I was not keeping up. There was more work to be done on my villa. I sold the villa hoping someone else would look after it and all I had done. I bought a little unit with two bedrooms: one for me and one for the kids when they came to stay. There was a park across the road for them, library, mall and GP practice a 10 minute walk away. I huffed and puffed down the road. It was hard to let my dreams go. Now six years down the track I have different dreams. I still garden which is now all in pots. I have learned to still do what I want, but I just do it differently.

However, the QUAKES happened. Life in Christchurch would never be the same again. Five years and still most of the roads are one way, road works still continue. So amongst other things I retired that day. It wasn't planned. The Kindergarten was damaged. The young employees needed work when it was patched up. I was very breathless. My GP was near my old home. Everything was chaos. The roads a mess and not much better today. I enrolled to a practice near me. How pleased I did. I told her my history. She let me get it all out. I had always heard that if you stopped smoking your lungs recovered and she explained that was untrue. She arranged a spirometry test for me. Of course at that point after the quake, everything was not working properly. The GP did not have access to my old notes. She also explained the test would show if I had COPD. I went home and googled COPD. On the next visit she suggested a PR programme. I couldn't believe it, why would I exercise, when I could hardly stop huffing and puffing. It didn't seem right. Well, anyway I went and I took part. I realised I would get out of this, what I put into it. It was my chance to help myself. I will always be grateful to her as she changed my life. Once

again I have a purpose. I still have my family. Exercise and the PR programme have helped me to help myself and others.

At the same time I started PR I also started a Council "Walk and Talk" group. The first day I huffed and puffed and sweated my way along, with someone allotted to walk with me, they must have thought I might pass out as I huffed and puffed along tagging at the rear. I was very embarrassed at the noise I was making. Anyway, now I can walk at the front. I even take the group when our leader is away. So I guess that says it all. I still huff and puff, however not to the extent I used to. I believe that the sooner someone goes to PR the better. The earlier one learns better breathing techniques, the proper way to use your inhaler and spacer, help with diet, the many things that changed my life, and of course the exercises the better. Until health professionals understand and believe PR does work, how are we as patients' meant to? How you present this, determines how patients will take to it. It is hard to believe exercise can help breathlessness. It does. I go to Tai Chi, two different exercise groups, to maintain the work I have done. I am so glad my GP listened to me and I listened to her. She let me come to the realisation that I had COPD. That it is not the end of the world, or my life, just yet. I have lots to share. Knowledge is power. I feel powerful, in charge of my life again.

Pauline was a recipient of the national COPD Achievers Award 2016, presented by the Asthma and Respiratory Foundation of NZ. Pauline advocates the benefits of attending pulmonary rehabilitation and also being Smokefree for those with respiratory conditions.



Reproduced from stuff.co.nz

Living with COPD – My Story

Joan Ross

My husband Neville and I moved to mid Canterbury early in 2005 with the intention of retiring here when the time came. We lived a very active life and our health was pretty good even though I had asthma which worsened when we shifted to Canterbury which was kept under control with medications. We both had jobs and worked hard.

We carried on working. Nev until early 2010 and me a year later. Neville was diagnosed with COPD about that time. Nev was able to continue as normal doing the garden, mowing the lawns and working on his classic Holden car, by resting when he became breathless. We both kept fit by walking for about ½ hour every day weather permitting. We were both pretty good at this stage and the COPD didn't stop us from doing anything. We continued to enjoy our camping holidays in our caravan.

In the summer of 2011 we went on a tour of the North Island. I developed an awful infection and a cough near the end of our holiday. When we got home I went to the doctor who diagnosed me with COPD too. Our doctor recommended that we both go to the Pulmonary Rehabilitation course at the hospital. We went twice a week for eight weeks. It was so invaluable, we learnt so much, how to breathe properly, exercises, the great guest speakers who talked about everything related to our condition. We cannot recommend this course enough. After the course we joined with the O2go exercise group. We really enjoyed the exercises, found it challenging at times but carried on. The companionship, laughter and fun are great.

We carried on with our lives, made our garden easy care, and employed a gardener when we needed to. We were a great team. What Nev couldn't do in the garden like bending to pick up weeds etc, I usually could. We used to have rests and practice the breathing techniques that we had learnt. We soon recovered and carried on.

We shared the housework. Nev did the vacuuming and I would do the dusting and the cleaning. It used to take us ages but we got there. Then the time came when neither of us could do it. We got really sick a couple of winters ago with the flu despite having the flu injection as it were a different strain. Lots of people got sick with the flu but unfortunately Nev ended up in hospital and our family had to come and look after me and their dad when he came out of hospital. Our family don't live here. They had turns about coming. We noticed that when we had an episode of illness we never seemed to get our health back to how it was before. I did say to Nev "I hope this isn't the end of our independence". We were both so ill and it stayed with us for weeks. We were very grateful for the help we received from the district nurses who organised personal cares and meals on wheels for us for three weeks. They also gave us a housekeeper to do the basic cleaning once a week.

I never really got over the chest infections with the antibiotics I was prescribed nearly every other week. After a few months I was finally referred to the Respiratory Doctor Epton. I think I was a challenge for him but he decided maybe it was my sinuses which were the problem so I had a CT scan and sure enough that was the cause as they were completely blocked on one side. The nasal drip going down the back of my throat into my chest was causing my infections. I had sinus surgery at the end of May 2016 and it took about six weeks to recover but it was so good to not have chest infections and coughing all the time. We went back to O2go and we both got through the winter OK. When the weather warmed up we were able to get back outside into the garden again.

Nev became unwell in September. We all thought he had a bad dose of the flu but in early October he was diagnosed with acute myelocytic leukaemia. He sadly passed away in early November 2016. It was devastating for our family but life has to go on.

I went back to O2go before Christmas and also resumed aquacise at our pool after the school holidays. I just love being able to exercise and not get breathless. The pool is so warm. I am managing my daily life by keeping really busy doing things that I have never had to do like mowing the lawns. We do have an electric mower which makes it easier. It does take me ages (my son can do them in 7 minutes)! I still do some of the garden; I take my little seat out with me. I have even painted a fence. I hope by keeping active I can stop my COPD from progressing too much so I will be around to see my great grandchildren. I owe so many people so much for this. Mary the respiratory nurse specialist, our GP, Dr Epton and my family, friends, the O2go friends and Megan and Nicki.



Physio assistant Megan Wellman with O2go member Mary Rose reproduced from ashburtononline.co.nz

LIVING WITH COPD – Charlotte Pooley

Tihei Mauri Ora. Tēnā kotou katoa

My name is Charlotte Pooley and I have COPD. I started smoking cigarettes from a young age, I suppose from peer pressure. I used to enjoy walking around the block (almost running) every day with a cigarette in my mouth. I began to notice I was coughing a lot while walking and at night time in bed. I would go through a lot of tissues with all the phlegm I was coughing up. I went to the doctor and he told me to give the cigarettes up. I tried a few times with patches.



In 2001, I gave up for about eight months, but in the back of my mind I had to have that one more puff. So I did. This lasted a further six years. On the 1st of March 2007, I had two cigarettes left. I decided to smoke them and I have never smoked again. It has been over nine years now since I gave up. 😊

Not long after I gave up I got sick with chest infections and shortness of breath and ended up in hospital. My family were very worried about my health. During this time I was working for Nurse Maude as home care. My clients were worried about me because I was always puffing, short of breath and coughing. I decided to give up my job.

In 2011, I got very sick. Walking from my kitchen to my bedroom was a big effort. A nurse came to see me from the hospital to check my CPAP machine and was concerned about me. She rang the hospital and spoke to Dr Paul Tan. He told me on the phone to come into hospital. I went into the emergency department and I couldn't lie on their bed. After two weeks I was discharged home with an oxygen concentrator. This saved my life. I use it every night while I am sleeping.

My GP referred me to the Pulmonary Rehab programme in my area. I became very friendly with Louise, the Pulmonary Rehab nurse. I went to Pulmonary Rehab four times altogether. I am now a volunteer for the Pulmonary Rehabilitation Consumer Group, which I really enjoy.

My advice to others:

- Always have an extra stock of antibiotics. Don't wait until you are really sick to start taking them. Also, let your GP know.
- Joining Pulmonary Rehab groups has been the best thing for me and my family. I encourage others to give it a go.

Mā te Ātua tātou e tiaki manaaki mō ake tonu.

Charlotte's story first published in The Windmill by Canterbury Clinical Network and Canterbury Better Breathing Pulmonary Rehabilitation Programme and on the Asthma and Respiratory Foundation website

Earle's Journey

In September 2015 I was admitted to Waikato Hospital with respiratory problems. I was subsequently diagnosed with C.O.P.D and Atrial Fibrillation. I left the hospital with lots of medication, which was foreign to me, never having had to deal with so many pills. Follow up appointments ensued in July and August at the Cardiology clinic.

In 2016 community based respiratory nurse Michelle started home visits, giving me breathing exercises and lots of good advice & support. We, my wife & I, were not aware this support was available and we owe a debt of gratitude to her for guiding us through what could have been a more stressful health crisis.

A referral to the Respiratory Medicine Service Waikato Hospital in September 2016 was declined.

A further referral to the same service November 2016 was accepted.

My GP was instrumental in achieving this result.

On 3rd March 2017 I began a 10 week Pulmonary Rehabilitation Program at Waikato Hospital.

This program was run by a Respiratory Nurse Specialist Glenda and Respiratory Physiotherapist Mina.

I gained considerable benefit from this program.

I feel much better after completing the rehab program and it has motivated me to continue a 'home' program.

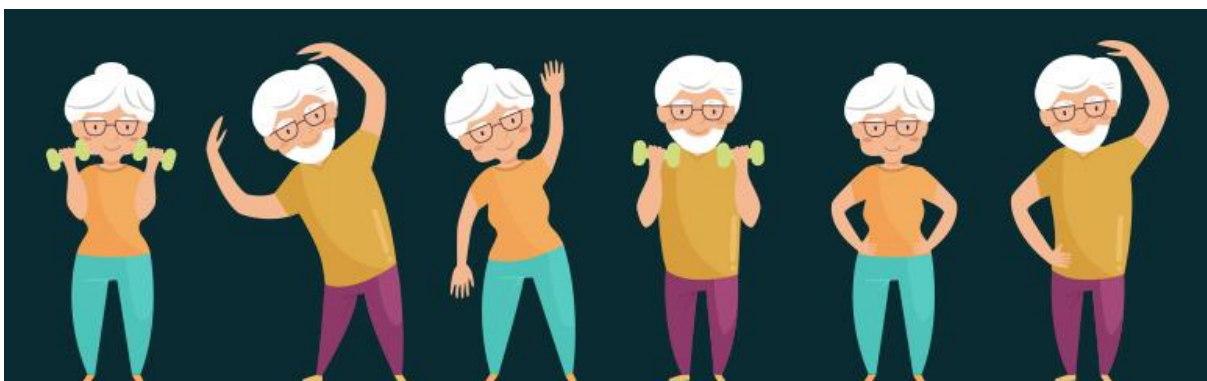
I do, regularly, weights, tread mill & cycling exercises.

My follow up appointment in August will be interesting.

On the advice of community based respiratory nurse Michelle, along with my annual 'flu shot' I have also had a pneumonia vaccination.

I thank all involved for the support and medical care I have received since that initial, frightening admission to hospital in 2015.

Earle Gillard, June 2017



Grant Application Form NZNO Respiratory College

Reproduced from the NZNO College of Respiratory Nurses web page is the following application form when applying for a scholarship grant. See also the Terms and Conditions for Education Grant Applications. We encourage members to engage with this process.

Surname
First Name
Organisation
Position/role
Postal Address
Email Address
Work Phone
Home Phone/Mobile No.
NZNO No.
Number of years you have been a member of the respiratory college/section:
EDUCATION/CONFERENCE DETAILS
Name Conference/Course/Education Opportunity
Date
Location
Paper Presentation Yes/No
Presentation Title:
COST DETAILS
Amount (Max \$250.00)
Registration/Course Fees
Accommodation
Travel
Other (please specify)
TOTAL COSTS
Briefly outline what you hope to learn/achieve from your participation/attendance:
Have you received an education grant from Respiratory College in the past two years?
Yes/No
<input type="checkbox"/> I have read and accepted the terms and conditions for education grand applications
Signed



WE WANT YOU

NZNO RESPIRATORY NURSES SECTION



Hongihongi te rangi hou'
'Smell the fresh air'

... to diary the date for our next symposium

Title: Changing Paradigms in
Respiratory Health
Date: 13th April 2018
Venue: ASB Sports Centre,
Kilbirnie, Wellington

EVENTS FOR YOUR CALENDAR

Conferences/Seminars/Courses

TSANZ/ANZSRS New Zealand Annual Scientific Meeting

10-11 August 2017, Nurse and Trainee day 9 August 2017

Heritage Hotel, Queenstown

On-line registrations open March 2017

<https://outshine.eventsair.com/QuickEventWebsitePortal/tsanz-2017/web>

National Asthma Council Australia

Provides a list of various respiratory focused conferences for health professionals.

For further information: www.nationalasthma.org.au

PHARMAC Seminar Series

Venue: PHARMAC, Level 9, Simple House, 40 Mercer Street, Central Wellington.

Check website for any relevant seminars and registration www.pharmac.health.nz/seminars

Dunedin Respiratory Study Day

20 November 2017

Applicable to nurses and allied health working in acute and non-acute settings. Content will include a variety of respiratory conditions and treatments.

To register expressions of interest please contact

Carol Fitzgerald, Respiratory Clinical Nurse Specialist, Dunedin Hospital

Ph: 0274 989218, carol.fitzgerald@southerndhb.govt.nz

Asthma and Respiratory Foundation, NZ

COPD & Asthma Fundamentals

Comprehensive training programme for the education of health professionals in how to provide asthma and COPD management, education and support.

Two half-day workshops.

Contact: Teresa Demetriou, teresa@asthmaandrespiratory.org.nz

2017 Asthma New Zealand – The Lung Association

1 Day – 6 hours 'Neat' Asthma Course for Registered Nurses

March 15 2017

June 20 2017

½ day COPD Course for Registered Nurses

May 16 2017

July 26 2017

<http://www.asthma.org.nz/news-and-events/>

Asthma NZ in partnership with Unitec, School of Health & Community Studies also offers:

The Asthma Nursing Course &

The Chronic Obstructive Pulmonary Disease Course

These are distance learning Level 7, 24 credit courses available to Registered Nurses who work in the community at primary and secondary care level with people who have asthma or COPD. <http://www.asthma.org.nz/resources/courses/>

Spirometry Courses

Auckland District Health Board

Further information is available by contacting:

Ph: 09 630 9918 Extn. 26234, resplab@adhb.govt.nz

Bay of Plenty

Contact: Lyn Tissingh, Nurse Manager

Ph: 07 577 6738, lyn@asthmabop.org.nz

Asthma Waikato

Further information is available by contacting: The Manager

Ph: 07 838 0851, info@asthmawaikato.co.nz

Canterbury District Health Board

Further information is available by contacting Emily Ingram: emily.ingram@cdhb.health.nz

Southern District Health Board

Further information is available by contacting Sue Filsell:

Ph: 03 470 9831 or 470 9742, sue.filsell@southerndhb.govt.nz

Peer Group Meetings

Bay of Plenty

Asthma & Respiratory Management, BOP Inc.

REPS (Respiratory Educators Peer Support) 2017

Fridays: March 10th, June 9th, Sept 8th, and December 8th

10.00am meeting (0930-1000 cup of tea)

Venue: 254 Chadwick Road, Greerton, Tauranga.

Contact: Lyn Tissingh, Nurse Manager: Ph: 07 577 6738, lyn@asthmabop.org.nz

Editors Note – If you have regular meetings for Respiratory Nurses in your area, email secretaryrn.nzno@gmail.com with the group's name, place of meeting, date and contact person, and I can put the information in the next newsletter.

College of Respiratory Nurses (NZNO) Committee Members 2017

Role	Name	Email
Chairperson	Mary Gluyas	mary.gluyas@cdhb.health.nz
Secretary	Laura Campbell	laura.campbell@waitematadhb.govt.nz
Treasurer	Sharon Hancock	sharon.hancock@midcentralthb.govt.nz
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Committee Member	Carol George	carol@hcp.co.nz
Committee Member	Dawn Acker	dawn.acker@southerndhd.govt.nz
NZNO Professional Nursing Adviser	Annie Bradley-Ingle	annetteb@nzno.org.nz



Back row: Carol George, Eileen Hall, Mary Gluyas (Chair) , Marilyn Dyer
 Front row: Michelle Hopley ,Annie Bradley-Ingle (PNA), Laura Campbell, Sharon Hancock
 (Absent Dawn Acker)