



NZNO College of Respiratory Nurses Monthly News Bulletin Friday 27 September 2019

[NZNO / Section news](#)

2020 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](#)

[Consultation](#)

NZNO is presently consulting with members on a range of issues.

[The full outline can be found here](#)

Proposal that will enable podiatrists to prescribe medicines to their patients

NZNO seeks your feedback on a proposal that will enable appropriately trained podiatrists to prescribe from a list of medicines relevant to their clinical practice. This is known as Designated Prescribing.

[Link to the Consultation document](#) :

Please send feedback to Jill.Wilkinson@nzno.org.nz by 14 October 2019.

Well Child Tamariki Ora (WCTO) review

NZNO invites your feedback on the MoH's review of the WCTO programme. The aim of the review is to ensure the programme is able to help improve the health and overall wellbeing of tamariki. We welcome your views on what you think is currently working, what may not be working or any improvements.

[Please see the engagement form:](#)

Please send feedback to policyanalysts@nzno.org.nz by 24 October 2019.

New Zealand

Air pollution Allergies

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

Asthma (inc paediatric)

Effects of a Video Intervention on Asthma Control in Adolescents

An interventional video and question prompt list were not associated with improvements in asthma control and quality of life, according to a study recently published in the Journal of Asthma.

[Read more here](#)

Learning from usability testing of an arts-based knowledge translation tool for parents of a child with asthma. Archibald, MM, Scott, SD. *Nursing*

Open. 2019; 00: 1– 11. <https://doi.org/10.1002/nop2.369>

Aim

Digital, art- and story-based resources can be viable and engaging knowledge translation strategies in health care. Understanding the usability of these approaches can help maximize their impact. The aim of this work is to understand what aspects of 'My Asthma Diary', an art-based digital knowledge translation tool for parents of children with asthma, has an impact on usability.

[Read more here](#)

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

COPD

Effects of a comprehensive, inpatient pulmonary rehabilitation programme in a cachectic patient with very severe COPD and chronic respiratory failure

Frits M.E. Franssen, Lowie E.G.W. Vanfleteren, Daisy J.A. Janssen, Emiel F.M. Wouters, Martijn A. Spruit

Breathe 2019 15: 227-233; DOI: 10.1183/20734735.0186-2019

Pulmonary rehabilitation (PR) is a comprehensive intervention based on a thorough patient assessment followed by personalised interventions designed to improve the physical and psychological condition of patients with chronic respiratory diseases and to promote the long-term adherence to health-enhancing behaviours [1]. While the clinical importance of physical activity is recognised across all stages of disease, the Global Initiative for Chronic Obstructive Lung Disease (GOLD) 2019 strategy for chronic obstructive pulmonary disease (COPD) states that patients that remain highly symptomatic and/or those with a history of moderate or severe exacerbations despite optimal pharmacotherapy are indicated for PR [2]. Improvements in symptoms, increases in quality of life and gains in functional capacity after PR are independent of age, sex or the baseline degree of airflow limitation [3, 4]. However, it is known that patients with higher symptoms of dyspnoea, worse functional capacity and poor health status at baseline are more likely to be good responders to PR [5]. While PR is traditionally applied in clinically stable patients, there is increasing evidence for its beneficial

effects following hospitalisations [6] and in those with frequent exacerbations [5]. In patients with very severe disease awaiting lung transplantation significant improvements in exercise capacity and health status were reported after short-term comprehensive PR [7]. Moreover, an increasing number of specific (non-)pharmacological interventions are available and can be combined with PR in the subgroup of patients with very advanced disease, including neuromuscular electrical stimulation (NMES), noninvasive ventilatory support and anabolic agents. Finally, PR may be an appropriate setting to introduce advance care planning (ACP) [8]. The role of these personalised and targeted interventions will be highlighted in this case report.

[Read more here](#)

Influenza

Surgical masks as good as respirators for flu and respiratory virus protection

The study reported 'no significant difference in the effectiveness' of medical masks vs. N95 respirators for prevention of influenza or other viral respiratory illness.

[Read more here](#)

Inhalers

Errors in inhaler use related to devices and to inhalation technique among patients with chronic obstructive pulmonary disease in primary health care. Lindh, A, Theander, K, Arne, M, et al. *Nursing Open*. 2019; 00: 1– 9. <https://doi.org/10.1002/nop2.357>

The aim of this study was to describe inhaler use in primary health care patients with chronic obstructive pulmonary disease (COPD) and to categorize these patients into those making errors related to devices, those making errors related to inhalation technique and those making errors related to both.

[Read more here](#)

Lung function

Medication / pharmacy

Why is medical oxygen a challenge for people travelling by air?

Rachel Orritt, Pippa Powell, Isabel Saraiva together with the European Industrial Gases Association

Breathe 2019 15: 182-189; DOI: 10.1183/20734735.0202-2019

To understand the process and potential challenges for a patient who requires oxygen to travel by plane.

To be confident in discussing air travel with patients who are affected by lung disease.

[Read more here](#)

Pertussis

Pneumonia

Research links virus to high rates of childhood pneumonia

Research into respiratory infection among young children in New Zealand has highlighted one particular virus as a leading cause of high rates of hospitalisation.

[Read more here](#)

Sleep apnoea

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Smoking (inc vaping and electronic cigarettes)

How to quit smoking: Dual nicotine replacement therapy works best, study finds

Thousands of Kiwis could successfully [quit smoking](#) if they used e-cigarettes together with nicotine patches, new research suggests.

[Read more here](#)

E-cigarettes: an evidence update

This review explains the relative risks and benefits of e-cigarettes, in terms of harm reduction when compared with cigarettes and as an aid to quitting. It reviews latest evidence to conclude that e-cigarettes are around 95 per cent safer than smoked tobacco and they can help smokers to quit.

[Read more here](#)

Vaping is 'a real danger' and needs regulation

E-cigarette flavours "are particularly hazardous" so limiting their sale in New Zealand is an important step, a European public health expert says.

[Read more here](#)

E-cigarettes disrupt lung function and raise risk of infection

A study led by researchers at Baylor College of Medicine raises health concerns about the use of electronic cigarettes. Published in the *Journal of Clinical Investigation*, the work shows that chronic exposure to e-cigarette vapors disrupts normal lung function in mice and also reduces the ability of immune cells residing in the lungs to respond to viral infection. These alterations were observed with vapors without nicotine, warranting deeper investigations on the effects the allegedly safe-to-use solvents in e-cigarettes have on people.

[Read more here](#)

Smoking related illness

CDC: Hundreds more may have been sickened by vaping-linked lung illness

The CDC believes that hundreds more cases of severe lung illness tied to vaping have been reported since the agency's most recent tally of nine deaths and 530 illnesses in 38 states, according to CDC Principal Deputy Director Anne Schuchat. Speaking at a House hearing Tuesday, Schuchat said the agency has not yet identified any specific compound or product linked to the illnesses.

[Read more here](#)

Children exposed to secondhand smoke at higher risk for atrial fibrillation

Children of parents who smoke had a significantly increased chance of developing atrial fibrillation later in life, according to a study published today in the *Journal of the American College of Cardiology*. The findings highlight a new association between secondhand smoke exposure and heart rhythm disorder risk.

[Read more here](#)

Tuberculosis

How tuberculosis progresses: genetic factors play a major role

There are almost 1.8 billion [people with tuberculosis](#) bacilli in their body, but only about 5% to 15% develop overt infection, usually within 18 months of initial exposure. The reason behind this selective progression has been sought for decades by scientists from a variety of fields. Now, researchers say they've found at least [part of the answer](#): differences in the genetic make-up play a key role, and at least one of them works by the effect it has on immune function.

[Read more here](#)

General items of interest

Lung Cancer Research Review Issue 10

This issue features mixed results for erlotinib in stage IIIA-N2 NSCLC and a disappointing result for nintedanib added to chemotherapy for treatment of advanced malignant mesothelioma.

Other highlights include:

- Screening for ALK gene rearrangement
- Patient traits and tumour genomics in NSCLC
- 5-year overall survival results from KEYNOTE-001

[Read more here](#)

Respiratory Research Review

Issue 163

Big changes are afoot in the asthma world with the release of the 2019 GINA guidelines – SABA monotherapy is no longer recommended.

Other highlights include:

- As needed budesonide-formoterol for mild asthma.
- Extent of small airways dysfunction in asthma.
- Add-on tiotropium is safe in paediatric asthma.
- Bacteriophage therapy for chronic *S. aureus* rhinosinusitis

[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 go to:

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

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