



Stop4th Nursing Information Provision Service
Providing information to nurses and allied health professionals

NZNO College of Respiratory Nurses Monthly News Bulletin Friday 25 August 2017

For feedback please contact your College administrator: DianaG@nzno.org.nz

Consultation

NZNO regularly seeks members input on a range of documents up for consultation. The listing is regularly updated and can be found at
: http://www.nzno.org.nz/get_involved/consultation

'Choose Wisely' Campaign

The 'Choose Wisely' campaign has its origins in the United States and is an initiative of the American Board of Internal Medicine Foundation '... designed to spark conversations among patients, physicians and other health professionals about appropriate tests and procedures ...' (Mason, 2015, p. 657). It is now a global initiative with the New Zealand campaign <http://choosingwisely.org.nz/> being promoted by the Health Quality and Safety Commission and Consumer NZ and endorsed by a number of the Australasian medical specialist colleges, the Council of Medical Colleges in New Zealand, and the New Zealand College of Midwives among others.

The New Zealand Nurses Organisation/Tōpūtanga Tapuhi Kaitiaki o Aotearoa (NZNO) needs to decide if it will also endorse the campaign and the position it would take in doing so.

Questions to consider:

1. Is there a problem in New Zealand about how tests, treatments and procedures are explained to patients including their impact on providing best quality care for the patient? If so, is that problem greater for health services and care for some groups, particularly Maori and Pacific communities and those experiencing mental health challenges?
2. How do nurses advocate in a culturally safe way for care recipients who have either been referred for tests/procedures/treatments that seem unnecessary or who should have tests/procedures/treatments for which they have not been referred?
3. What is the potential for unintended consequences of the 'choose wisely' campaign? Is one of those potential unintended consequences the possibility that care recipients will see this campaign as a rationing exercise and as a sequelae of an under-resourced healthcare system?

Barriers to access, for example those proposed by PHARMAC in 2016 to the long-acting intra-uterine system (LIUS) 'Mirena', resulted in subsidised mirenas primarily being used by older, peri-menopausal women to reduce the need for hysterectomy, while younger women with similar symptoms who were seeking safe, long-term reversible contraception, were excluded. (See: [NZNO Submission to PHARMAC re Mirena sole supply](#) (PDF 388KB) While benefiting one group, another is excluded for cost control reasons. Over the productive lifetime of women impacted, the *benefits* of funded access to such products needs to be factored into analyses.

4. What evidence is there that nurses inappropriately order and administer unnecessary tests, procedures and treatments? There is evidence to the contrary – that Nurse Practitioners prudently prescribe and order tests and procedures. (see Gardner, Gardner & O'Connell, 2014)

References:

Gardner, G.; Gardner, A. and O'Connell, J. (2014) Using the Donabedian framework to examine the quality and safety of nursing service innovation. *Journal of Clinical Nursing* 23, 145-155 doi: 10.1111/jocn.12146

Mason, D. (2015) Choosing Wisely: Changing clinicians, patients or policies? *The JAMA Forum* 313:7 p. 657-658

Feedback due: Please send feedback to Sue Gasquoine, Nursing Policy Adviser/Researcher sueg@nzno.org.nz by **30 September 2017**.

Guideline - Code of Ethics

The NZNO 'Code of Ethics' – a process to manage challenging professional and ethical issues documents were last updated in 2013. We are seeking your feedback on the substantial changes.

[The documents can be accessed here](#)

Please forward to your members as appropriate. All comments and feedback are warmly welcomed no matter how small or large.

We are seeking your feedback on the document by:

Friday 29th September 2017 to

sueg@nzno.org.nz or post to PO Box 8921, Symonds Street, Auckland 1150.

Enquiries to:

Sue Gasquoine

Nursing Policy Adviser/Researcher

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[NZ News](#)

National health target required to reduce respiratory illness

The Asthma and Respiratory Foundation NZ believe the latest findings from the University of Otago study into [childhood respiratory illness and primary care](#) reiterate the need for action from the government to introduce a national respiratory health target.

[Read more here](#)

[Asthma](#)

The following article is not freely available in full text but should be available via a DHB library, the NZNO library or resources offered through an academic library readers may have access to. Check databases such as CINAHL or Proquest.

Suitability of Asthma Education Materials for School-age Children: Implications for Health Literacy. Tzeng, Y.-F. and Gau, B.-S. (2017), *J Clin Nurs*. Accepted Author Manuscript. doi:10.1111/jocn.13993

Manuscript. doi:10.1111/jocn.13993

Aims and objectives

This study investigated the suitability of asthma education materials for school-age children with asthma and elucidated how these children used their health-literacy abilities to identify whether the materials can be accepted, comprehended, and applied.

Background

Effective asthma self-management education is influenced by the suitability of materials and an individual's health literacy.

[Breathing techniques](#)

Glenorchy physio aims to help people worldwide breathe with Big Exhale

Half of the world is breathing incorrectly and Glenorchy physiotherapist and pilates trainer wants to change that.

Mother of two Emma Ferris, 34, says breathing techniques are responsible for helping her get rid of a stutter, deal with cancer in the family and a divorce.

[Read more here](#)

COPD

The following articles are not freely available in full text but should be available via a DHB library, the NZNO library or resources offered through an academic library readers may have access to. Check databases such as CINAHL or Proquest.

Airway inflammation in chronic obstructive pulmonary disease (COPD): a true paradox

Mathew Suji Eapen, Stephen Myers, Eugene Haydn Walters & Sukhwinder Singh Sohal
Expert Review of Respiratory Medicine Vol. 0 , Iss. 0,0 (Prepub online)

Introduction: Chronic obstructive pulmonary disease (COPD) is primarily an airway condition, which mainly affects cigarette smokers and presents with shortness of breath that is progressive and poorly reversible. In COPD research, there has been a long held belief that airway disease progression is due to inflammation. Although this may be true in the airway lumen with innate immunity activated by the effect of smoke or secondary to infection, the accurate picture of inflammatory cells in the airway wall, where the pathophysiological COPD remodeling occurs, is uncertain and debatable.

Areas covered: The current review provides a comprehensive literature survey of the changes in the main inflammatory cells in human COPD patients and focuses on contrarian views that affect the prevailing dogma on inflammation. The review also delves into the role of oxidative stress and inflammasomes in modulating the immune response in COPD. Further, the effects of inflammation in affecting the epithelium, fibroblasts, and airway remodeling are discussed.

Expert commentary: Inflammation as a driving force for airway wall damage and remodelling in early COPD is at the very least 'oversimplified' and is likely to be misleading. This has serious implications for rational thinking about the illness, including pathogenesis and designing therapy.

Physical activity in patients with COPD: the impact of comorbidities

Leandro Cruz Mantoani, Silvina Dell'Era, William MacNee & Roberto A Rabinovich
Expert Review of Respiratory Medicine Vol. 11 , Iss. 9,2017

Introduction: Comorbidities are common in patients with chronic obstructive pulmonary disease (COPD) and it plays an important role on physical activity (PA) in this population. Since low PA levels have been described as a key factor to predict morbi-mortality in COPD, it seems crucial to review the current literature available on this topic.

Areas covered: This review covers the most common comorbidities found in COPD, their prevalence and prognostic implications. We explore the differences in PA between COPD patients with and without comorbidities, as well as the impact of the number or type of comorbidities on activity levels of this population. The effect of different comorbidities on activities of daily living in patients with COPD is also reviewed. Finally, we discuss options for the treatment of inactivity in COPD patients considering their comorbidities and limitations.

Expert commentary: Comorbidities are highly prevalent in patients with COPD and further deteriorate PA levels in this population. Despite the wide range of interventions available in COPD, the evidence in the field seems to point at PA coaching with feedback on individual goals and longer lasting PR programmes with more than 12 weeks of duration when attempting to raise the activity levels of this population.

The effects of threshold inspiratory muscle training in patients with chronic obstructive pulmonary disease: A randomised experimental study.

Chuang H-Y, Chang H-Y, Fang Y-Y, Guo S-E. *J Clin Nurs.* 2017;00:1–8. (Early view)

Aims and objectives

To investigate the effects of threshold inspiratory muscle training in patients with stages II through IV chronic obstructive pulmonary disease using maximum inspiratory pressure, baseline dyspnoea index, 6-minute walk test and quality of life.

Background

A threshold inspiratory muscle training device provides pressure for inspiratory muscle strength, but there is limited information on the effects of threshold inspiratory muscle training starting at low pressure training.

Cystic fibrosis

New game could help save the lives of children with cystic fibrosis

A new game has been developed to help save and improve the lives of children with cystic fibrosis.

The tablet-based game BreatheHero provides a more fun way of doing the breathing exercises most cystic fibrosis patients are prescribed and rewards children when they perform the exercise correctly.

[Read more here](#)

Medication / pharmacy

The following article is not freely available in full text but should be available via a DHB library, the NZNO library or resources offered through an academic library readers may have access to. Check databases such as CINAHL or Proquest.

Efficacy and safety of inhaled corticosteroids relative to fluticasone propionate: a systematic review of randomized controlled trials in asthma

See-Hwee Yeo, Bhumi Aggarwal, Sumitra Shantakumar, Aruni Mulgirigama & Peter Daley-Yates

Expert Review of Respiratory Medicine Vol. 0 , Iss. 0,0(prepub online)

Introduction: Many trials have been published comparing inhaled corticosteroid (ICS) treatments in asthma. However, mixed results necessitate the summarization of available evidence to aid in decision-making.

Areas covered: This systematic review evaluated randomized controlled trials (RCTs) that compared the efficacy and safety of inhaled fluticasone propionate (FP) with other ICS including beclomethasone dipropionate (BDP), budesonide (BUD) and ciclesonide (CIC). PubMed was searched and 54 RCTs that fit pre-determined criteria were included. Endpoints evaluated included lung function, asthma symptom control, exacerbation frequency, reliever use, quality of life and steroid-related side effects.

Expert commentary: Across all studies, FP was associated with either more favorable or at least similar efficacy and safety, in comparison with BDP or BUD. This observation may be related to FP's higher relative potency and almost negligible oral bioavailability. FP was comparable to CIC for efficacy. However, CIC appeared to have a smaller impact on cortisol levels than FP, which is likely due to CIC's incomplete conversion to active metabolite (des-CIC) and the lower potency of des-CIC compared with FP. Although there were no significant differences in evaluated outcomes after treatment with different ICS in the majority of studies, some observed differences could be explained by their respective pharmacodynamic and pharmacokinetic properties.

Primary care

'Big data' study shows high impact of childhood respiratory illnesses on primary care practices

A study using 'big data' has found that childhood respiratory illnesses, especially during the first two years of life, have a big impact on New Zealand primary care general practice (GP) workloads.

[Read more here](#)

Sleep apnoea

The following article is not freely available in full text but should be available via a DHB library, the NZNO library or resources offered through an academic library readers may have access to. Check databases such as CINAHL or Proquest.

Electrical stimulation for the treatment of obstructive sleep apnoea: a review of the evidence

Valeria Bisogni, Martino F Pengo, Andrea De Vito, Giuseppe Maiolino, Gian Paolo Rossi, John Moxham & Joerg Steier

Expert Review of Respiratory Medicine Vol. 11 , Iss. 9,2017

Introduction: Obstructive sleep apnoea is an increasingly prevalent clinical condition with significant impact on individuals and public health. Continuous positive airway pressure therapy is the standard treatment, but adherence is limited and alternative treatments are needed. In this context, non-invasive and invasive methods for the electrical stimulation of upper airway dilator muscles have been demonstrated to be effective in selected patients.

Areas covered: This review will cover investigations on the clinical effects, safety, and tolerability of non-invasive and invasive electrical stimulation of the upper airway for the management of obstructive sleep apnoea. Following a search of the relevant literature published on PubMed this review is focused mainly on data obtained from randomized clinical trials and clinical studies.

Expert commentary: The available evidence provides a rationale to consider upper airway electrical stimulation as treatment for selected patients with obstructive sleep apnoea, who have poor adherence or experience difficulties with continuous positive airway pressure therapy. Non-invasive stimulation using transcutaneous electrodes and implantable hypoglossal nerve stimulator technologies may provide an alternative to continuous positive airway pressure for the treatment of obstructive sleep apnoea via restoration of neuromuscular tone and improved upper airway patency.

Smoking (general)

Chewing tobacco, snus and inhaled nicotine products to be legalised in New Zealand

Smokeless tobacco products - including chewing tobacco and inhaled nicotine - are to be legalised.

Associate Health Minister Nicky Wagner announced on Wednesday a move to establish a pre-market approval system for smokeless tobacco and nicotine-delivery products, other than e-cigarettes.

[Read more here](#)

Smokefree 2025: make it harder to get tobacco and it will be snuffed out, report says

Smokers might need to travel to the next town to buy a pack of ciggies by 2022, if the Government accepts drastic recommendations made by a group of health experts.

[Read more here](#)

Report shows drop in pregnancy smoking rate

Health Minister Jonathan Coleman and Associate Minister Nicky Wagner welcome a new report which shows a continued downward trend in the percentage of pregnant women smoking.

[Read more here](#)

Study finds Quitline is good value-for-money

A new study from the University of Otago, Wellington has found New Zealand's Quitline service is a highly cost-effective way to improve health and even saves the health system money.

[Read more here](#)

Tuberculosis

Otago finding new ways to beat an old and enduring enemy - TB

An innovative approach in drug discovery in combating one of the world's greatest health scourges – tuberculosis (TB) – is being pioneered by an international research group that has Otago microbiologists as key leading members.

[Read more here](#)

The above 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 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

To learn more about the College go

to: http://www.nzno.org.nz/groups/colleges_sections/colleges/college_of_respiratory_nurses

Where to find SNIPS

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