



Hongihongi te rangi hou'
'Smell the fresh air'

NZNO College of Respiratory Nurses monthly news bulletin Friday 29 June 2018

For feedback please contact your section administrator: DianaG@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

Living Standards Dashboard – Indicators of Living Standards and Intergenerational Wellbeing

NZNO welcomes your feedback on the proposed Living Standards “dashboard”. This dashboard aims at assisting the Treasury to measure the living standards of New Zealanders and manage resources that contribute to their wellbeing, currently and in the future. We welcome your views on

- gaps in the indicators of living standards and intergenerational wellbeing, for example Māori perspectives and
- concepts the dashboard includes that you think are useful.
-

Please find the dashboard in the report attached below:

<https://treasury.govt.nz/publications/commissioned-report/treasury-living-standards-dashboard-monitoring-intergenerational-wellbeing>

Send feedback to marilyn.head@nzno.org.nz by 24 July 2018.

Health and Disability Review

NZNO seeks your feedback on the government’s [major review of the health system](#).

The *draft terms of reference* for the Health and Disability Review indicate that it will cover:

- How accessibility can be improved
- How the system balances services with population density
- Future-proofing the system - how the system will cope with climate change, technological advancement and antibiotic resistance
- Whether the system could be fairer, more equitable and effective
- How global healthcare is evolving
- How funding could be altered to improve flexibility and reduce inequities
- Infrastructure needs
- Increasing the priority of primary care and prevention

Areas outside the draft ToR are:

- The ACC scheme
- PHARMAC
- Private health insurance
- Disability system

We encourage you to respond to the Review both individually and via Colleges and Sections, Sector groups and Regions etc.

Send feedback to marilyn.head@nzno.org.nz by 12 July 2018, or ASAP if you wish to comment on the ToR.

NZ News

Professor Merryn Tawhai - lung disease

Professor Merryn Tawhai graduated from the University of Auckland with a PhD in Engineering Science in 2001. At the Auckland Bioengineering Institute she has established a research programme in applied computational physiology of the lung that helps in our understanding of pulmonary disease. She was the inaugural Maurice Paykel Postdoctoral Fellow and has been a recipient of RSNZ Marsden Fund, National Institutes of Health, Health Research Council of New Zealand, and MBIE grants. Tawhai was awarded the MacDiarmid Medal at the 2016 New Zealand Research Honours for her work in creating anatomically detailed models of the respiratory system. She will shortly be giving the second tranche of public talks about her work throughout New Zealand, hosted by Royal Society Te Aparangi.

[Listen here](#)

Asthma

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

Williamson, G. R., O'Connor, A. , Chamberlain, C. and Halpin, D. (2018), **MHealth resources for asthma and pregnancy care: methodological issues and social media recruitment. A discussion paper.** J Adv Nurs.

Aims

A discussion of methodological issues and social media recruitment to a feasibility study to investigate mHealth resources for asthma and pregnancy care.

Background

pregnant women with asthma are reported to be poorly supported according to international research. We sought to establish if a mHealth intervention might be feasible and acceptable to them.

COPD

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

The effect of health coaching on treatment adherence, self-efficacy, and quality of life in patients with chronic obstructive pulmonary disease

International Journal of Nursing practice (Online, early view)

Aim

The aim of this study was to determine the impact of health coaching on respiratory functions, treatment adherence, self-efficacy, and quality of life in chronic obstructive pulmonary disease patients.

[Read more here](#)

What factors influence an early COPD diagnosis in primary care?

Georgina R Mercy and Dr Theofanis Fotis

Practice Nursing, Vol. 29, No. 6: 287-298.

[Read more here](#)

Michael J. Berry, Katherine L. Sheilds & Norman E. Adair (2018) **Comparison of Effects of Endurance and Strength Training Programs in Patients with COPD**, COPD: Journal of Chronic Obstructive Pulmonary Disease, DOI: [10.1080/15412555.2018.1446926](https://doi.org/10.1080/15412555.2018.1446926)

Comparisons between endurance and strength training in chronic obstructive pulmonary disease (COPD) patients have produced equivocal findings when examining physical function and health-related quality of life (HRQL). One reason for these differences may be due to individual patient responses to the different training modalities. PURPOSE: To compare changes in physical function and HRQL in a group of COPD patients completing both an endurance and a strength training program.

Cystic fibrosis

Antioxidant-enriched vitamin reduces respiratory illnesses in patients with cystic fibrosis

Researchers have found that taking a specially formulated antioxidant-enriched multivitamin may decrease respiratory illnesses in people with cystic fibrosis.

[Read more here](#)

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.

Practical approach to the gastrointestinal manifestations of cystic fibrosis

Journal of Paediatrics and child health

[Volume54, Issue6](#) June 2018 Pages 609-619

Cystic fibrosis (CF) is the most common, life-shortening, genetic illness affecting children in Australia and New Zealand. The genetic abnormality results in abnormal anion transport across the apical membrane of epithelial cells in a number of organs, including the lungs, gastrointestinal tract, liver and genito-urinary tract. Thus, CF is a multi-system disorder that requires a multi-disciplinary approach. Respiratory disease is the predominant cause of both morbidity and mortality in patients with CF. However, there are significant and clinically relevant gastrointestinal, liver, pancreatic and nutritional manifestations that must be detected and managed in a timely and structured manner. The aim of this review is to provide evidence-based information and clinical algorithms to guide the nutritional and gastrointestinal management of patients with CF.

Natalie E. West & Patrick A. Flume (2018) **Unmet needs in cystic fibrosis: the next steps in improving outcomes**, Expert Review of Respiratory Medicine, 12:7, 585-593, DOI: [10.1080/17476348.2018.1483723](https://doi.org/10.1080/17476348.2018.1483723)

Introduction: Cystic fibrosis (CF) outcomes and survival have improved over the last century primarily due to advancements in antibiotics, nutritional, and pulmonary therapies. Reviewed here are the significant unmet needs that exist for individuals with CF.

Areas covered: With the recent development of medications that address the underlying defect in the CF protein, there is hope that there will be continued improvement in CF outcomes. However, there remains a need to prevent or stop progression of CF-related complications, as the CF protein is important to several body systems. As end stage lung disease is the primary cause of mortality in CF, a need exists for advancements in pulmonary therapies to reduce time burden, identification of best practices for the treatment of pulmonary exacerbations, further development of anti-infective and anti-inflammatory therapies, and appropriately timed referral for lung transplantation at end-stage lung disease. Extra-pulmonary complications are increasingly recognized and better understanding of such problems as CF related liver disease is needed.

Influenza

Interventions to increase influenza vaccination rates of those 60 years and older in the community

Cochrane database of systematic reviews

Background

The effectiveness of interventions to increase influenza vaccination uptake in people aged 60 years and older varies by country and participant characteristics. This review updates versions published in 2010 and 2014.

Objectives

To assess access, provider, system, and societal interventions to increase the uptake of influenza vaccination in people aged 60 years and older in the community.

[Read more here](#)

Lung cancer

Lung cancer risk drops substantially within five years of quitting, new research finds

Just because you stopped smoking years ago doesn't mean you're out of the woods when it comes to developing lung cancer. That's the 'bad' news. The good news is your risk of lung cancer drops substantially within five years of quitting.

[Read more here](#)

Pneumonia

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

Nicola Principi & Susanna Esposito (2018) **Emerging problems in the treatment of pediatric community-acquired pneumonia**, Expert Review of Respiratory Medicine,12:7, 595-603, DOI: [10.1080/17476348.2018.1486710](https://doi.org/10.1080/17476348.2018.1486710)

Introduction: Community-acquired pneumonia (CAP) remains one of the most common reasons for paediatric morbidity and accounts for about 16% of all the deaths occurring in children less than 5 years of age.

Areas covered: The main aim of this paper is to discuss the emerging problems for CAP treatment in paediatric age.

Expert commentary: Official recommendations for therapeutic approaches to paediatric CAP, despite being not very recent, seem still to be the best solution to assure the highest probabilities of cure for children with this disease living in industrialized countries. Amoxicillin remains the drug of choice and use of macrolides alone or in combination does not seem supported by solid evidence. Corticosteroids can be useful in CAP associated with broncho-obstruction, whereas their effectiveness in cases with a severe inflammatory response, although plausible, is not supported by data collected through randomized, placebo-controlled trials. Finally, for the administration of vitamin C and vitamin D, the available data are not adequate to draw firm conclusions regarding the real importance of supplementation. Further studies are needed to evaluate which modifications of presently available recommendations for paediatric CAP treatment can improve final prognosis of this still common disease.

Pulmonary fibrosis

Lung-on-a-chip simulates pulmonary fibrosis

Posted: 25 May 2018 10:07 AM PDT

New biotechnology could make testing potential medicine for pulmonary fibrosis, one of the most common and serious forms of lung disease, quicker and less expensive. The innovation, lung-on-a-chip technology, relies on the same technology used to print electronic chips, photolithography.

[Read more here](#)

A narrative literature review of palliative care regarding patients with idiopathic pulmonary fibrosis

Nursing Open (Early view)

The aim of this study was to examine the reported characteristics of extant studies on palliative care for patients with idiopathic pulmonary fibrosis.

[Read more here](#)

Smoking (general)

Which region has the highest rate of smoking among adults?

The Gisborne region has the highest proportion of smokers in the country, statistics by the Ministry of Health reveal.

Tairāwhiti District Health Board covers an area from the East Cape in the north to the Whararata ranges in the south - a population of 47,680 people.

[Read more here](#)

A visiting US scientist, Michelle Peace, is warning of the potential hazards of vaping.

Michelle Peace, who is in New Zealand as the International Vision Fellow of the Institute of Environmental Science Research (ESR), says a whole culture has grown up around the use of e-cigarettes, which many people regard as being safer than tobacco.

[Read more here](#)

Why did it take 53 months for NZ to introduce plain cigarette packs?

The threat of legal action by tobacco companies in response to NZ introducing plain packs never eventuated - but Kiwis' health was harmed by the delay

[Read more here](#)

Smokefree 2025: An opportunity for big scores by the Government

A group of tobacco control experts today published an open letter in the New Zealand Medical Journal calling for bold new actions from the New Zealand Government to achieve the Smokefree 2025 goal.

[Read more here](#)

Quitline launches text support service

It's now even easier to get help and support from Quitline via text anytime, anywhere.

[Read more here](#)

Stopping SI: Curbing high rates of pregnant Māori mothers smoking, and wahakura/pēpi pods

Hutt Valley Hospital and Kōkiri Marae in Lower Hutt are taking a stand to stop babies dying, with figures showing 39 percent of Māori mothers smoke during pregnancy.

[Read more here](#)

Widely used e-cigarette flavoring impairs lung function

A new study has found that a common e-cigarette flavoring that has chemical characteristics similar to toxic chemicals found in cigarette smoke disrupts an important mechanism of the lungs' antibacterial defense system.

[Read more here](#)

In helping smokers quit, cash is king, e-cigarettes strike out

New research shows that offering free smoking cessation aids, such as nicotine patches and chewing gum, does not help employees quit, whereas supplementing them with financial incentives is three times more effective. The study provides the first large-scale evidence that offering e-cigarettes to known smokers is not effective at helping smokers stay smoke-free. The results may hold significant policy implications as the US Food and Drug Administration continues to weigh e-cigarette regulation.

[Read more here](#)

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Alexsandra Ratajczak, Wojciech Feleszko, Danielle M. Smith & Maciej Goniewicz(2018) **How close are we to definitively identifying the respiratory health effects of e-cigarettes?**, Expert Review of Respiratory Medicine, 12:7, 549-556, DOI: [10.1080/17476348.2018.1483724](https://doi.org/10.1080/17476348.2018.1483724)

Introduction: Use of electronic cigarettes (e-cigarettes) is frequently promoted as a less harmful alternative to cigarette smoking. The impact of repeated inhalation of e-cigarette aerosols on respiratory health is not well understood.

Areas covered: Using results from laboratory, observational, and clinical studies, we synthesize evidence relevant to potential respiratory health effects that may result from inhalation of e-cigarette aerosols.

Tuberculosis

An end to tuberculosis in Māori in sight?

Every year, 300 active cases of tuberculosis (TB) are notified in New Zealand. Of the about 60 cases in NZ-born Kiwis - about half are Māori. Jody Hopkinson looks at a research project that ultimately hopes to eradicate TB in Māori forever.

[Read more here](#)

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Guix-Comellas EM, Rozas-Quesada L, Velasco-Arnaiz E, et al. **Impact of nursing interventions on adherence to treatment with antituberculosis drugs in children and young people: A nonrandomized controlled trial.** *J Adv Nurs.* 2018;00:1–12.

Aim

To evaluate the association of a new nursing intervention on the adherence to antituberculosis treatment in a paediatric cohort (<18 years).

Background

Tuberculosis remains a public health problem worldwide. The risk of developing tuberculosis after primary infection and its severity are higher in children. Proper adherence to antituberculosis treatment is critical for disease control.

Professional development

NZ Respiratory Conference

'A Wave of Knowledge in the Respiratory Space'

NZ Respiratory Conference 2018 - registrations NOW OPEN! Book now and save \$100!

The New Zealand Respiratory Conference is the largest gathering of respiratory professionals in New Zealand. Last year over 200 delegates attended including GP's, nurses, specialists, educators and health professionals all with an interest in respiratory health. The theme for 2018 'A Wave of Knowledge in the Respiratory Space' will focus on increasing knowledge in evidence based best practice; showcasing how this can be implemented into the everyday working lives of our health professionals. This will ultimately improve patient outcomes

In 2018 we are pleased to announce that we are launching the first 'Respiratory Health Update for General Practitioners' supported by The Thoracic Society of Australia and New Zealand (TSANZ). This full day session will encourage more information and knowledge to be shared regarding the update of both the Adult and the Child and Adolescent Asthma Guidelines, along with the latest respiratory updates and information. This is specifically designed for our GPs.

If you're a health professional don't miss out!

Book now and save \$100.

Pullman Hotel, Auckland

Thursday 22 and Friday 23 November 2018

[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

To learn more about the College goto:

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

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