



## **NZNO College of Respiratory Nurses Monthly News Bulletin Friday 31 May 2019**

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

### **NZNO / College news**

#### **Consultation**

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

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

#### **New Zealand's Seventh Periodic Report under the Convention against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment – Draft Report**

NZNO is seeking your views on New Zealand's compliance with the above United Nations Convention. New Zealand will report to the UN Committee Against Torture in 2019 on measures taken domestically to implement the Convention.

The Convention covers a broad range of topics, including issues related to the nursing workforce, for example solitary confinement and seclusion in mental health facilities, refugee and asylum seeker health. We welcome your feedback on whether New Zealand is taking effective measures to prevent torture and ill-treatment, and adequately addressing all occurrences where it might occur.

Please see the link of the draft report

**Please send feedback to [Jill.Wilkinson@nzno.org.nz](mailto:Jill.Wilkinson@nzno.org.nz) by 10 June, 2019.**

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#### **Enhanced Drug Impaired Driver Testing – Discussion Document**

NZNO is seeking feedback on options to improve the drug-driver testing process including:

- the methods that could be used to screen and test for drugs;
- the circumstances in which a driver should be tested;
- what drugs should be tested for and
- how an offence for drug driving should be dealt with by police.

A new framework for drug-impaired driving should be considered in the context of the Government's overall objective of addressing the health needs of individuals who harm themselves by using drugs.

Please review this discussion below

**Please send feedback to [policyanalysts@nzno.org.nz](mailto:policyanalysts@nzno.org.nz) by 21 June, 2019.**

## General

### [Lung issues follow premies into adulthood](#)

It's well known that babies born very preterm or very low weight need help with their breathing. What wasn't known was whether these breathing issues continued into adulthood.

## Allergies

### [High levels of cat allergens in some classrooms, asthma study finds](#)

One in four classroom carpets is harbouring high enough levels of cat dander (skin flecks) to trigger allergic reactions, according to new research.

### [Seasonal allergies to pollen occur more frequently in people with anxiety disorders](#)

Seasonal allergies to different types of grass or tree pollen are more common in people with anxiety disorders, while patients with depression are more likely to suffer from perennial allergies triggered by allergens such as animal hair. These are the findings of a team of researchers from the Technical University of Munich (TUM). Conversely, food and drug allergies were unaffected by these psychosocial disorders.

*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)

### [New Zealand-led asthma study - two-in-one inhalers come out tops for those with mild symptoms](#)

An international study into asthma treatment is a "game changer" for hundreds of thousands of Kiwis who live with the breathing conditions, a New Zealand researcher says.

### [Thunder Fever: How Thunderstorms Can Trigger Asthma Outbreaks](#)

It's an ominous-sounding term that describes a very real and, at times, dangerous phenomenon. What is thunder fever and should it concern your patients who have asthma?

### [Communication is the 'key' to helping asthma patients](#)

Sue Jones is one of Waikato DHB's newest nurse prescribers-, and her ability to prescribe a wide range of respiratory and especially asthma medications adds a new dimension to her work as a clinical nurse specialist in the Respiratory Department at Waikato Hospital.

### [Children who use asthma tracking app have better disease control and fewer hospital visits](#)

An app that allows parents and doctors to monitor a child's asthma has a big impact on managing the disease. When families monitored symptoms with eAsthma Tracker and adjusted care accordingly, children had better asthma control and made fewer visits to the emergency department.

## Over- and under-diagnosis in asthma

Joanne Kavanagh, David J. Jackson, Brian D. Kent  
Breathe 2019 15: e20-e27; DOI: 10.1183/20734735.0362-2018

Asthma is extremely common with a prevalence of approximately 10% in Europe. It presents with symptoms which have a broad differential diagnosis and examination can be entirely normal. There is no agreed gold standard to diagnose asthma, and the objective tests that can aid diagnosis are often poorly available to primary care physicians. There is evidence that asthma is widely misdiagnosed. Overdiagnosis leads to unnecessary treatment and a delay in making an alternative diagnosis. Underdiagnosis risks daily symptoms, (potentially serious) exacerbations and long-term airway remodelling. An agreed standardised approach to diagnosis, with inclusion of objective measurements prior to treatment, is required to reduce misdiagnosis of asthma.

## **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*

Foley, D. , Best, E. , Reid, N. and Berry, M. (. (2019), **Respiratory health inequality starts early: The impact of social determinants on the aetiology and severity of bronchiolitis in infancy.** J Paediatr Child Health, 55: 528-532. doi:[10.1111/jpc.14234](https://doi.org/10.1111/jpc.14234)

To define the impact of demographics on the incidence, aetiology and clinical course of viral bronchiolitis in infants younger than 2 years of age.

### Methods

Retrospective case review of all viral bronchiolitis admissions for patients aged younger than 2 years old from January 1 2014 to 31 December 2015 at Wellington Regional Hospital, New Zealand. Demographic data, second-hand smoke exposure (SHSE) and presence of predisposing conditions were collected, along with outcome data including use of respiratory support and intensive care unit (ICU) admission. This was compared to background rates calculated from regional census data.

## **COPD**

Dobler CC, Farah MH, Morrow AS, *et al*

**[Treatment of stable chronic obstructive pulmonary disease: protocol for a systematic review and evidence map](#)**

*BMJ Open* 2019;**9**:e027935. doi: 10.1136/bmjopen-2018-027935

**Introduction** Chronic obstructive pulmonary disease (COPD) is a progressive lung disease, usually caused by tobacco smoking, but other important risk factors include exposures to combustion products of biomass fuels and environmental pollution. The introduction of several new (combination) inhaler therapies, increasing uncertainty about the role of inhaled corticosteroids and a rapid proliferation of the literature on management of stable COPD in general, call for novel ways of evidence synthesis in this area. A systematic review and evidence map can provide the basis for shared decision-making tools and help to establish a future research agenda.

## [Use of the terms “overdiagnosis” and “misdiagnosis” in the COPD literature: a rapid review](#)

Elizabeth T. Thomas, Paul Glasziou, Claudia C. Dobler  
*Breathe* 2019 15: e8-e19; DOI: 10.1183/20734735.0354-2018

Challenges in the diagnostic process of chronic obstructive pulmonary disease (COPD) can result in diagnostic misclassifications, including overdiagnosis. The term “overdiagnosis” in general has been associated with variable definitions. In connection with efforts to reduce low-value care, “overdiagnosis” has been defined as a true positive diagnosis of a condition that is not associated with any harm in the diagnosed person. It is, however, unclear how the term “overdiagnosis” is used in the COPD literature. We conducted a rapid review of the literature to explore how the terms “overdiagnosis” and “misdiagnosis” are used in the context of COPD. Electronic searches of Medline were conducted from inception to October 2018, to identify primary studies that reported on over- and/or misdiagnosis of COPD using these terms. 28 articles were included in this review. Overdiagnosis and misdiagnosis in COPD were found to be used to describe five main concepts: 1) physician COPD diagnosis despite normal spirometry (14 studies); 2) discordant results for COPD diagnosis based on different spirometry-based definitions for airflow obstruction (10 studies); 3) COPD diagnosis based on pre-bronchodilator spirometry results (three studies); 4) comorbidities (e.g. heart failure or asthma) that affect spirometry and have clinical features which overlap with COPD (two studies); and 5) normalisation of abnormal (post-bronchodilator) spirometry at follow-up (one study). The terms “overdiagnosis” and “misdiagnosis” were often used interchangeably and almost always referred to a false positive diagnosis. Performing (technically correct) spirometry with correct interpretation of the results could probably reduce misdiagnosis in a large proportion of the misdiagnosed cases of COPD. In addition, guidelines need to provide a more acceptable consensus spirometric definition of airflow obstruction.

## Cystic fibrosis

### [Manuka honey to kill drug-resistant bacteria found in cystic fibrosis infections](#)

Manuka honey could provide the key to a breakthrough treatment for cystic fibrosis patients following preliminary work.

### [Silver the key to potential new treatment for cystic fibrosis patients – research](#)

Research at Victoria University of Wellington could lead to a new antimicrobial to help treat a pathogen currently deadly to cystic fibrosis patients.

The research, completed by student Jennifer Soundy, who graduates with a PhD in Biotechnology from the University this week, and her supervisor Dr Darren Day from the School of Biological Sciences, studied potential new treatments for *Pseudomonas aeruginosa*, bacteria that form biofilms in the lungs of cystic fibrosis patients.

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Carla Colombo, Rita Maria Nobili & Gianfranco Alicandro (2019) **Challenges with optimizing nutrition in cystic fibrosis**, *Expert Review of Respiratory Medicine*, 13:6,533-544, DOI: [10.1080/17476348.2019.1614917](https://doi.org/10.1080/17476348.2019.1614917)

Introduction. Optimizing nutrition remains the cornerstone of therapy for patients with cystic fibrosis (CF) since it is associated with better pulmonary function and survival. However, a significant proportion of patients still fail to achieve normal growth and nutritional status.

## Influenza

### [Influenza kills two people in Auckland](#)

Two people have died in Auckland as a result of influenza, one a 12-year-old child. A Counties Manukau DHB spokesperson confirmed two people had died this season from influenza, one aged 12 and another a 62 year old.

## Lung cancer

### [Lung cancer under-recognized in people who have never smoked](#)

Lung cancer in people who have never smoked is more common than most people think, and on the rise. Historically strong, and correct, messaging on smoking and lung cancer has inadvertently contributed to lung cancer receiving much less attention than breast, prostate and ovarian cancers. Increasing awareness could help lead to earlier diagnosis, reduce the blame culture around lung cancer and re-balance research funding.

Lehto RH. **Active Smoking at the Time of A Lung Cancer Diagnosis**. Asia Pac J Oncol Nurs [serial online] 2019 [cited 2019 May 30];6:207-8. Available from: <http://www.apjon.org/text.asp?2019/6/3/207/256573>

Provider: “you have lung cancer....”

Patient: “oh ... but I have never smoked.”

Receiving a lung cancer diagnosis can be devastating news. Globally, lung cancer remains the primary cause of cancer death in men and second leading cause of death in women.<sup>[1]</sup> Despite preventive lung cancer screening for high-risk individuals where available, and treatment advances for patients including new targeted therapies and surgical strategies, 5-year overall survival rates remain low compared with other types of cancers with rates from 10% to 20% globally.<sup>[1]</sup>

### [Lung cancer: Less invasive surgery for faster recovery](#)

Every day, 78 Canadians receive a diagnosis of lung cancer, the most deadly form of cancer. Some will have one lobe of a lung removed. The results of a large international clinical study, pave the way for the widespread of thoracoscopic lobectomy -- video-assisted thoracoscopic surgery (VATS) -- combined with pulmonary artery sealing using an ultrasonic energy device. This technique reduce the risk of post-operative bleeding, complications and pain for patients.

## Sleep apnoea

### [1 in 5 people with sleep apnoea depressed](#)

Sleep apnoea doesn't just disturb a patient's sleep — or that of their partner. New Australian research has found that it is also causing depression

### [Breathing new life into respiratory support](#)

New research from Massey University's College of Health has shed light on how an emerging therapy for respiratory support works—something that could benefit patients with obstructive sleep apnoea, chronic obstructive pulmonary disease and others that require acute or long-term respiratory support.

### **Snoring causes injuries and prevention of healing in the upper airways**

The recurrent vibrations caused by snoring can lead to injuries in the upper airways of people who snore heavily. This, in turn, can cause swallowing dysfunction and render individuals more vulnerable for developing the severe condition obstructive sleep apnea. These findings are reported by researchers at Umeå University, Sweden. Their ongoing research focuses on the processes behind vibratory damage and healing of the upper airway tract. The data generated will help to identify people at high risk of developing sleep apnea and to find novel treatment strategies.

## **Smoking (inc vaping and electronic cigarettes)**

### **Secondhand Cannabis Smoke and Children**

If you smoke marijuana and have children, don't smoke it in the house. As with tobacco smoke, secondhand cannabis smoke can be absorbed by children of smokers, according to a recent study.

[Read more](#)

### **New Event Aims to Add Fun into Stopping Smoking**

New Event Aims to Add Fun into Stopping Smoking for Māori Women Ready Steady Wahine launched in Auckland Recent statistics indicate that only 62% of young Māori women are smokefree, and remain the highest smoking population group in New Zealand. Ready

... [More >>](#)

### **Supporting Pregnant Women to Become Smokefree**

As we get closer to World Smokefree Day on Friday 31 May, midwives in Northland will be providing pregnant women who smoke with sample packs of nicotine replacement therapy (NRT) in the hope they will try and attempt to become smokefree.

### **Kaukapakapa petrol station signs smokefree pledge**

In a first for a Gull petrol station, Kaukapakapa branch owner, Brett Peachy, has today pledged that tobacco will no longer be sold at his petrol station. This momentous decision has come in response to community calls to reduce the availability of tobacco in their neighborhood. Mr Peachey signed the Tupeka Kore Smokefree pledge today, on World Smokefree Day, alongside other community groups and businesses. This pledge centers on organisations committing to initiatives that support their communities in becoming smokefree.

## **Smoking related illness (Emphysema etc)**

### **Call for more investment in harm reduction**

Auckland, 31 May 2019 – Lung Foundation New Zealand is disappointed on World Smokefree Day that yesterday's Budget continued to include revenue from tobacco taxes without investing any of those funds into disease prevention.

## **General items of interest**

### **Respiratory Research Review**

#### **Issue 159**

#### **highlights include:**

- Baloxavir marboxil for uncomplicated influenza.
- Invasive aspergillus in ICU patients with severe influenza.
- B-lactam + macrolide improves mortality in CAP with low resistance risk.

### **Respiratory Research Review**

#### **Issue 160**

Two studies in this month's issue investigate the role of primary care physicians in managing obstructive sleep apnoea with encouraging results.

#### **Other highlights include:**

- Impact of CPAP on sexual QOL in patients with sleep apnoea.
- Sleep apnoea increases risk of new onset atrial fibrillation.
- Sleep apnoea & brain structure in the asymptomatic elderly.

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.

#### **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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