



NZNO College of Respiratory Nurses Monthly News Bulletin Friday 28 September 2018

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

Rewrite of family justice reforms

The 2014 changes were meant to help people resolve parenting disputes without having to go to court, but have in fact led to the opposite as there's been a huge increase in the number of urgent 'without notice' applications which have to be put before a Family Court judge. This may have affected you personally or in your role as nurses.

Reform of the State Sector Act 1988

Members are invited to contribute their views and knowledge as nurses on the reform of the State Sector Act, a process that aims to ensure New Zealand has a public service that reflects the people it serves.

Asthma (inc paediatric)

Telemedicine Interventions Can Improve Asthma Control and Quality of Life

The use of combined telemedicine interventions that include tele-case management or tele-consultation appear to be effective for asthma control and the improvement of patients' quality of life (QoL), according to the results of a systematic review and meta-analysis published in *The Journal of Allergy and Clinical Immunology: In Practice*.

[Read more here](#)

Children with asthma are less likely to finish school and to work in non-manual occupations

People who suffer with persistent asthma from a young age are more likely to leave school at 16 years old and those who make it to university are more likely to drop out early, according to new research presented today (Sunday) at the European Respiratory Society International Congress.

[Read more here](#)

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Effective asthma management

Viv Marsh

Nurse Prescribing, Vol. 16, No. 9: 444-449.

The overuse of short-acting beta agonists is an indicator of poor asthma control and a risk factor for asthma attacks and death. Poor adherence with prevention treatment is the most common cause of poor control and must be addressed before any changes to treatment are made. There are a range of treatment options available to achieve and maintain asthma control. Understanding the underlying causes of symptoms will enable clinicians to provide safe and effective clinical care for patients with asthma.

Luckie, K. , Saini, B. , Galstaun, V. , Kritikos, V. , Collins, J. C. and Moles, R. J. (2018), **The effectiveness of an online training programme to prepare teachers to provide asthma first aid**. *J Paediatr Child Health*. . doi:[10.1111/jpc.14080](https://doi.org/10.1111/jpc.14080)

Asthma is prevalent in our primary (elementary) school population. Training in asthma management for school staff should be relevant and focused on the recognition and management of an acute severe exacerbation of asthma. Evidence suggests that online training can be as effective as face-to-face training for medical education; however, there is little information regarding the effectiveness of online asthma education.

Asbestos exposure

A nursing perspective on rare diseases: mesothelioma

Emily Walsh

British Journal of Nursing, Vol. 27, No. 17: S26-S28.

Rare, or orphan, diseases are often associated with genetic makeups and congenital diagnoses. Although 80% of rare diseases are caused by genes ([Global Genes, 2018](#)), there are many that develop over time and can be prevented. A prime example of this is mesothelioma.

[Read more here](#)

Bronchial disorders (Bronchiectasis/ Bronchiolitis)

Sheyla Paredes Aller, Alexandra L. Quittner, Matthias A. Salathe & Andreas Schmid (2018) **Assessing effects of inhaled antibiotics in adults with non-cystic fibrosis bronchiectasis—experiences from recent clinical trials**, *Expert Review of Respiratory Medicine*, 12:9, 769-782, DOI: [10.1080/17476348.2018.1503540](https://doi.org/10.1080/17476348.2018.1503540)

Introduction: Non-cystic fibrosis bronchiectasis (NCFB) results from a permanent and progressive destruction of the airways leading to poor lung function. NCFB is characterized by recurrent lung infection, sputum production, and cough, often requiring long-term antibiotic therapy and hospitalization. At present, there are no approved therapies available. Clinical trials of inhaled antibiotics have shown promise against sputum bacterial load, but mixed results on clinical outcomes.

[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

O'Brien, S. , Borland, M. L., Cotterell, E. , Armstrong, D. , Babl, F. , Bauert, P. , Brabyn, C. , Garside, L. , Haskell, L. , Levitt, D. , McKay, N. , Neutze, J. , Schibler, A. , Sinn, K. , Spencer, J. , Stevens, H. , Thomas, D. , Zhang, M. , Oakley, E. , Dalziel, S. R. and , (2018), **Australasian bronchiolitis guideline**. *J Paediatr Child Health*. . doi:[10.1111/jpc.14104](https://doi.org/10.1111/jpc.14104)

Bronchiolitis is the most common lower respiratory tract disorder in infants aged less than 12 months, and research has demonstrated that there is substantial variation in practice patterns despite treatment being well defined. In order to align and improve the consistency of the management of bronchiolitis, an evidence-based guideline was developed for the Australasian population.

COPD

Gaveikaite V, Fischer C, Schonenberg H, *et al*

Telehealth for patients with chronic obstructive pulmonary disease (COPD): a systematic review and meta-analysis protocol

BMJ Open 2018;**8**:e021865. doi: 10.1136/bmjopen-2018-021865

Introduction Chronic obstructive pulmonary disease (COPD) is a highly prevalent chronic disease characterised by persistent respiratory symptoms. A focus of COPD interventional studies is directed towards prevention of exacerbations leading to hospital readmissions. Telehealth as a method of remote patient monitoring and care delivery may be implemented to reduce hospital readmissions and improve self-management of disease. Prior reviews have not systematically assessed the efficacies of various telehealth functionalities in patients with COPD at different stages of disease severity. We aim to evaluate which COPD telehealth interventions, classified by their functionalities, are most effective in improving patient with COPD management measured by both clinical and resource utilisation outcomes.

[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

Linda Nici & Richard ZuWallack (2018) **Integrated Care in Chronic Obstructive Pulmonary Disease and Rehabilitation**, COPD: Journal of Chronic Obstructive Pulmonary Disease, DOI: [10.1080/15412555.2018.1501671](https://doi.org/10.1080/15412555.2018.1501671)

Individuals with advanced chronic obstructive pulmonary disease (COPD) often have complex medical problems that require more than simple pharmacological therapy to optimize outcomes. Comprehensive care is necessary to meet the substantial burdens, not just from the primary respiratory disease process itself, but also those imposed by its systemic manifestations and comorbidities. These problems are intensified in the peri-exacerbation period, especially for newly discharged patients. Pulmonary rehabilitation, with its interdisciplinary, patient-centered and holistic approach to management, and integrated care, adding coordination or transition of care to the chronic care model, are useful approaches to meeting these complex issues.

Cystic fibrosis

Understanding antibiotic resistance in patients with cystic fibrosis

A defective gene causes thick, sticky mucus to build up in the lungs of patients with cystic fibrosis (CF). There, it traps bacteria, causing patients to develop frequent lung infections that progressively damage these vital organs and impair patients' ability to breathe.

[Read more here](#)

Influenza

Giles, M. L., Hickman, J. , Lingam, V. and Buttery, J. (2018), **Results from a mobile outreach influenza vaccination program for vulnerable and high-risk populations in a high-income setting: lessons learned.** Australian and New Zealand Journal of Public Health. . doi:[10.1111/1753-6405.12810](https://doi.org/10.1111/1753-6405.12810)

Objective: The aim of this pilot project was to assess the feasibility of an outreach mobile influenza vaccination program led by a large hospital network targeting high-risk and vulnerable populations in a high-income setting.

[Read more here](#)

Lung cancer

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

Paola C. Sacco, Paolo Maione, Giovanni Palazzolo & Cesare Gridelli (2018) **Treatment of advanced non-small cell lung cancer in the elderly**, Expert Review of Respiratory Medicine, 12:9, 783-792, DOI: [10.1080/17476348.2018.1510322](https://doi.org/10.1080/17476348.2018.1510322)

Introduction: Lung cancer is predominantly a disease that affects the elderly; about 30–40% of lung cancers are diagnosed in patients aged 70 or more. The increasing number of elderly patients over the next decades is generating a new social and health problem; despite that, these patients are underrepresented in clinical trials and undertreated in clinical practice

Lung function

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

Anne E. Dixon & Ubong Peters (2018) **The effect of obesity on lung function**, Expert Review of Respiratory Medicine, 12:9, 755-767, DOI: [10.1080/17476348.2018.1506331](https://doi.org/10.1080/17476348.2018.1506331)

Introduction: There is a major epidemic of obesity, and many obese patients suffer with respiratory symptoms and disease. The overall impact of obesity on lung function is multifactorial, related to mechanical and inflammatory aspects of obesity.

Medication / pharmacy

'No increased risk of lung infections from anti-reflux medicines'

New University of Otago research shows infants using popular anti-reflux medicines like omeprazole are not at increased risk of pneumonia or other lower respiratory tract infections, contrary to findings from other international studies.

[Read more here](#)

Pulmonary 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

Kareem Ahmad & Steven D. Nathan (2018) **Novel management strategies for idiopathic pulmonary fibrosis**, Expert Review of Respiratory Medicine, DOI: [10.1080/17476348.2018.1513332](https://doi.org/10.1080/17476348.2018.1513332)

Introduction: Idiopathic pulmonary fibrosis (IPF) treatment was revolutionized by the advent of two novel antifibrotics, nintedanib and pirfenidone. However, neither is a panacea and other agents are still sorely needed. This review presents on-going efforts to improve outcomes for patients with IPF by targeting novel pharmacologic pathways, improving comorbidity management, and aiming for improved quality of life.

Sleep apnoea

From diagnosis to long-term management: the experiences of older New Zealanders with obstructive sleep apnoea

Rosemary Gibson, Angela Campbell, Shelley Mather and Alister Neill
pp. 140-149

INTRODUCTION: In New Zealand (NZ), access to public sleep services is limited to people deemed with the highest need. The prevalence of obstructive sleep apnoea (OSA) increases with age, but the symptoms and the treatment pathway is expected to differ for older compared to younger patients. This study explored the experience of older people regarding diagnosis and treatment services for OSA in order to inform considerations required in primary health and sleep services.

[Read more here](#)

Smoking (inc vaping and electronic cigarettes)

Moodie CS, Hiscock R, Thrasher J, *et al*

Perceptions of cigarette pack inserts promoting cessation and dissuasive cigarettes among young adult smokers in the UK: a cross-sectional online survey
BMJ Open 2018;**8**:e019662. doi: [10.1136/bmjopen-2017-019662](https://doi.org/10.1136/bmjopen-2017-019662)

Objectives To explore young adult smokers' perceptions of cigarette pack inserts promoting cessation and cigarettes designed to be dissuasive.

Design Cross-sectional online survey.

[Read more here](#)

ASH survey show less than 2% of Year 10 students use e-cigarettes daily

Results from the ASH year 10 smoking survey show that in 2017 fewer than 2% of Year 10 students use e-cigarettes daily.

Students who smoke daily were more than 25 times more likely to use e-cigarettes daily than never smokers. Fewer than 1% of never smokers used e-cigarettes daily. The survey, of nearly 27,000 students, is the largest dedicated survey of tobacco use in New Zealand. E-cigarette use, or vaping, was included in the survey for the first time in 2015. Since 2015 daily e-cigarette use has increased from 1% of students.

[Read more here](#)

Vitamins may help smokers quit – new research

New research by University of Canterbury (UC) psychologists shows that minerals and vitamins help to reduce cigarette consumption and promote successful quitting.

[Read more here](#)

Significant amount of cancer-causing chemicals stays in lungs during e-cigarette use

E-cigarettes have become increasingly popular as a smoke-free alternative to conventional tobacco cigarettes, but the health effects of 'vaping' on humans have been debated in the scientific and tobacco manufacturing communities. A recently published study shows that significant amounts of cancer-causing chemicals such as formaldehyde are absorbed by the respiratory tract during a typical vaping session, underscoring the potential health risks posed by vaping.

[Read more here](#)

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Supporting smoking cessation in people with a mental health condition

Debbie Robson

Nurse Prescribing, Vol. 16, No. 9: 428-434.

Tobacco smoking disproportionately affects the health and wellbeing of people who experience a mental health condition because of how much they smoke, the way they smoke and for how long they smoke. Although motivated to quit, these smokers experience several challenges such as high levels of tobacco dependence and fewer opportunities to give up. This article describes how common smoking is among people with a mental health condition, its impact and the use of licenced medicines to assist with quitting. It also briefly discusses the role electronic cigarettes can play in helping people with a mental health condition reduce harm from tobacco smoking.

Tuberculosis

Global TB burden falling - Expert Q&A

The global burden of tuberculosis is falling, but faster detection and treatment would help the process, according to a new World Health Organization report.

[Read more here](#)

TB disproportionately affecting Maori - ESR

Migrants to New Zealand carry the highest risk of having tuberculosis, although Māori continue to suffer disproportionately from the disease compared with others born in New Zealand.

[Read more here](#)

General items of interest

New communication skills online course for clinicians

A new **online course** is available to help clinicians develop skills for communicating effectively with patients about the risks and benefits of treatment options, and for enhancing skills in shared decision-making.

[Read more here](#)

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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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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



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