



NZNO College of Respiratory Nurses monthly news bulletin Friday 31 August 2018

For feedback please contact your section administrator: diana.geerling@nzno.org.nz

NZNO / section news

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

Draft National Ethical Standards for Health and Disability Research: Consultation document

NZNO seeks member feedback on the Draft National Ethical Standards for Health and Disability Research: Consultation document

In particular feedback is sought on:

- whether the Standards are fit for purpose: are the contents of the Standards helpful, clear, relevant and workable?
- whether the Standards covers all relevant ethical issues: are there matters missing which are on topics where ethical guidance should be provided? Are there any conflicts with other standards, laws or current pieces of work that should be considered?
- general feedback: should any paragraphs be amended? Are there terms that are confusing or could be better defined?

To take part in the consultation, please [complete this online consultation](#) by 20 September 2018.

Alternatively, please provide feedback to support the NZNO submission. Please send feedback to jinny.willis@nzno.org.nz by 13 September 2018.

Indicators Aotearoa New Zealand – Ngā Tūtohu Aotearoa

NZNO seeks your feedback on the development of wellbeing indicators to track NZ's progress. The indicators aim to:

- go beyond economic measures such as GDP, to include wellbeing and sustainable development;
- build on international best practice;
- include cultural and Te Ao Māori perspectives;
- enable government, councils, businesses, communities and individuals to make choices around wellbeing and sustainability and

- align with the Treasury's Living Standards framework.

[Read more here:](#)

Please send feedback to leanne.manson@nzno.org.nz by Monday 21st September 2018.

[NZ News](#)

Spring into Action with 'Breathe Better September 2018' - national respiratory awareness campaign launches

The first day of spring kicks off Breathe Better September

Asthma and Respiratory Foundation NZ kicks off its Breathe Better September 2018 campaign. This coincides with the first day of spring - 1 September 2018- when asthma and other respiratory conditions can become an increased risk to sufferers.

[Read more here](#)

[Allergies](#)

Tis the season: Pollen-related hay fever incidences to rise as warm, dry summer approaches

Hayfever sufferers be warned: spring is expected to warm and dry, meaning more outbreaks of sneezing and wheezing more much of the population.

[Read more here](#)

[Asbestos exposure](#)

The economic burden of asbestos-related disease

21 JUN 2018

[The Centre for International Economics](#)

[Asbestos Safety and Eradication Agency](#)

Asbestos is part of Australia's built environment, reflecting a long history of the use of asbestos as a building material. Due to this legacy, it is now a confirmed cause of multiple asbestos-related diseases (ARDs), making it an important, potentially avoidable, public health issue in Australia.

This study quantifies some of the economic and social costs of ARD in Australia for 2015, and finds that there are large health system and productivity costs associated with the disease.

The population of ARD sufferers is not limited to current patients, due to long latency periods and a third wave of people contracting the disease from non-occupational exposure. This report contributes to the evidence base for asbestos policy development, and by drawing on all relevant data available at the time of drafting, points to future research that would expand the understanding of the economic and social costs that ARDs leave on patients, their families and carers, and the wider community and economy.

[Read more here](#)

[Asthma](#)

More than 40 percent of women with asthma may develop COPD, but risk may be reduced

More than four in 10 women with asthma may go on to develop chronic obstructive pulmonary disease (COPD), according to a study conducted in Ontario, Canada.

[Read more here](#)

Adherium and Asthma and Respiratory Foundation NZ Collaborate to Improve Outcomes for Asthma Patients, with a Special Focus on New Zealand Children

Asthma and Respiratory Foundation NZ announces today that it has agreed to work with Adherium to improve outcomes for asthma patients, with a special focus on New Zealand children and teenagers, in a collaboration to be known as the Kiwi Kids Programme.

[Read more here](#)

Four in 10 women with asthma may develop COPD

(Reuters Health) - Over 40 percent of women with asthma go on to develop more severe lung disease, a Canadian study suggests.

[Read more here](#)

Heinrichs K, Vu-Eickmann P, Hummel S, *et al*

What are the perceived influences on asthma self-management at the workplace? A qualitative study

BMJ Open 2018;**8**:e022126. doi: 10.1136/bmjopen-2018-022126

Objectives Asthma can represent a substantial challenge to the affected individual, but is usually well controlled by adequate asthma self-management behaviour (SMB). Asthma SMB comprises symptom prevention, symptom monitoring, acute symptom management and communication with important others. The implementation of asthma SMB seems to depend on contextual factors. For employed adults, working conditions may be important in this respect. We, therefore, aimed to explore the perceived influences on effective asthma SMB at work.

[Read more here](#)

Bronchial disorders

Management of bronchiectasis in adults

Simone K Visser, Peter Bye and Lucy Morgan
Med J Aust 2018; 209 (4): 177-183

Once neglected in research and underappreciated in practice, there is renewed interest in bronchiectasis unrelated to cystic fibrosis.

Bronchiectasis is a chronic lung disease characterised by chronic cough, sputum production and recurrent pulmonary exacerbations. It is diagnosed radiologically on high resolution computed tomography chest scan by bronchial dilatation (wider than the accompanying artery).

The causes of bronchiectasis are diverse and include previous respiratory tract infections, chronic obstructive pulmonary disease, asthma, immunodeficiency and connective tissue diseases. A large proportion of cases are idiopathic, reflecting our incomplete understanding of disease pathogenesis.

Progress in the evidence base is reflected in the 2017 European management guidelines and the 2015 update to the Australian guidelines.

Effective airway clearance remains the cornerstone of bronchiectasis management. This should be personalised and reviewed regularly by a respiratory physiotherapist.

There is now robust evidence for the long term use of oral macrolide antibiotics in selected patients to reduce exacerbation frequency.

The routine use of long term inhaled corticosteroids and/or long-acting bronchodilators should be avoided, unless concomitant chronic obstructive pulmonary disease or asthma exists.

The evidence for nebulised agents including hypertonic saline, mannitol and antibiotics is evolving; however, access is challenging outside tertiary clinics, and nebulising equipment is required.

Smokers should be supported to quit. All patients should receive influenza and pneumococcal vaccination. Patients with impaired exercise capacity should attend pulmonary rehabilitation.

There is an important minority of patients for whom aetiology-specific treatment exists. The prevalence of bronchiectasis is increasing worldwide; however, the burden of disease within Australia is not well defined. To this end, the Australian Bronchiectasis Registry began recruitment in 2016 and is interoperable with the European and United States bronchiectasis registries to enable collaborative research.

The recent addition of a bronchiectasis diagnosis-related group to the Australian Refined Diagnostic Related Group classification system will allow definition of the disease burden within the Australian hospital system.

[Read more here](#)

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

Non-pharmacological management of chronic breathlessness in stable chronic obstructive pulmonary disease

Jane S Watson

British Journal of Community Nursing, Vol. 23, No. 8: 376-381.

<https://www.magonlinelibrary.com/doi/10.12968/bjcn.2018.23.8.376?ai=t6&ui=17qh&af=T>

Cystic fibrosis

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

Schmid-Mohler, G. , Caress, A. , Spirig, R. , Benden, C. and Yorke, J. (2018), '**Thrust out of normality' - How adults living with cystic fibrosis experience pulmonary exacerbations: a qualitative study.** J Clin Nurs. Accepted Author Manuscript. . doi:[10.1111/jocn.14646](https://doi.org/10.1111/jocn.14646)

Aim and objectives

To explore the experience of pulmonary exacerbation from the perspective of adults with cystic fibrosis.

Background

While management of pulmonary exacerbations is a pillar of cystic fibrosis care, little is known of patients' perspectives. Understanding the patient's experience is essential for developing and evaluating interventions in support of patient self-management.

[Read more here](#)

Medication / pharmacy

Antibiotics for prolonged wet cough in children

Cochrane Systematic Review - Intervention

Cough is a frequent symptom presenting to doctors. The most common cause of childhood chronic (greater than four weeks' duration) wet cough is protracted bacterial bronchitis (PBB) in some settings, although other more serious causes can also present this way. Timely and effective management of chronic wet or productive cough improves quality of life and clinical outcomes. Current international guidelines suggest a course of antibiotics is the first treatment of choice in the absence of signs or symptoms specific to an alternative diagnosis. This review sought to clarify the current evidence to support this recommendation.

[Read more here](#)

Pertussis

Research aims to find 'sweet spot' for pertussis vaccination in babies

The pertussis (whooping cough) vaccine given to infants at six weeks of age will be tested for its effectiveness in babies whose mums were vaccinated during pregnancy.

[Read more here](#)

Pneumonia

Long-term PPI use linked to pneumonia risk in older adults

HealthDay)—Among older adults in primary care, use of proton pump inhibitors (PPIs) is associated with greater risk of pneumonia in the second year of treatment, according to a study published in the July issue of the Journal of the American Geriatrics Society.

[Read more here](#)

Simou E, Britton J, Leonardi-Bee J

Alcohol and the risk of pneumonia: a systematic review and meta-analysis

BMJ Open 2018;**8**:e022344. doi:10.1136/bmjopen-2018-022344

Objective A systematic review and meta-analysis to estimate the magnitude of the association between alcohol consumption and the risk of community-acquired pneumonia (CAP) in adults was undertaken.

[Read more here](#)

Sleep apnoea

Portable sleep monitoring accurate in heart failure patients

For patients hospitalized with decompensated heart failure, portable sleep monitoring with respiratory polygraphy can accurately diagnose sleep apnea, according to a study published in the July issue of *CHEST*.

[Read more here](#)

Humidifier may help sleep apnea patients stick with treatment

(Reuters Health) - People with sleep apnea, a common nighttime breathing disorder, are more likely to stick with treatment that keeps their airways open at night when they use a built-in humidifier, a Swedish study suggests.

[Read more here](#)

Smoking (general)

Exposure to tobacco smoke significantly impacts teen health

Secondhand smoke linked to poor health, higher absenteeism, increased likelihood to seek medical attention among adolescents.

[Read more here](#)

E-cigarette vapor tied to changes in lung cells

(Reuters Health) - The vapor from e-cigarettes may boost the production of inflammatory chemicals in the lungs, while disabling key cellular defenders against infection, a new study suggests.

[Read more here](#)

Children of smokers 'risk adult disease'

Non-smoking adults have a higher risk of dying from serious lung disease if they grew up with parents who smoked, according to US research.

[Read more here](#)

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

Attitudes, barriers and facilitators to smoking cessation among Central and Eastern European nurses: A focus group study

Rezk-Hanna, Mary et al.

European Journal of Oncology Nursing, Volume 35 , 39 - 46

Smoking among nurses is a barrier to providing smoking cessation interventions to patients. In Central and Eastern Europe—where tobacco use is the leading cause of preventable death and disease—there is limited knowledge about nurses' attitudes toward cessation interventions. Our aim was to describe the attitudes of nurses who are former and current smokers toward providing cessation interventions to patients as well as explore barriers and facilitators to their own quit efforts.

Tuberculosis

Kiwi babies vaccinated against tuberculosis for first time in two years

Kiwi babies will again be safe from the life-threatening complications associated with severe forms of tuberculosis with a new supply of the vaccine available for the first time in more than two years.

[Read more here](#)

New study a 'step forward' in fight to eliminate tuberculosis

The McAuley Professor of International Health at the University of Otago is labelling the findings of new international collaborative research a step forward in the fight to eliminate the world's top infectious disease killer, tuberculosis.

[Read more here](#)

Otago University expert calls for NZ to eliminate Tuberculosis

Giving life to the Health Research Strategy

New Zealand now has its first national health research strategy aimed at developing a world-leading health research and innovation system by 2027.

[Read more here](#)

General articles

GP Research review has two items on asthma:

This month reassuring safety data for combination LABA/ICS therapy in asthma are reported. No significant increases in asthma-related adverse events were observed in patients using LABA/ICS vs ICS monotherapy in an analysis combining 4 separate FDA-mandated safety trials

[Access here](#)

The latest edition of **Better breathing better living magazine** is out now!
Asthma and Respiratory Foundation
[Read more here](#)

In our 150th issue of Respiratory Research Review the focus is on TB, including an excellent Australian study exploring the challenges clinicians face when discussing treatment of latent TB with patients.

[Read more here](#)

A collaborative approach to national surveillance for respiratory epidemics, including thunderstorm epidemics

[Australian Institute of Health and Welfare](#)

This document outlines the content of the workshop titled 'Developing a national surveillance approach for respiratory epidemics' (held in Canberra on 3 May 2017) and provides a summary of workshop proceedings.

The expert advice provided by this large array of participants is outlined in full summaries of every presentation on the day. Also described are issues for further consideration that were discussed on the day.

The appendixes present the workshop program, speaker biographies and a list of workshop participants.

This document is intended as a resource for policymakers, hospital administrators, clinicians, researchers and peak organisations.

[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: diana.geerling@nzno.org.nz

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

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