



*Hongihongi te rangi hou'*  
*'Smell the fresh air'*

## **NZNO College of Respiratory Nurses monthly news bulletin Friday 25 January 2019**

For feedback please contact your College administrator: [diana.geerling@nzno.org.nz](mailto:diana.geerling@nzno.org.nz)

### **NZNO / section news**

#### **Consultation**

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

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

#### **Position statement: Violence and aggression towards nurses**

A position statement on violence and aggression towards nurses that clearly states the unacceptability of this behavior in the work context of nurses has been requested.

This would be in addition to the other resources that NZNO provides on managing situations of conflict, de-escalation and health and safety 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 subjected to verbal and physical violence and aggression at work.

**Please send feedback to [sue.gasquoine@nzno.org.nz](mailto:sue.gasquoine@nzno.org.nz) by 15 February 2019.**

#### **Read or Download**

- [2018-12-07 Consultation v2](#) (355 KB)

### **Air pollution**

#### **[Air pollution increases ER visits for breathing problems](#)**

As levels of ozone and fine particulate pollution (PM2.5) rise, more patients end up in the ER with breathing problems, according to the largest US study of air pollution and respiratory emergency room visits of patients of all ages.

### **Allergies**

#### **['Particularly powerful pollen season' exacerbates hay fever symptoms, expert says](#)**

A "powerful pollen season" is to blame for a hay fever season that is bogging down many Wellingtonians.

Hay fever sufferers in the capital have been making beelines to chemists and doctors' surgeries to help ease the condition's annoying symptoms, which were being exacerbated by high pollen levels.

#### **[Allergy prevention guidelines: eggs, peanuts for infants](#)**

Scientists are recommending adding eggs and peanuts to infants' diets in the first year of life to help prevent 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*

Ilaria Baiardini, Silviya Novakova, Stefan Mihaicuta, Ipek Kivilcim Oguzulgen & Giorgio Walter Canonica (2019) **Adherence to treatment in allergic respiratory diseases**, Expert Review of Respiratory Medicine, 13:1, 53-62, DOI:

Introduction: Asthma and allergic rhinitis (AR) are chronic conditions in which management needs adherence to prescribed drugs. Despite the benefits of regular maintenance of asthma and AR therapy, low adherence is a frequent issue in clinical practice.

Areas covered: The aim of this review is to provide a targeted analysis of the more recent literature on adherence in asthma and AR, focused on the following areas: adherence extent, barriers and consequences, effects of educational interventions and use of new technologies to improve the level of adherence.

## **Asthma (inc paediatric)**

### **[Back to school and asthma attacks - the unseen danger](#)**

Asthma and Respiratory Foundation NZ today, Wednesday 23 January 2019, issues a warning to asthma sufferers about the increased risk of severe asthma flare-ups when heading back to school.

### **[Depression tied to worse asthma outcomes in urban teens](#)**

(HealthDay)—Depressive symptoms are prevalent among urban teens with asthma and are associated with worse outcomes, according to a study published online Dec. 19 in Academic Pediatrics.

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### **Creation of a primary care personal asthma action plan**

Rachel Looms

Journal of Prescribing Practice, Vol. 1, No. 1: 33-36.

National guidelines recommend that all patients with asthma are offered a personal asthma action plan (PAAP), which contains potentially lifesaving information should a patient experience a decline in symptoms. A PAAP was created for use within a primary care setting based on a review of currently available plans. It was based on a colour-coded system: green for when the patient feels well, amber for a decline in symptoms, and red for an asthma attack. It was designed to fit onto one side of A4 paper, with guidance for the patient to take a photograph of it with their mobile phone. The PAAP was only recently introduced into practice, so its impact on reducing asthma related complications or hospital admissions has not yet been reviewed.

### **The effects of obesity on asthma control and management**

Viv Marsh

Practice Nursing, Vol. 30, No. 1: 20-23.

Obesity is a well-known risk factor for many chronic conditions but its link to asthma is still poorly understood. As phenotyping continues to develop, Viv Marsh explains the link between obesity and asthma as well as useful support strategies to aid patients in weight loss

Although not fully understood, obesity is a known risk factor for the development of asthma, and also for poor asthma control and increased severity of asthma attacks; therefore, it is an important issue in asthma management. This article explores these issues and focuses on the impact of obesity on asthma control and management strategies for primary care health professionals.

## COPD

Westra B, de Wolf S, bij de Vaate E, *et al*

### [Quality of resistance training description in COPD trials: study protocol for a systematic review](#)

*BMJ Open* 2019;**9**:e025030. doi: 10.1136/bmjopen-2018-025030

**Introduction** Limb muscle dysfunction is a common manifestation in patients with chronic obstructive pulmonary disease (COPD). Optimising of limb muscle function is therefore an important goal during pulmonary rehabilitation of patients with COPD. Resistance training (RT) is the best available intervention to achieve this goal. Previous systematic reviews on RT primarily focused on methodological quality. However, the intervention holds the essence of each experimental study. Replication of RT interventions requires clear, complete and accessible reporting of the essential components. The American College of Sports Medicine (ACSM) provides evidence-based guidelines for RT prescription and recommends RT models specific to desired outcomes, that is, improvements in strength, muscular hypertrophy, power or local muscle endurance. The aim of this review is to investigate if the application of the RT principles and key training variables is described sufficiently in current evidence on the effects of RT interventions in patients with COPD.

Early F, Wilson P, Deaton C, *et al*

### [Developing an intervention to increase REferral and uptake TO pulmonary REhabilitation in primary care in patients with chronic obstructive pulmonary disease \(the RESTORE study\): mixed methods study protocol](#)

*BMJ Open* 2019;**9**:e024806. doi:10.1136/bmjopen-2018-024806

Chronic obstructive pulmonary disease (COPD) is a progressive lung disease associated with breathlessness, inability to exercise, frequent infections, hospitalisation and reduced quality of life. Pulmonary rehabilitation (PR), providing supervised exercise and education, is an effective and cost-effective treatment for COPD but is significantly underused. Interventions to improve referral and uptake have been tested and some positive results reported. However, interventions are diverse and no clear recommendations for practice can be made. This study aims to understand the challenges to referral and uptake in primary care, where most referrals originate, and to develop a flexible toolkit of resources to support referral and uptake to PR in primary care in the UK.

*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*

Steindal SA, Torheim H, Oksholm T, *et al*. **Effectiveness of nursing interventions for breathlessness in people with chronic obstructive pulmonary disease: A systematic review and meta-analysis.** *J Adv Nurs.* 2019;00:1–19. <https://doi.org/10.1111/jan.13902>

To critically review and synthesize the findings of studies that evaluated the effectiveness of nursing interventions for improving breathlessness in adults with chronic obstructive pulmonary disease.

## Influenza

### [Respiratory microbiome may influence your susceptibility to flu](#)

Specific respiratory microbiome communities may be linked to influenza susceptibility, according to a new study.

### [Assessing the performance of multiple influenza forecasting models](#)

In what the authors believe is the first documented comparison of several real-time infectious disease forecasting models by different teams across many seasons, five research groups report this week that a majority of models consistently showed higher accuracy than historical baseline models.

### [Flu vaccination keeps COPD patients out of the hospital](#)

A new study published in the January issue of Chest establishes that patients with chronic obstructive pulmonary disease (COPD) face heightened risks of death, critical illness, and hospitalization if they develop the flu and demonstrates the beneficial effects of influenza vaccination. The report also reveals gaps in care that need to be addressed, including less-than-universal influenza vaccination in patients with COPD and failure to provide an antiviral medication in a timely manner once the patient is diagnosed with the flu.

### [A global influenza pandemic high on the WHO's agenda](#)

Another influenza pandemic is on the third spot of the list of 10 health threats collated by the World Health Organization for 2019.

### [Mortality, morbidity, and hospitalisations due to influenza lower respiratory tract infections, 2017: an analysis for the Global Burden of Disease Study 2017](#)

The Lancet : Respiratory Medicine [VOLUME 7, ISSUE 1](#), P69-89, JANUARY 01, 2019  
Although the burden of influenza is often discussed in the context of historical pandemics and the threat of future pandemics, every year a substantial burden of lower respiratory tract infections (LRTIs) and other respiratory conditions (like chronic obstructive pulmonary disease) are attributable to seasonal influenza. The Global Burden of Disease Study (GBD) 2017 is a systematic scientific effort to quantify the health loss associated with a comprehensive set of diseases and disabilities. In this Article, we focus on LRTIs that can be attributed to influenza.

## Lung cancer

### [What happens when the doctor blames you for your own lung cancer?](#)

Not long ago, I was working in a busy teaching hospital's intensive-care unit, poring over EKGs, examining X-rays and reviewing medication orders. I received a phone call. Results were in for the lung biopsy of one of my patients, Ms X. She had cancer.

### [It's never too late to quit smoking before lung surgery](#)

(Reuters Health) - Smokers who'll be having surgery for lung cancer should quit smoking before the operation, and the sooner the better, a new study shows.

## Pertussis

### [Whooping cough spike in Auckland prompts call for immunisation](#)

A spike in whooping cough cases has prompted Auckland health authorities to urge parents to immunise their children.

## Sleep apnoea

### [The causes and complications of snoring](#)

Nearly half of adults habitually snore when they sleep.

For some, it's not a problem. For others, it may affect the quality of their bed partner's rest. It can also be associated with sleep apnea, a condition affecting a person's ability to breathe and the quality of their sleep.

## Smoking (inc vaping and electronic cigarettes)

### [Are quake stresses, migrants and tradies triggering an increase in smoking?](#)

Smoking appears to have increased in Canterbury at odds with a national downwards trend, with experts pointing the finger at earthquake-stress and immigration.

## Tuberculosis

### [New Tuberculosis Vaccine Raises Hope for TB Prevention](#)

A new vaccine candidate shows promise for preventing active pulmonary tuberculosis (TB) in adults infected with Mycobacterium tuberculosis. The vaccine, [M72/AS01E](#), provided 54% protection against active pulmonary TB.

## Health and wellness

### [10 ways to help your mental health in 2019](#)

Currently one in five Australians experience mental ill health every year. Australian Psychological Society President Ros Knight says people who spend a lot of time caring for others need to make time to care for their own mental health.

## General items of interest

### [Respiratory Research Review](#)

#### Issue 156

Can a symptom awareness campaign enable lung cancer detection at earlier stages? We report findings from research comparing lung cancer detection rates and stage at diagnosis following a UK public awareness campaign, 'Got a cough? Get a check.'

#### Other highlights include:

- Symptoms at lung cancer diagnosis are associated with prognosis.
- Distinguishing malignant lung nodules from benign using plasma proteomics biomarkers.
- Aggressive vs symptom-guided drainage of malignant plural effusions.

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](mailto: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](http://www.nzno.org.nz/groups/colleges_sections/colleges/college_of_respiratory_nurses)

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