



NZNO College of Respiratory Nurses monthly news bulletin Friday 26 October 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

Equal Pay Amendment Bill

NZNO seeks your feedback on the proposed amendment to the Equal Pay Act which aims to improve the process for pursuing equal pay claims in Aotearoa New Zealand. It aims to address sex-based discrimination in remuneration and employment terms and conditions across female-dominated industries, such as nursing.

The Bill will allow workers to make a pay equity claim within New Zealand's existing bargaining framework.

Additionally, the Bill will:

- remove previously proposed hurdles that made it very difficult for women to take equal pay cases (making court action a last resort) and
- allow for a collaborative process whereby employers, workers and unions will negotiate in good faith, with access to mediation and resolution services if they are unable to agree.

[Link to the bill here](#)

Please send feedback to marilyn.head@nzno.org.nz by 21 November 2018.

Position Statement: Bullying

A position statement on bullying that clearly states the unacceptability of bullying behavior in the work context of nurses has been requested. This would be in addition to the other resources that NZNO provides on recognizing, addressing and preventing bullying in workplaces.

The draft attached has had input from NZNO staff members and was drafted using research about nurses and colleagues in other health professions who are at elevated risk of experiencing bullying at work.

Please send feedback to sue.gasquoine@nzno.org.nz by 5th November 2018

Read or Download

- [2018-10-03 Position Statement on Bullying FINAL](#) (433 KB)

New Zealand

'Too much oxygen is potentially risky for chronic lung patients'

Ground-breaking research looks set to change the way patients who are acutely unwell with a chronic and common lung disease are treated in hospital.

An estimated 200,000 New Zealanders suffer from Chronic Obstructive Pulmonary Disease (COPD), a smoking-related illness which damages the lungs beyond repair. COPD is the clinical term for both emphysema and chronic bronchitis. Over 12,000 patients are hospitalised with acute COPD every year, and are often admitted in distress, struggling to breathe. It is the fourth most common cause of death in New Zealand behind cancer, heart disease and stroke.

[Read more here](#)

Respiratory team builds knowledge of heart and lung interaction

Waikato Hospital's Respiratory Research team is small in global terms but punches well above its weight in reputation and results.

In fact, the unit is one of the first in the world to gather the supporting evidence that clearly shows the link between chronic respiratory disease and heart health.

[Read more here](#)

General

Climate Change: Dire Implications for Respiratory Conditions

As evidence continues to accumulate regarding the effects of climate change, its influence on health outcomes has become the focus of greater attention. Increased flooding and variation in rainfall patterns, for example, can affect freshwater supplies and increase the risk for water-borne and vector-borne illnesses; air pollution has been shown to exacerbate cardiovascular disease.

[Read more here](#)

Validating a new definition for respiratory failure in children

According to a first-of-its-kind international study, a new definition of Paediatric Acute Respiratory Distress Syndrome (PARDS) results in a more accurate diagnosis of many more children with the rapidly progressive disease than the widely used adult definition.

[Read more here](#)

Rhonchi or Rales? Important Lung Sounds Made Easy: A Practical Guide (With Full Audio)

Lung Sounds Made Easy

From the general practice nurse to the ICU nurse, lung sounds tell you a great deal about a patient and their relative health. However, knowing the difference between rales, a crackle, and a wheeze is sometimes still a confusing proposition for many nurses, especially new nurses.

[Read more here](#)

Air pollution

Wood-burners key pollutant new air pollution report finds

Southern towns are among the worst for air quality, with wood burners being blamed for potential health problems.

[Read more here](#)

Asthma (inc paediatric)

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

Management of asthma: Adherence, inhaler technique and self-management

Hetal Dhruve

Practice Nursing, Vol. 29, No. 10: 465-468.

Hetal Dhruve describes how increasing adherence to inhaled therapies, optimising inhaler technique and engaging the patient in self-management can improve asthma control and quality of life

Asthma is defined as a chronic inflammatory disorder of the airways associated with an increase in airway hyper-responsiveness that leads to recurrent episodes of wheezing, breathlessness, chest tightness and coughing (particularly at night). When control is achieved, patients can avoid these symptoms, exacerbations, side effects of treatment and lead an active life. The fundamental components to achieving this is adherence to inhaled therapies, optimising inhaler technique and engaging the patient in self-management.

Bronchial disorders (Bronchiectasis/ Bronchiolitis)

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

Foley, D., Best, E. , Reid, N. and Berry, M. (. (2018), **Respiratory health inequality starts early: The impact of social determinants on the aetiology and severity of bronchiolitis in infancy.** J Paediatr Child Health. . doi:[10.1111/jpc.14234](https://doi.org/10.1111/jpc.14234)

To define the impact of demographics on the incidence, aetiology and clinical course of viral bronchiolitis in infants younger than 2 years of age.

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

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*, 15:2, 192-199, 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

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

Oded Breuer, Daan Caudri, Stephen Stick & Lidija Turkovic (2018)

Predicting disease progression in cystic fibrosis, Expert Review of Respiratory Medicine, 12:11, 905-917, DOI: [10.1080/17476348.2018.1519400](https://doi.org/10.1080/17476348.2018.1519400)

Introduction: Progressive lung disease is the major cause of morbidity and mortality in patients with cystic fibrosis (CF). Methods of correctly predicting the future progression of lung disease in patients with CF are essential for directing aggressive treatment to prevent loss of lung function and end stage respiratory failure.

Areas covered: This review addresses predictors of respiratory disease progression in patients with CF

Influenza

Australian flu cases drop more than 80% - govt figures

Flu cases in Australia have dropped by a dramatic 83 percent in what doctors say is the result of science, guesswork and "a bit of luck".

[Read more here](#)

Active Choice Intervention Effective in Increasing Influenza Vaccination Rates at Primary Care Practices

Influenza vaccination rates decline as the clinic day progresses, according to quality improvement data published in *JAMA Network Open*. Additionally, an active intervention that prompted medical assistants to ask patients about vaccination status was associated with a significant increase in vaccine uptake.

[Read more here](#)

Flu shot in pregnancy lowers risk of flu hospitalization

HealthDay)—The flu shot reduces a pregnant woman's risk of hospitalization for flu by 40 percent, new research shows.

"Expecting mothers face a number of threats to their health and the health of their baby during pregnancy, and getting the flu is one of them," said study co-author Allison Naleway, of Kaiser Permanente Center for Health Research, in Portland, Ore.

[Read more here](#)

Wellingtonians become guinea pigs in search for universal flu vaccine

Every year sometime in Autumn, Kiwis across the country line up to get jabbed in the arm. They are trying to fend off the watery eyes, sore throats, aching body, fevers and chills all associated with the dreaded flu, by getting the flu vaccine that should hold them through to the next year.

[Read more here](#)

Lung cancer

New research shows benefits of exercise for first time in advanced lung cancer

Most people with lung cancer are unaware of the benefits of regular exercise, yet new data show it can significantly reduce fatigue and improve well being. Results of two studies to be presented at the ESMO 2018 Congress in Munich underline the value of exercise, including in patients with advanced or metastatic lung cancer.

[Read more here](#)

New research shows benefits of exercise for first time in advanced lung cancer

Most people with lung cancer are unaware of the benefits of regular exercise, yet new data show it can significantly reduce fatigue and improve well being. Results of two studies to be presented at the ESMO 2018 Congress in Munich underline the value of exercise, including in patients with advanced or metastatic lung cancer.

[Read more here](#)

"Lung Cancer Screening: A Cost-Effective Public Health Imperative." , 108(10), pp. 1292–1293

American Journal of Public Health

Lung and bronchus cancer cause the most deaths of all cancers and account for about one quarter of US cancer deaths. The five-year survival rate (portion of people still living five years after their initial diagnosis) for lung and bronchus cancer is only 18.6%¹; however, 88% of those with screen-detected stage I cancer are alive 10 years after diagnosis.² Screenings that increase early detection of lung and bronchus cancer will decrease mortality, which makes low-dose computerized tomography (CT) screening a public health imperative.

[Read more here](#)

One in five Australians with lung cancer receive no treatment: report

One in five Australians with lung cancer receive no treatment at all, according to a new report that also predicts the financial burden of the disease will explode over the next decade.

[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

This article is not freely available but may be sourced from databases available via the NZNO library or those of a DHB or educational institution

Wang, Y., Liu, X. , Jia, Y. and Xie, J. (2018), **Impact of Breathing Exercises in Subjects with Lung Cancer Undergoing Surgical Resection: A Systematic Review and Meta-Analysis.** J Clin Nurs. Accepted Author Manuscript. . doi:[10.1111/jocn.14696](https://doi.org/10.1111/jocn.14696)

Aims and objectives

The aim of this review was to assess the effects of breathing exercises on postoperative pulmonary complications (PPCs), pulmonary function, 6-min walk distance (6MWD) and the length of hospital stay (LOS) in lung cancer patients undergoing lung surgery.

Pneumonia

Pneumonia Symptoms, Signs and Treatment

he winter months often see an influx of people suffering from [colds and flu](#)'s, as well as an increase in presentations to hospitals with respiratory illnesses such as pneumonia.

[Read more here](#)

Sleep apnoea

Sleep apnea more deadly when patients experience short interrupted breaths

Patients with sleep apnea who have short interruptions in breathing while they sleep are at higher risk for death than those with longer interruptions, according to a new study. The finding could help doctors better prevent long-term mortality associated with obstructive sleep apnea.

[Read more here](#)

Smoking (inc vaping and electronic cigarettes)

Cigarette flavour capsules could be a gateway to smoking for young adults, study says

A fruity flavour might encourage more young people into smoking, a study says. Flavour capsules can be embedded in cigarette filters, and release if crushed or squeezed while the cigarette is smoked.

[Read more here](#)

General items of interest

Respiratory Research Review

Issue 152

In this issue of Respiratory Research Review the focus is on interstitial lung disease (ILD). Our first study this month looks at the diagnostic benefits of the multidisciplinary team (MDT) meeting in terms of ILD, finding that 40% of initial diagnoses were changed after discussion by the MDT.

Other highlights include:

- Nintedanib with add-on pirfenidone in idiopathic pulmonary fibrosis.
- HRQoL in idiopathic pulmonary fibrosis.
- Mismatch in patient expectations and experience of oxygen therapy.

[Read more here](#)

Professional development / courses / seminars etc

Communication Skills for Nurses

For a nurse, the ability to communicate is a very important skill and a vital part of the job. Nurses speak to people of varying educational, cultural and social backgrounds and must do so in an effective, caring and professional manner – especially when communicating with patients and their family.

This article will address several aspects of communication to help you navigate and master each interaction you have in your day-to-day practice.

[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

twitter



Twitter - [@snipsinfo](https://twitter.com/snipsinfo)



Facebook – [Snips Info](https://www.facebook.com/SnipsInfo)

Linda Stopforth, BA, Dip Bus; NZLSC, RLIANZA

PO Box 315 WELLINGTON 6140

PH: 04-383-6931 or 021-107-2455

email: stop4th@xtra.co.nz



SNIPS

Stop4th Nursing Information Provision Service

Providing information to nurses and allied health professionals