



NZNO College of Respiratory Nurses monthly news bulletin Friday 27 December 2019

NZNO / College news

Conferences & Events

SIREF 2020 Conference

Theme: *DIY Respiratory - Self-Management in its many forms*

Thursday 27th & Friday 28th February 2020

The George

50 Park Terrace

Christchurch

Registration details are available on: www.canbreathe.org.nz

or email: teresa@canbreathe.org.nz.

Respiratory & Bronchiectasis Symposium

Friday 17 April 2020

Te Puna O Te Matauranga Marae

51 Valley Road

Whangarei

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

Register Online Now

Consultation

NZNO regularly seeks members input on a range of documents up for consultation. The listing is regularly updated and full information [can be found here](#)

Urban Development Bill

NZNO welcomes your feedback on the above Bill which aims to provide Kāinga Ora with powers to improve the social and economic performance of Aotearoa New Zealand's urban areas through complex development projects.

Please send feedback to Diana.Cookson@nzno.org.nz by 7 February 2020.

Protection for First Responders and Prison Officers Bill

NZNO welcomes your feedback on the above Bill which aims to create a new offence in the Crimes Act 1961 for intentionally injuring a first responder or prison officer. It.

Please send feedback to sue.gasquoine@nzno.org.nz by February 5 2020.

Holidays (Bereavement Leave for Miscarriage) Amendment Bill (No 2)

NZNO welcomes your feedback on the above Bill which would make it clear that the unplanned end of a pregnancy by miscarriage or still-birth constitutes grounds for bereavement leave for the mother and her partner or spouse for up to 3 days. Please send feedback to PolicyAnalysts@nzno.org.nz by 7th February 2020.

Crimes (Definition of Female Genital Mutilation) Amendment Bill

NZNO welcomes your feedback on the above cross-party members' Bill which would amend the Crimes Act to change the definition of "female genital mutilation" to ensure all forms of this practice are illegal and all women and girls are adequately protected. Please send feedback to sue.gasquoine@nzno.org.nz by 22 January 2020\

Consultation on Nursing Council's Proposed Policy on Publication and Naming of Nurses Subject to an order or Direction

NZNO welcomes your feedback on the above policy which has been drafted in response to requirements under the Health Practitioners Competence Assurance Act 2003. You are welcome to make your own response to the Nursing Council survey, and/or send your comments to jill.wilkinson@nzno.org.nz to be included in a submission made on behalf of NZNO. Please send your feedback by 23 January 2020.

ANZSRC (Australia New Zealand Standard Research Classification) Review Steering Committee (including MBIE, Statistics NZ, the Australian Research Council and the Australian Bureau of Statistics)

NZNO seeks your feedback on this review which aims to ensure that the ANZSRC reflects current practice and is sufficiently robust to allow for long-term data analysis. Please send feedback to Jinny.Willis@nzno.org.nz by 3 February 2020.

Proposal to change the funded brand of labetalol tablets

PHARMAC are proposing to change the funded brands of labetalol tablets, which are used in the treatment of hypertension in pregnancy. Please send feedback to jill.wilkinson@nzno.org.nz by 9th December 2019.

Sexual Violence Legislation Bill

NZNO welcomes your feedback on this Bill which aims to reduce the re-traumatisation of sexual violence victims during court proceedings through increasing the variety of ways complainants could give evidence in court. . Please send to leanne.manson@nzno.org.nz by 24 January 2019.

New Zealand

Improving access to health care for people with severe chronic obstructive pulmonary disease (COPD) in Southern New Zealand: qualitative study of the views of health professional stakeholders and patients

Stokes T, Tumilty E, Latu ATF, *et al*

BMJ Open 2019;**9**:e033524. doi: 10.1136/bmjopen-2019-033524

Objectives Chronic obstructive pulmonary disease (COPD) is a common chronic disease with significant morbidity and mortality, particularly for Māori, which places a large burden on the New Zealand (NZ) health system. We undertook a qualitative study as part of a mixed-methods implementation research project which aimed to determine the barriers and enablers to the provision of accessible high-quality COPD care. [Read more](#)

Allergies

Study finds probiotics help hayfever symptoms

Griffith University research indicates that patients suffering from allergic rhinitis, otherwise known as hay fever, can specifically benefit from probiotic supplements. [Read more](#)

Asbestos exposure

Common asbestos lung disease does not increase risk of lung cancer

People who are diagnosed with the most common form of asbestos-related lung disease are not at an increased risk of developing lung cancer later in life, a new study led by Curtin University has found. [Read more](#)

Asthma

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

Caring for people with asthma in primary care

Sarah Beeken

Practice Nursing 2019 30:12, 580-588

The British Thoracic Society/Scottish Intercollegiate Guidelines Network (BTS/SIGN) asthma guidelines were recently updated with the latest evidence. Sarah Beeken provides an overview of the key changes for practice nurses

In July this year, the British Thoracic Society/Scottish Intercollegiate Guidelines Network (BTS/SIGN) guidelines for the management of asthma were updated, in line with the latest evidence. These updates provide some new approaches to giving personalised care in order to help individuals to better manage their condition. The asthma review is key to good asthma care. This article explains how to gain a personalised understanding of the current control of the person's asthma, their risk of future attack, and how this will allow an appropriate medicine regime to be prescribed, and appropriate counselling and education given that is unique to the individual.

Does exercise-induced bronchoconstriction affect physical activity patterns in asthmatic children?

MR van der Kamp, BJ Thio, M Tabak, ... *Journal of child health*

First Published October 13, 2019 Research Article

<https://doi.org/10.1177/1367493519881257>

Exercise-induced bronchoconstriction (EIB) is a sign of uncontrolled childhood asthma and classically occurs after exercise. Recent research shows that EIB frequently starts during exercise, called breakthrough-EIB (BT-EIB). It is unknown whether this more severe type of EIB forces children to adapt their physical activity (PA) pattern in daily life. Therefore, this pilot study aims to investigate daily life PA (amount, intensity, duration, and distribution) in children with BT-EIB, 'classic' EIB, and without EIB. A Fitbit Zip activity tracker was used for one week to objectively measure daily life PA at one-minute intervals. Thirty asthmatic children participated. Children with BT-EIB were less physically active compared to children without EIB (respectively 7994 and 11,444 steps/day, $p = .02$). Children with BT-EIB showed less moderate-to-vigorous PA compared to the children without (respectively 117 and 170 minutes/day, $p = .02$). Children with EIB (both BT and classic) had significant shorter bouts of activity and a less stretched distribution of bout lengths compared to the non-EIB group (all $p < .05$). These results emphasize a marked association between EIB severity and PA patterns in daily life, stressing the need for a thorough clinical evaluation of exercise-induced symptoms in childhood asthma.

Bronchial disorders (Bronchiectasis/Bronchiolitis)

Hot topics and current controversies in non-cystic fibrosis bronchiectasis

Diego Severiche-Bueno, Enrique Gamboa, Luis F. Reyes, Sanjay H. Chotirmall
Breathe 2019 15: 286-295; DOI: 10.1183/20734735.0261-2019

Non-cystic fibrosis bronchiectasis (NCFB) is a neglected and orphan disease with poor advances through the 20th century. However, its prevalence is rising and with this come new challenges for physicians. Few guidelines are available to guide clinicians on how to diagnose and manage patients with NCFB. Many areas of debate persist, and there is lack of consensus about research priorities most needed to advance patient care and improve clinical outcomes. In this review, we highlight the current hot topics in NCFB and present updated evidence to inform the critical areas of controversy. [Read more](#)

COPD

Southern DHB launch integrated service for COPD patients

A new electronic standardised discharge process for patients admitted to Dunedin hospital with acute Chronic Obstructive Pulmonary Disease (COPD) means patients have more integrated care between hospital and general practice, rehabilitation and community-based services. [Read more](#)

Outpatient care of patients with COPD

Takeaways:

Nurses must be able to identify patients with chronic obstructive pulmonary disease (COPD) early in the disease process to provide education that helps prevent exacerbations, decreases co-morbidities, and improves quality of life.

Patient history is crucial in the early stages of COPD because the physical exam may not reveal many abnormal findings.

Nurses play an important role throughout COPD treatment, educating patients, assisting with medication plans, and helping to prevent exacerbations. [Read more](#)

Initial inhaler choice in COPD: real-world evidence

Thomas Jones. *Breathe* Dec 2019, 15 (4) 350-352; DOI: 10.1183/20734735.0256-2019
Long-acting bronchodilators are the mainstay of inhaled therapy in COPD. Both long-acting β -agonists (LABA) and long-acting muscarinic antagonists (LAMA) are effective at reducing breathlessness and exacerbation frequency, with LAMA being the more effective of the two classes [1]. The Global Initiative for Chronic Obstructive Lung Disease advises that inhaled corticosteroids (ICS) are reserved for those who exacerbate more frequently and preferably after the addition of dual long-acting bronchodilators [2]. Some people with COPD benefit from ICS, and there is evidence that blood eosinophil count is a useful biomarker to highlight who might benefit [3]. ICS are known to increase the risk of pneumonia in people with COPD [4] but despite the guidelines, many people with COPD are prescribed LABA/ICS combinations as initial inhaled therapy [5]. Suissa et al. [6] reported real-world evidence comparing LABA/ICS with LAMA as the initial treatment of COPD, stratified by blood eosinophil count, detailing both the benefits for exacerbation frequency and risk of pneumonia with each treatment strategy. [Read more](#)

Interventions at presentation and discharge for patients with acute exacerbation of chronic obstructive pulmonary disease to reduce unnecessary admissions and readmissions: A scoping review protocol.

MacDonell, R, Woods, O, Prihodova, L. *Nursing Open*. 2019; 00: 1– 5. <https://doi.org/10.1002/nop2.423>

This scoping review will gather existing evidence on specific interventions at presentation and discharge which aim to standardize care and/or reduce unnecessary admissions and/or readmissions to hospital for patients presenting with acute exacerbation of chronic obstructive pulmonary (airways) disease. [Read more](#)

Cystic fibrosis

New approach to treating cystic fibrosis could lower risk of lung transplants and death

A new approach to treating people with cystic fibrosis (CF) has been shown to reduce inflammation, which has the potential to reduce the need for lung transplants and lower the risk of death. [Read more](#)

Triple-combination therapy helps more people with cystic fibrosis

Researchers at National Jewish Health and around the world report today that a three-drug combination of medications can improve lung function, reduce exacerbations and improve quality of life for people with cystic fibrosis who have at least one copy of the most common cystic fibrosis mutation, Phe508del. Based in part on these findings, the U.S. Food and Drug Administration recently approved the combination, elexacaftor/tezacaftor/ivacaftor, known as Trikafta, that will ultimately help 90 percent of people with cystic fibrosis. [Read more](#)

Influenza

Higher temperatures and increased rainfall could make RSV epidemics less severe, more common

One of the first studies to examine the effect of climate change on diseases such as influenza that are transmitted directly from person to person has found that higher temperatures and increased rainfall could make outbreaks less severe but more common, particularly in North America. [Read more](#)

Lung transplants

No differences found in survival, acute rejection in patients receiving lungs from increased-risk donors

Cleveland Clinic researchers have found that using lungs from donors who are considered high risk for certain infectious diseases compared to standard risk donors results in similar one-year survival for recipients. In addition, researchers saw no difference in rejection or graft (donor lung) survival after one year in patients receiving lungs from increased-risk donors. [Read more](#)

Sleep apnoea

Study suggests women may be undertreated for obstructive sleep apnea

Obstructive sleep apnea (OSA) has been considered a predominantly male disease. While more women have been diagnosed with OSA in recent years, the numbers remain disproportionate, with 3-to-5 times more men than women receiving an OSA diagnosis. Investigators from Brigham and Women's Hospital and Yale School of Medicine set out to understand this disparity and its causes. They found that a high proportion of women experienced sleep apnea during dream sleep, which is associated with adverse outcomes including cardiovascular disease. Their findings have implications for the screening, diagnosis and treatment of OSA among women and men and are published in the journal SLEEP. [Read more](#)

Smoking (inc vaping and electronic cigarettes)

Breakthrough study highlights true dangers of vaping (audio)

Dr. Stanton Glantz has been tracking e-cigarette users for the last three years as part of the first study on the long-term effects of vaping, and the results are troubling, with vapers about 30% more likely to have developed a chronic lung disease like asthma or emphysema. And the news is worse still for 'dual users' who both smoke and use e-cigarettes. If you're a smoker who is also using e-cigarettes, you more than triple your odds of developing lung disease. [Read more](#)

Study: Vaping increases risk of lung disease by 30%

A study published in the American Journal of Preventive Medicine found that people who use e-cigarettes have about a 30% increased risk of lung disease at three years, compared with those who never used traditional or e-cigarettes. Using data from 32,000 adults, researchers also found that the risk of lung disease was more than three times higher for those who both smoked and vaped. [Read more](#)

The Incentives to Quit tobacco in Pregnancy (IQuiP) protocol: piloting a financial incentive-based smoking treatment for women attending substance use in pregnancy antenatal services

Jackson MA, Brown AL, Baker AL, *et al*

BMJ Open 2019;**9**:e032330. doi: 10.1136/bmjopen-2019-032330

Introduction While tobacco smoking prevalence is falling in many western societies, it remains elevated among high-priority cohorts. Rates up to 95% have been reported in women whose pregnancy is complicated by other substance use. In this group, the potential for poor pregnancy outcomes and adverse physical and neurobiological fetal development are elevated by tobacco smoking. Unfortunately, few targeted and effective tobacco dependence treatments exist to assist cessation in this population. The study will trial an evidence-based, multicomponent tobacco smoking treatment tailored to pregnant women who use other substances. The intervention comprises financial incentives for biochemically verified abstinence, psychotherapy delivered by drug and alcohol counsellors, and nicotine replacement therapy. It will be piloted at three government-based, primary healthcare facilities in New South Wales (NSW) and Victoria, Australia. The study will assess the feasibility and acceptability of the treatment when integrated into routine antenatal care offered by substance use in pregnancy antenatal services. [Read more](#)

Journals

Respiratory Research Review

Issue 166

This month we report on a landmark in the treatment of cystic fibrosis with the development of targeted triple therapy for those with the Phe508del CFTR mutation. [Read more](#)

Respiratory Research Review

Issue 167

This month a placebo-controlled clinical trial provides some answers as to whether metoprolol helps to prevent COPD exacerbations. [Read more](#)

Lung Cancer Research Review

Issue 11

This month we feature patient-reported outcomes from the ALEX study of alectinib vs crizotinib in ALK-positive NSCLC showing a benefit for alectinib. [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 National 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

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