



## NZNO College of Respiratory Nurses Monthly News Bulletin Friday 25 October 2019

### Respiratory & Bronchiectasis Symposium

Friday 17 April 2020  
Te Puna O Te Matauranga Marae  
51 Valley Road  
Whangārei

- [Download the Programme](#) (PDF, 303KB)
- [Download the Flyer](#) (PDF, 340KB)
- 

### [Register Online Now](#)

### [NZNO / Section news](#)

#### [Consultation](#)

NZNO regularly seeks members input on a range of documents up for consultation. The listing is regularly updated.

#### **Consultation on exploitation of temporary migrant workers**

At issue is how to address the exploitation of temporary migrant workers (including international students) in NZ workplaces and make them less vulnerable to exploitation.

[Read more](#)

#### **Allergies**

##### **Brits struggling with allergies, hay fever after moving to New Zealand**

New Zealand, a country of rolling green hills, furry pets and houses teeming with dust mites, is a hot-spot for airborne allergens. [Read more](#)

#### **Asthma (inc paediatric)**

##### **Three-in-one inhaler therapy can improve lung function and reduce asthma attacks**

Patients with severe asthma which is not controlled with standard treatment -- leaving them at risk of severe asthma attacks -- could benefit from using a single inhaler combining three, instead of 2 therapies, according to two phase 3 randomized controlled trials with over 2,500 patients across 17 countries. [Read more](#)

### **Common denominator that triggers asthma in favorable environments**

In recent decades, asthma has become a major public health problem. The exponential increase in asthma cases in industrialized countries over the past 50 years is due to major changes in the environment. Among these environmental factors: excessive hygiene, ambient air pollution and respiratory viral infections. Until now, the mechanism by which these particular factors induce the development of asthma was unknown. [Read more](#)

### **Asthma and Ultra-Processed Food in Childhood**

There is no association between the consumption of ultra-processed food (UPF) in childhood and increased risk of developing wheeze or asthma in adolescence, according to a study published in *Pediatric Allergy and Immunology*. [Read more](#)

**Protocolled practice nurse-led care for children with asthma in primary care: protocol for a cluster randomised trial.** Bousema S, Verwoerd AJ, Goossens LM, et al  
*BMJ Open* 2019;9:e022922. doi: 10.1136/bmjopen-2018-022922

**Introduction** In children with asthma, daily symptoms and exacerbations have a significant impact on the quality of life of both children and parents. More effective use of asthma medication and, consequently, better asthma control is advocated, since both overtreatment and under-treatment are reported in primary care. Trials in adults suggest that asthma control is better when patients receive a regular medical review. Therefore, protocolled care by the general practitioner may also lead to better asthma control in children. However, such protocolled care by the general practitioner may be time consuming and less feasible.

Therefore, this study aims to determine whether protocolled practice nurse-led asthma care for children in primary care provides more effective asthma control than usual care.

[Read more](#)

## **COPD**

### **Fentanyl nasal spray in a patient with end-stage COPD and severe chronic breathlessness**

Daisy J.A. Janssen, Marieke H.J. van den Beuken-van Everdingen, Cornelia A. Verberkt, Jacques P.H.M. Creemers, Emiel F.M. Wouters  
*Breathe* 2019 15: e122-e125; DOI: 10.1183/20734735.0183-2019

Insufficient control of chronic breathlessness may induce excessive use of fentanyl nasal spray in COPD patients. Prescription of fentanyl nasal spray for breathlessness should only be done as part of palliative treatment and requires close follow-up. [Read more](#)

## **Influenza**

**Factors associated with adverse outcomes during influenza outbreaks in aged care facilities.** Tennant, E. , Fletcher, S. , Kakar, S. , Najjar, Z. , Lord, H. , Clark, P. and Gupta, L. (2019), *Australian and New Zealand Journal of Public Health*. doi:[10.1111/1753-6405.12933](https://doi.org/10.1111/1753-6405.12933)

**Objective:** To explore factors associated with adverse outcomes during influenza outbreaks in residential aged care facilities.

**Methods:** A retrospective cohort study of all outbreaks reported to three Sydney metropolitan Public Health Units during 2017. [Read more](#)

## Inhalers

### **Inhaler Misuse in Asthma and COPD: Undoing 40 Years of Incorrect Technique**

The introduction of pressurized meter-dose inhalers (MDI) in the 1950s transformed treatment for patients with respiratory diseases such as asthma and chronic obstructive pulmonary disease (COPD).<sup>1</sup> However, challenges pertaining to the correct use of these devices have limited their overall effectiveness. Across numerous populations, settings, and inhaler types, patients have demonstrated high rates of misuse, leading to unintentional nonadherence and, therefore, poor symptom control and greater morbidity. [Read more](#)

## MERS

### **Why respiratory infections are more deadly in those with diabetes**

Since the Middle East respiratory syndrome coronavirus (MERS-CoV) first emerged in Saudi Arabia in 2012, there have been more than 2,400 confirmed cases of the infection, resulting in greater than 800 deaths—an alarming fatality rate of 35 percent. For this reason, researchers have been eager to identify any risk factors that contribute to the development of severe or lethal disease. Current clinical evidence points to diabetes as a major risk factor in addition to other comorbidities including kidney disease, heart disease, and lung disease. [Read more](#)

## Mesothelioma

### **Mesothelioma trial suggests immunotherapy as an alternative to chemotherapy**

Patients with mesothelioma may gain similar benefit from immunotherapy as chemotherapy, and good responders may provide important clues to novel treatment for the thousands of new cases each year. New data highlight the need to understand the biological mechanisms whereby mesothelioma, which is incurable, adapts to immunotherapy in some patients but not in others, resulting in variations in treatment response. [Read more](#)

## Oxygen delivery

### **Oxygen devices and delivery systems**

Georgia Hardavella, Ioannis Karampinis, Armin Frille, Katherina Sreter, Ilona Rousalova  
*Breathe* 2019 15: e108-e116; DOI: 10.1183/20734735.0204-2019

Oxygen use has extended from inpatient to outpatient settings for patients with chronic pulmonary diseases and complications of hypoxaemia. This article presents an overview of oxygen devices (oxygen concentrators, compressed gas cylinders and liquid oxygen) and delivery systems (high- and low-flow). The indications, advantages and disadvantages of each device and delivery system are presented, aiming to offer updated knowledge to the multidisciplinary team members managing patients with respiratory failure, and therefore allowing appropriate selection of devices and delivery systems that are tailored to the needs of each patient. [Read more](#)

## Pneumonia

### **Hot topics and current controversies in community-acquired pneumonia**

Diego Severiche-Bueno, Daniela Parra-Tanoux, Luis F. Reyes, Grant W. Waterer  
*Breathe* 2019 15: 216-225; DOI: 10.1183/20734735.0205-2019

Community-acquired pneumonia (CAP) is one of the most common infectious diseases, as well as a major cause of death both in developed and developing countries, and it remains a challenge for physicians around the world. Several guidelines have been published to guide clinicians in how to diagnose and take care of patients with CAP. However, there are still many areas of debate and uncertainty where research is needed to advance patient care

and improve clinical outcomes. In this review we highlight current hot topics in CAP and present updated evidence around these areas of controversy. [Read more](#)

## Silicosis

### **RANZCR Unveils Guidelines for the Diagnosis And Monitoring of Silicosis**

The Royal Australian and New Zealand College of Radiologists (RANZCR) today released its position statement, Imaging of Occupational Lung Disease, outlining the central role clinical radiologists play in the diagnosis and monitoring of silicosis. [Read more](#)

## Sleep apnoea

### **Researchers identify genetic variations linked to oxygen drops during sleep**

Researchers have identified 57 genetic variations of a gene strongly associated with declines in blood oxygen levels during sleep. Low oxygen levels during sleep are a clinical indicator of the severity of sleep apnea, a disorder that increases the risk of heart disease, dementia, and death. The study, published today in the American Journal of Human Genetics, was funded by the National Heart, Lung, and Blood Institute (NHLBI), part of the National Institutes of Health. [Read more](#)

### **Oxygen for the treatment of obstructive sleep apnoea hypopnoea syndrome**

Renata L. Riha. *Breathe* 2019 15: e104-e107; DOI: 10.1183/20734735.0206-2019  
Nocturnal oxygen therapy cannot currently be recommended as a sole treatment for obstructive sleep apnoea [Read more](#)

## Smoking (inc vaping and electronic cigarettes)

### **World first: Vaping product now in pharmacies**

Believed to be a world-first, a vaping system branded specifically for the healthcare sector is now available in many pharmacies throughout New Zealand.

The off-the-shelf product, branded Vapix, is marketed to smokers over 18 years of age, encouraging them to 'Make The Switch'. [Read more](#)

### **Nicotine vaping 'addicting young people' - Auckland Secondary Principals' Association head**

Teenagers say vaping is addicting their friends to nicotine, and a Rotorua principal is urging the government to introduce tighter restrictions on vaping before the end of the year.

[Read more](#)

### **Anti-smoking advertisements are perceived differently by smokers and individuals with health or advertising knowledge.** Lizama, N. , Slevin, T. and Pettigrew, S. (2019), *Australian and New Zealand Journal of Public Health*. doi:[10.1111/1753-6405.12945](https://doi.org/10.1111/1753-6405.12945)

Objective: Several studies have examined the characteristics of anti-smoking advertisements that are associated with quitting behaviour. Some studies use researchers or graduate students to code advertisement characteristics, while others recruit smokers or members of the general public. The aim of this study was to assist future campaign development by assessing whether anti-smoking advertisement characteristics are coded differently by smokers and 'experts' (individuals with knowledge of health promotion, public health or advertising). [Read more](#)

## **Ka Pū te Ruha, ka Hao te Rangatahi - Good practice guidance for stop smoking services** (Ministry of Health)

For the past two years, the Ministry of Health has been exploring how to improve stop smoking outcomes for wāhine Māori. The method undertaken has been a co-design and developmental evaluation process which included engaging directly with wāhine Māori with lived experience of smoking, and then with health providers and quit coaches who have been experimenting with new ways of working with wāhine.

The result of the co-design sessions is outlined in this Guidance document. The aim of this guidance is to open up the permission space for stop smoking services to work in more responsive ways with young wāhine Māori. [Read more](#)

## **Tuberculosis**

### **Kiwi researchers make TB discovery**

Worldwide approximately one in four people is infected by Mycobacterium tuberculosis and while overall New Zealand has relatively low rates of TB, Māori and Pacific people are eight times more likely to be affected than Pākehā. [Read more](#)

## **Health and wellness**

### **Six Tips for Workplace Mindfulness**

We've all felt overwhelmed during a hectic workday, particularly in our age of constant connectivity. In fact, 40% of workers report their job is "very" or "extremely" stressful. During moments when we must contend with high demand and tight deadlines, quality can be sacrificed in the name of efficiency, creating a lose-lose situation for businesses and employees. Active mindfulness may just be the solution to work-related anxieties and higher quality output that many are seeking. [Read more](#)

## **General items of interest**

### **Respiratory Research Review**

#### **Issue 164**

According to recent research, up to a third of never-smokers with scleroderma-related interstitial lung disease can have features of emphysema. [Read more](#)

### **Respiratory Research Review**

#### **Issue 165**

This month our featured paper reports a negative outcome for riociguat in the treatment of idiopathic interstitial pneumonia-associated pulmonary hypertension. [Read more](#)

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 College Administrator: [diana.geerling@nzno.org.nz](mailto:diana.geerling@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)

## Where to find SNIPS

twitter



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



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

**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](mailto:stop4th@xtra.co.nz)



**SNIPS**

**Stop4<sup>th</sup> Nursing Information Provision Service**

Providing information to nurses and allied health professionals