



## **NZNO College of Respiratory Nurses Monthly News Bulletin Friday 27 November**

*This 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. This monthly bulletin contains an overview of news items, articles and research papers of interest to the College members, but does not necessarily represent the views of the NZNO College of Respiratory Nurses. 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)*

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### **NZNO / section news**

#### **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](#)

#### **Draft Guidelines on the Right to a Decent Home in Aotearoa**

NZNO warmly invites your feedback on *Aratohu tika tangata ki te whai whare rawaka i Aotearoa | Guidelines on the right to a decent home in Aotearoa*.

The *Guidelines* address the unique context of Aotearoa and Te Tiriti O Waitangi, aiming to clarify what the right to a decent home means.

#### **Allergies**

##### **La Niña: Allergy, asthma sufferers warned as humid weather sparks pollen surge**

People with asthma and allergies are being advised to be cautious this summer as [La Niña weather patterns](#) prompt a surge in pollen levels. [Read more](#)

#### **Asthma**

##### **Asthmatics working in dusty environments risk a trip to the hospital**

Working in farming or the wood industry while suffering from asthma is not a good combination. This is because it increases the risk of being hospitalized again with asthma. This is shown by a new study from Aarhus University. [Read more](#)

## **Is NZ's vanishing nature worsening kids' asthma rates?**

Scientists are investigating whether the loss of green spaces is linked to asthma among Kiwi kids, in a new study that could have global implications. [Read more](#)

## **COPD**

*The articles below are not available full text but may be sourced via a DHB or academic library, or via the NZNO library service*

### **Increasing physical activity in people with COPD**

Matthew Armstrong

Practice Nursing, Vol. 31, No. 11: 461-466.

Levels of physical activity tend to be reduced in people with COPD. Matthew Armstrong discusses the benefits of improving activity levels in this group of patients. It is well acknowledged that levels of physical activity in patients with chronic obstructive pulmonary disease (COPD) are considerably lower than healthy-age matched individuals, with physical inactivity recognised as a key predictor of hospitalisation and mortality. Pulmonary rehabilitation (PR) has become a major tool for managing symptoms of COPD and the associated extra-pulmonary effects. However, inconsistencies surrounding its effectiveness in terms of improving physical activity remain due to the complex nature of physical activity. To overcome these inconsistencies, both pharmacological and behavioural interventions have been documented to aid improvements in physical activity, with behavioural interventions alongside PR found to be the most effective tool to promote levels of physical activity. Health professionals must therefore look to incorporate an interdisciplinary approach in order to best achieve improvements in physical activity levels in patients with COPD.

### **Mealtime challenges in patients with chronic obstructive pulmonary disease: Who is responsible?**

Sørensen, D, Wieghorst, AR, Elbek, JA, Mousing, CA.

J. Clin. Nurs. 2020; 29: 4583– 4593. <https://doi.org/10.1111/jocn.15491>

#### **Aims**

To explore experiences of, and practices related to, mealtime challenges in patients with chronic obstructive pulmonary disease (COPD).

#### **Background**

Nutritional status is a significant indicator of prognosis and outcome in patients with COPD. Preventing unintended weight loss and helping patients regain weight are important nursing tasks. Dietary supplements have been effective in treating underweight in cases of stable COPD. However, compliance with long-term interventions is quite low. Improving nutritional intake through knowledge of meal-related challenges is the key to making further progress in preventing unintended weight loss.

## **An information-motivation-behavioural-based model and adherence to inhalation therapy and other health outcomes in patients with chronic obstructive pulmonary disease: A pilot randomized controlled trial.**

To, KW, Lee, IF-K, Choi, KC, Cheung, YTY, Yu, DS-F.

*Int J Nurs Pract.* 2020; 26:e12799. <https://doi.org/10.1111/ijn.12799>

To explore the feasibility and effects of the programme based on information-motivation-behavioural skills (IMB) model (IMB programme) on adherence to inhalation therapy and other health outcomes in chronic obstructive pulmonary disease (COPD) patients.

### **Background**

Poor adherence to inhalation therapy is common among COPD patients. The IMB model is supported by previous studies as useful in promoting adherence to health behaviours.

## **Covid-19**

### **Further guidance on N95 masks for MIQ workers**

The Ministry of Health has provided updated guidance on the use of N95 masks for staff working in managed isolation and quarantine (MIQ) facilities.

The updated guidance follows a Ministry review of concerns that border workers at isolation and quarantine facilities could catch COVID-19 through transmission of the virus through the air. [Read more](#)

### **Lungs of COVID-19 patients show good recovery in most cases**

Lung tissue of patients who suffered severely from COVID-19 shows good recovery in most cases. This was revealed by a study carried out by the Radboud university medical center that has now been published in *Clinical Infectious Diseases*. A striking conclusion is that the group who was referred by a GP did not recover as well as patients who were admitted to the hospital's Intensive Care Unit (ICU). [Read more](#)

## **Cystic fibrosis**

### **Mechanics of mucus in cystic fibrosis patients**

New research examines the properties of the mucus of cystic fibrosis (CF) patients and the role it plays in a pathogens' ability to survive. The new information could have important implications for CF treatment. [Read more](#)

## **Exercise**

### **Study examines the diagnosis of exercise-induced respiratory symptoms in children**

Exercise-induced respiratory symptoms are common in childhood, and it can be difficult to diagnose their cause. A study published in *Pediatric Pulmonology* found that the diagnoses proposed by primary care physicians are often not the same as the final diagnoses after specialist referrals. [Read more](#)

## Lung cancer

### The cancer 'disgrace' no-one talks about

It kills five times as many people as road crashes. More than melanoma, prostate and breast cancer combined. [Read more](#)

*The article below is not available full text but may be sourced via a DHB or academic library, or via the NZNO library service*

### Effects of perioperative exercise interventions on lung cancer patients: An overview of systematic reviews.

Zhou, W., Woo, S. and Larson, J.L. (2020),  
J Clin Nurs, 29: 4482-4504. <https://doi.org/10.1111/jocn.15511>

#### **Aims and Objectives**

To identify, appraise and summarise systematic reviews of exercise interventions for surgical lung cancer patients.

#### **Background**

Low exercise capacity, reduced pulmonary function, impaired health-related quality of life and postoperative pulmonary complications are common in surgical lung cancer patients. Numerous systematic reviews address these health problems and examine the effects of exercise intervention. However, differences in the quality and scope of the systematic reviews and discordant findings from the reviews make it difficult for decisions-makers to interpret the evidence and establish best practices in the clinical settings.

## Mechanical ventilation

*The article below is not available full text but may be sourced via a DHB or academic library, or via the NZNO library service*

### Understanding patients' experiences of being mechanically ventilated in the Intensive Care Unit: Findings from a meta-synthesis and meta-summary.

Danielis, M, Povoli, A, Mattiussi, E, Palese, A.  
J Clin Nurs. 2020; 29: 2107– 2124. <https://doi.org/10.1111/jocn.15259>

#### **Aims and objectives**

To synthesise the evidence reported in qualitative studies concerning the lived experiences of adult patients receiving mechanical ventilation in Intensive Care Unit (ICU).

#### **Background**

Critically ill patients receiving mechanical ventilation in the ICU have been reported to suffer from severe physical and emotional responses such as hopelessness, anxiety, high levels of frustration and stress. Recent improvements in the field of mechanical ventilation and sedative medications as experienced by patients that can inform nursing care have not been summarised to date.

## Smoking (inc vaping and electronic cigarettes)

### No smoke, no vape, no youth uptake - Asthma and Respiratory Foundation NZ

Asthma and Respiratory Foundation NZ (ARFNZ) have re-launched their youth vaping education website 'Don't Get Sucked In' to align with the new vaping legislation coming into effect on 11 November 2020. [Read more](#)

### **Study: E-cigarette users have 43% increased risk of developing respiratory disease**

A growing body of evidence points to the health risks of using e-cigarettes (or "vaping"). But because e-cigarettes are marketed as a less harmful alternative to traditional cigarettes, it has been difficult to tell whether the association between vaping and disease is just a matter of smokers switching to vaping when they start experiencing health issues. [Read more](#)

### **Attitudes towards the New Zealand Government's Smokefree 2025 goal associated with smoking and vaping in university students aged 18 to 24 years: results of a 2018 national cross-sectional survey**

Wamamili B, Wallace-Bell M, Richardson A, *et al*

*BMJ Open* 2020;**10**:e037362. doi: 10.1136/bmjopen-2020-037362

#### **Objective**

In March 2011, New Zealand (NZ) launched an aspirational goal to reduce smoking prevalence to 5% or less by 2025 (Smokefree 2025 goal). Little is known about university students' awareness of, support for and perceptions about this goal. We sought to narrow the knowledge gap. [Read more](#)

## **Smoke related illness**

### **Study finds secondhand smoke sends more kids to the hospital**

Children who are exposed to tobacco have higher rates of hospital admissions after visiting emergency departments or urgent care facilities, according to a new study by University of Cincinnati researchers. [Read more](#)

### **Quit smoking, your bladder will thank you**

"Everyone knows smoking causes lung cancer, but they don't always know about bladder cancer," said Dr. Srinivas Vourganti, a urologist at Rush University Medical Center in Chicago who specializes in treating bladder and other [urinary tract cancers](#). [Read more](#)

## **Professional development / courses / seminars etc**

### **2021 Public Health Summer School courses – University of Otago**

Offering 24 short courses to build your knowledge and skills.

1-19 February 2021

Wellington, New Zealand

There are 24 courses on offer including 12 new topics on a range of important areas from COVID-19 to zero carbon building to countering disinformation and more. Plus many of our ever-popular courses are back including Hauora Māori, Pacific health, epidemiology and health research methods.

To see a summary of all courses available, please view the:

[Summer School flyer](#) (PDF format)

To register or to view more information on each course, please visit:

[Public Health Summer School](#)

So don't hesitate, have a look at the great range of courses and take advantage of the 25% early bird discount. Many courses have limited numbers so don't miss out...register now.

Also on offer are a limited number of Māori/Pacific Scholarships. See our website for more information. [Read more](#)

## General items of interest

### Respiratory Research Review

Issue 179

In this issue of Respiratory Research Review we focus on the topics of chronic cough, bronchiectasis and cystic fibrosis. [Read more](#)

### Highlights from NZ Respiratory Conference

Presenting 20 sessions across two days, the NZRC provides delegates with up-to-date respiratory research and clinical best practice

From topical presentations including vaping and e-cigarettes, COVID-19, to healthy housing and New Zealand's first-ever COPD guidelines, there was certainly plenty of information to take in!

For ease of reference, all of the speakers' presentation slides have now been uploaded to the Asthma and Respiratory Foundation's website, so that you can refer back these as often as you like. [Read more](#)

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