



## **NZNO College of Respiratory Nurses Monthly News Bulletin Friday 30 November 2018**

For feedback please contact your section administrator: [diana.geerling@nzno.org.nz](mailto:diana.geerling@nzno.org.nz)

### **NZNO / College 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](http://www.nzno.org.nz/get_involved/consultation)

#### **Health (Drinking Water) Amendment Bill**

The Health (Drinking Water) Amendment Bill makes small technical changes to improve the effectiveness and efficiency of existing drinking-water legislation. The Bill follows the recommendations of the Inquiry into Havelock North Drinking water:

<https://www.health.govt.nz/our-work/environmental-health/drinking-water/government-inquiry-havelock-north-drinking-water-outbreak->

NZNO supports safe drinking water as a fundamental of public health. We support any legislative change that enables greater responsiveness to emerging risks to water quality, especially given increasing stressors on systems via the environment (e.g. intensified agriculture; extreme weather events from climate change). We particularly support legislation that enables a stronger, “joined –up” public health workforce infrastructure to manage risks.

Member feedback is sought on this legislative change, for example, your experiences of:

1. the capacity of the public health workforce to effectively manage health risks concerning drinking water quality;
2. health impacts of poor water quality (e.g. giardia, cryptosporidium, blue baby syndrome),
3. changes in the perception of risk regarding drinking water (e.g. since Havelock North); and
4. smaller communities you are aware of struggling to upgrade water supplies.

Please find the Bill here: [https://www.parliament.nz/en/pb/bills-and-laws/bills-proposed-laws/document/BILL\\_78676/health-drinking-water-amendment-bill](https://www.parliament.nz/en/pb/bills-and-laws/bills-proposed-laws/document/BILL_78676/health-drinking-water-amendment-bill)

Send feedback to [diana.cookson@nzno.org.nz](mailto:diana.cookson@nzno.org.nz) by **14 December 2018**.

### ***General***

**Therapy through song: Choir helps Hungarian lung patients breathe more easily**  
BUDAPEST (Reuters) - A Hungarian doctor has prescribed her lung disease patients a new form of physical and spiritual therapy - singing in public as part of a choir.

[Read more here](#)

## Allergies

### **No link between 'hypoallergenic' dogs and lower risk of childhood asthma**

Growing up with dogs is linked to a lower risk of asthma, especially if the dogs are female, a new study shows. However, the researchers found no relation between 'allergy friendly' breeds and a lower risk of asthma.

[Read more here](#)

## Asthma (inc paediatric)

### **Overweight, obese kids have higher asthma risk**

(Reuters Health) - Children and teens who are overweight or obese may be more likely to develop asthma, a U.S. study suggests.

[Read more here](#)

*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*

George, M. , Pantalon, M. V., Sommers, M. L., Glanz, K. , Jia, H. , Chung, A. , Norful, A. A., Poghosyan, L. , Coleman, D. and Bruzzese, J. (2018), **Shared decision-making in the BREATHE asthma intervention trial: a research protocol**. J Adv Nurs. Accepted Author Manuscript. . doi:[10.1111/jan.13916](https://doi.org/10.1111/jan.13916)To evaluate the preliminary effectiveness of the BRief Evaluation of Asthma THerapy intervention, a 7-minute primary care provider-delivered shared decision-making protocol that uses motivational interviewing to address erroneous asthma disease and medication beliefs.

## COPD

### **Treating COPD patients for anxiety using CBT reduces hospital visits and is cost-effective**

Cognitive behavioural therapy (CBT) delivered by respiratory nurses is cost-effective and reduces anxiety symptoms in chronic obstructive pulmonary disease (COPD) patients, according to research published in *ERJ Open 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*

Zakrisson, A. , Arne, M. , Hasselgren, M. , Lisspers, K. , Ställberg, B. and Theander, K. (2018), **A complex intervention of self-management for patients with COPD or CHF in primary care improved performance and satisfaction with regard to own selected activities; a longitudinal follow-up**. J Adv Nurs. Accepted Author Manuscript. . doi:[10.1111/jan.13899](https://doi.org/10.1111/jan.13899)

To test a self-management intervention in primary health care for patients with Chronic Obstructive Pulmonary Disease or Chronic Heart Failure on self-efficacy, symptoms, functioning and health.

#### Background

Patients with Chronic Obstructive Pulmonary Disease or Chronic Heart Failure experience often the same symptoms such as shortness of breath, cough, lack of energy, dry mouth, numbness or tingling in hands and feet, pain and sleeping problems.

Steindal, S. A., Torheim, H. , Oksholm, T. , Christensen, V. L., Lee, K. , Lerdal, A. , Markussen, H. Ø., Gran, G. , Leine, M. and Borge, C. R. (2018), **Effectiveness of nursing interventions for breathlessness in people with chronic obstructive pulmonary disease: A systematic review and meta-analysis**. J Adv Nurs. Accepted Author Manuscript. . doi:[10.1111/jan.13902](https://doi.org/10.1111/jan.13902)

To critically review and synthesize the findings of studies that evaluated the effectiveness of nursing interventions for improving breathlessness in adults with chronic obstructive pulmonary disease.

## Cystic fibrosis

### **Most patients with cystic fibrosis may receive insufficient antibiotics to fight lung infections**

The majority of patients with cystic fibrosis may not achieve blood concentrations of antibiotics sufficiently high enough to effectively fight bacteria responsible for pulmonary exacerbations, leading to worsening pulmonary function, indicates a study led by researchers at Children's National Health System. Additionally, the study findings show that it's impossible to predict solely from dosing regimens which patients will achieve therapeutically meaningful antibiotic concentrations in their blood.

[Read more here](#)

## ILD

### **Contemporary challenges for specialist nursing in interstitial lung disease**

Anne

Marie Russell, Sandra Olive, Sarah Lines, Anna Murphy, Julie Hocking, Karen Newell, Helen Morris, Emma Harris, Catherine Dixon, Sarah Agnew, Geraldine Burge

Breathe 2018 14: 36-4

The role of clinical nurse specialists (CNSs) in interstitial lung disease (ILD) is evolving in response to clinical guidelines and the growth of clinical research. The role is well established in the UK, although more ILD posts are needed to ensure supply meets clinical demand. This phenomenon is also happening across Europe. An appreciation of the similarities and differences between CNS and advanced nurse practitioners is important given the challenges in defining, developing and supporting this nursing specialisation. Globally, different models exist. In some countries charitable organisations take a leading role in supporting patients. Many European centres look to the National Institute for Health and Care Excellence guidelines and quality standards as a template to develop and evaluate the role of the ILD CNS. We present a UK perspective in the context of a government subsidised healthcare system to promote professional discussion and debate regarding the future of nursing practice in the ILD specialty.

[Read more here](#)

## Influenza

### **Exercise Pomare: Post Exercise Report**

Exercise POMARE was an all-of-government influenza pandemic exercise led by the Ministry of Health.

Exercise POMARE was developed to enhance all-of-government pandemic readiness by ensuring government agencies understood their roles and responsibilities before, during and after a pandemic response.

The exercise consisted of a series of four multi-agency workshops, conducted at the national level over a seven month period from 27 Oct 2017 to 07 May 2018. Each workshop examined a particular phase(s) of the New Zealand Influenza Pandemic Plan (NZIPAP, 2nd Edition (2017)). Participants were required to consider how their agency would discharge its

roles, responsibilities and core functions within the inter-agency environment for each phase.

The overarching aims of Exercise POMARE were to:

- familiarise central government agencies with the NZIPAP 2nd Edition (2017)
- familiarise central government agencies with their role and responsibilities before, during and after a pandemic response, and the key decision points and decisions that must be made in accordance with NZIPAP 2nd Edition (2017)
- apply the lessons learned from the exercise to develop the NZIPAP.

This report provides an overview of the exercise and exercise proceedings, communicates findings from the exercise evaluation, and recommends actions that will enhance New Zealand's capability and capacity to prepare for, respond to, and recover from an influenza pandemic.

[Read more here](#)

## Lung cancer

### **Doctors and nurses reluctant to recommend e-cigarettes to cancer patients**

Twenty-nine per cent of health professionals would not recommend e-cigarettes to cancer patients who already smoke, according to research presented at the 2018 NCRI Cancer Conference.

[Read more here](#)

## Sleep apnoea

### **Obstructive sleep apnoea can pause your breathing for up to a minute at night**

OPINION: How likely are you, or your partner, to doze off or fall asleep during the following activities?

- Sitting and reading
- Watching TV
- Sitting inactive in a public place, e.g. the cinema or a meeting
- Sitting as a passenger in a car for an hour without a break
- Lying down to rest in the afternoon
- Sitting talking to someone
- Driving in a car while stopped for a few minutes in traffic?

[Read more here](#)

### **Length of breathing disruption in OSA may be better predictor of mortality risk**

How long a person with obstructive sleep apnea (OSA) stops breathing may be a better predictor of mortality risk from OSA than the number of times they stop breathing, according to new research published online in the American Thoracic Society's American Journal of Respiratory and Critical Care Medicine.

[Read more here](#)

### **Women with sleep apnea show higher risk of heart damage**

A new study has found that a common but dangerous sleep disorder called obstructive sleep apnea (OSA) poses more of a cardiac risk to women than men. The research, which will be presented today at the annual meeting of the Radiological Society of North America, also suggests that OSA is commonly undiagnosed among people who snore.

[Read more here](#)

## Smoking (inc vaping and electronic cigarettes)

### Smoking with children in cars: 'Ban it. Stop it. Move on it' - Children's Commissioner

Children's Commissioner Judge Andrew Becroft is demanding MPs stop stalling and ban smoking in cars carrying children.

[Read more here](#)

### Govt plans to ban in-car smokes around children

The government is making plans to ban smoking in cars carrying children under 18.

[Read more here](#)

### Smoking in cars: 'Just the worst thing you can do with children'

Health campaigners are excited about a possible ban on smoking in cars with children.

[Read more here](#)

### Govt announces proposed plans to ban vaping in bars, restaurants and workplaces

A ban on vaping in bars, restaurants and workplaces is being proposed as part of the Government's plans to regulate the product.

[Read more here](#)

Wehipeihana N, Were L, Goodwin D, Pipi K, 2018. **Addressing the Challenges of Young Māori Women Who Smoke: A developmental evaluation of the phase two demonstration project. Evaluation Report.** Wellington: Ministry of Health. Smoking is the single leading preventable cause of early death in New Zealand and Māori smoking is significantly higher than smoking in the general population. To address the problem the Ministry is taking a closer look at how to address the problem of smoking among young Māori women.

An initial co-design project (phase one: Exploring Why Young Māori Women Smoke) focused on unlocking new insights into the complexities surrounding the lives of young Māori women aged 18-24 years to gain a better understanding of what influences Māori women in this age groups to start, continue and stop smoking. Analysis of the data generated a rich set of insights and potential areas of opportunity.

To build on the insights from phase one, a phase two project - Addressing the Challenge of Young Māori Women who Smoke: A co-design demonstration project – was initiated. The project tested a collaborative programme of prototyping and evaluation. Its aim was to determine if, and how, smoking cessation services can better reach and enable young Māori women to reduce harm, stop smoking and remain smokefree.

[Read more here](#)

### Communities collaborate on shisha health warnings

One session of shisha or water-pipe smoking lasting an hour can be as harmful as smoking 100–to200 cigarettes.

[Read more here](#)

### Secondhand pot smoke found in kids' lungs

HealthDay)—If you're a pot-smoking parent and you think your kids aren't affected, think again.

New research found evidence of secondhand marijuana smoke [exposure](#) in nearly half of children whose [parents](#) smoke the drug.

[Read more here](#)

## **No butts – it's time to help people with mental health conditions quit smoking**

Australians with mental health conditions are more than twice as likely to be smokers as the general population. About [22% of people](#) with a mental health condition smoke daily compared to a [national rate](#) under 13%. And the more severe your illness, the more likely you are to smoke. For example, [about 60-70%](#) of people with psychotic conditions such as schizophrenia smoke.

[Read more here](#)

## **Smoking during pregnancy increases likelihood of baby becoming obese**

Smoking during pregnancy increases the chance that your baby will become obese. New research published in *Experimental Physiology* examined potential reasons for this phenomenon, using tissue which is normally discarded following birth.

[Read more here](#)

## **Smoke-free policies associated with lower blood pressure**

Non-smokers who had access to smoke-free restaurants, bars and workplaces had lower systolic blood pressure readings than those who lived in areas without smoke-free laws. It's the first study to examine smoke-free policies' impact on blood pressure.

[Read more here](#)

## **[General items of interest](#)**

### **Respiratory Research Review**

#### **Issue 153**

Is less more in the treatment of low-risk pulmonary embolism? In this month's review we report on the benefits of outpatient treatment in this cohort.

#### **Other highlights include:**

- Are guidelines for pre-emptive anticoagulation for PE followed?
- Predicting residual obstruction after treatment of PE.
- A therapeutic role for ACE-2 in pulmonary arterial hypertension?

[Read more here](#)

### **Respiratory Research Review**

#### **Issue 154**

Is bronchiectasis a systemic disease? This month we report on a study finding an increased risk of acute coronary syndromes among patients with bronchiectasis.

#### **Other highlights include:**

- Upper airway involvement in bronchiectasis associated with allergic features.
- The 'frequent exacerbator' phenotype in bronchiectasis.
- An antioxidant-enriched multivitamin in cystic fibrosis.

[Read more here](#)

## **[Professional development / courses / seminars etc](#)**

### **How to Handle Difficult Patients**

Most nurses live for their patients (see [Communicating with patients](#)). It is usually the patients that make the sore feet, paperwork, and hours without a bathroom break worth it. However, not all patients are rosy, happy people, and sometimes they can truly test a nurse's compassion, patience, and communication skills.

## [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](mailto: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](http://www.nzno.org.nz/groups/colleges_sections/colleges/college_of_respiratory_nurses)

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