



NZNO College of Respiratory Nurses Monthly News Bulletin Friday 30 October

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NZNO / College 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](#)

Allergies

Severe, Poorly Controlled Pediatric Asthma Worsened by Allergen Sensitization

In children with severe or poorly controlled asthma, those with allergen sensitization have been shown to experience more asthma exacerbations, to use more asthma-related healthcare resources and oral corticosteroids (OCS), and to have higher asthma-associated expenses compared with those without allergen sensitization, according to study results published in The Journal of Allergy and Clinical Immunology: In Practice. [Read more](#)

Asthma

Behavior Intervention to Increase Physical Activity May Improve Asthma Control

A comprehensive 8-week behavior change intervention designed to increase physical activity in adults with asthma was associated with improvements in asthma control, sleep quality, and symptoms of anxiety, according to study results published in CHEST.

[Read more](#)

Is there a connection between asthma and acid reflux?

Asthma and acid reflux often occur together. It isn't clear why, or whether one causes the other. But we do know that acid reflux can worsen asthma and asthma can worsen acid reflux - especially severe acid reflux, a condition known as gastroesophageal reflux disease (GERD). [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

Using play to educate children about asthma

Heather Henry

Primary Health Care. doi: 10.7748/phc.2020.e1653

Asthma morbidity and mortality rates continue to rise, and it has been identified that many adults and children with the condition do not receive basic asthma care and education. In this article, the author details her history of severe childhood asthma and how she has used her experience to create an innovative health literacy approach for primary school-aged children called BreathChamps, with the organising principles of fun and play. The article discusses the evidence for play improving asthma health literacy in children and their families, and outlines some methods that nurses can use to provide asthma education in their practice.

Bronchial disorders (Bronchiectasis/Bronchiolitis)

Bronchitis in Early Childhood Linked to Later Lung Disease

Lung diseases occurring later in life more likely to be asthma, pneumonia rather than chronic bronchitis. [Read more](#)

COPD

Cannabinoids can contribute to negative respiratory health events in older adults with COPD

Cannabinoids, a class of prescription pills that contain synthetically-made chemicals found in marijuana, are associated with a 64 percent increase in death among older adults with chronic obstructive pulmonary disease (COPD), according to the first published data on the impact of cannabinoids on the respiratory health of individuals with the lung disease.

[Read more](#)

When to refer patients with advanced COPD to palliative care services

Rebecca Strutt

Breathe Sep 2020, 16 (3) 200061; DOI: 10.1183/20734735.0061-2020

COPD is a significant health issue around the world. It is ultimately a fatal disease. Patients are under-referred to palliative care. Palliative care can improve breathlessness and provide other psychosocial interventions that can improve quality of life. [Read more](#)

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

Patient characteristics and predictors of completion of a pulmonary rehabilitation programme in Auckland, New Zealand

Sarah Candy, Nicola Jepsen, Christin Coomarasamy, Jonathan Curry, Grace Dodson, Joe Pomelile, Mitchel Versey, Julie Reeve

NZMJ Vol 133 No 1522: 25 September 2020

Chronic obstructive pulmonary disease (COPD) was the third leading cause of death in 2016 and resulted in more than three million deaths worldwide in 2015.2

The effects of nurse-driven self-management programs on chronic obstructive pulmonary disease: A systematic review and meta-analysis.

Helvacı, A, Gok Metin, Z.

J Adv Nurs. 2020; 00: 1– 23. <https://doi.org/10.1111/jan.14505>

To analyse the effects of nurse-driven self-management (SM) programs on physical and psychosocial health variables in people with chronic obstructive pulmonary disease (COPD).

Cystic fibrosis

A systematic review of patient-reported outcome measures (PROMs) in cystic fibrosis

Ratnayake I, Ahern S, Ruseckaite R

BMJ Open 2020;10:e033867. doi: 10.1136/bmjopen-2019-033867

Background To determine patient-reported outcome measures (PROMs) which may be suitable for incorporation into the Australian Cystic Fibrosis Data Registry (ACFDR) by identifying PROMs administered in adult and paediatric cystic fibrosis (CF) populations in the last decade. [Read more](#)

Exercise

Dance for people with chronic respiratory disease: a qualitative study

Philip KEJ, Lewis A, Williams S, *et al*

BMJ Open 2020;10:e038719. doi: 10.1136/bmjopen-2020-038719

Objectives To explore the experiences and perceived impact on health and well-being related to participation in a dance group for people with chronic respiratory disease (CRD). [Read more](#)

ILD

Supportive care of patients with fibrosing interstitial lung disease: answering a great clinical need

Amanda T. Goodwin, Gauri Saini

Breathe Sep 2020, 16 (3) 200066; DOI: 10.1183/20734735.0066-2020

Fibrosing interstitial lung disease (F-ILD) significantly reduces quality of life. F-ILD care includes symptom management, end-of-life planning and supportive measures, as well as antifibrotics. Patients and carers should be central to all care decisions. [Read more](#)

Influenza

'Near extinction' of influenza in NZ as numbers drop due to lockdown

Mask wearing and social distancing for Covid-19 has all but cut influenza cases in New Zealand this year, with only six flu isolates detected in this country from April to August.

[Read more](#)

Flu vaccinations rise despite pandemic difficulties

Flu immunisation rates in the MidCentral Health district surged ahead this winter for people aged over 65, including Māori and Pasifika people. [Read more](#)

Lung cancer

Lung cancer screening a step closer to reality following combined study

Newly released study results present a strong case for lung cancer screening in New Zealand - particularly for Māori whose mortality rates are between three and four times higher than other ethnic groups. [Read more](#)

Clinical impact and cost-effectiveness of integrating smoking cessation into lung cancer screening: a microsimulation model

William K. Evans ... et al.

cmajo September 22, 2020 vol. 8 no. 3 E585-E592. doi: 10.9778/cmajo.20190134

Background: Low-dose computed tomography (CT) screening can reduce lung cancer mortality in people at high risk; adding a smoking cessation intervention to screening could further improve screening program outcomes. This study aimed to assess the impact of adding a smoking cessation intervention to lung cancer screening on clinical outcomes, costs and cost-effectiveness. [Read more](#)

Pulmonary fibrosis

Acute exacerbations of idiopathic pulmonary fibrosis and the role of corticosteroids

Christopher J. Brereton, Helen E. Jo

Breathe Sep 2020, 16 (3) 200086; DOI: 10.1183/20734735.0086-2020

An acute exacerbation of idiopathic pulmonary fibrosis (AEIPF) is a potentially fatal complication of an already debilitating disease. Management is currently centred on delivering excellent supportive care and identifying reversible triggers. Despite growing international awareness and collaboration, no effective therapies have been identified. Corticosteroids are often the mainstay of treatment; however, the evidence base for their use is poor. Here, we review our current understanding of the disease process and how to manage it, with a focus on the role of corticosteroid therapy. [Read more](#)

Sleep apnoea

Obstructive sleep apnea risk varies in patients with different types of epilepsy

People with generalized epilepsy who have seizures arising from both sides of the brain simultaneously, have a higher risk of obstructive sleep apnea (OSA) compared to patients who have focal epilepsy where seizures emanate from one area of the brain, according to a Rutgers study. [Read more](#)

Untreated sleep apnea is associated with flu hospitalization

As we approach flu season, adults with obstructive sleep apnea may want to take extra precautions. A [study](#) published online as an accepted paper in the Journal of Clinical Sleep Medicine is the first to find that patients with sleep apnea who did not use CPAP therapy were more likely to be hospitalized with the flu. [Read more](#)

Physical activity behaviour and barriers to activity in adults at high risk of obstructive sleep apnoea.

Rhodes Sarah, Waters Debra, Brockway Ben, Skinner Margot (2020)

Journal of Primary Health Care 12, 257-264.

<https://doi.org/10.1071/HC19102>

INTRODUCTION: Physical inactivity is a risk factor for disease severity among people with obstructive sleep apnoea.

AIM: To determine physical activity levels in patients at risk of obstructive sleep apnoea and explore their perceptions about barriers to participation in physical activity. [Read more](#)

Smoking (inc vaping and electronic cigarettes)

Heating in vaping device as cause for lung injury, study shows

Early results of an experimental vaping study have shown significant lung injury from e-cigarette devices with nickel-chromium alloy heating elements. [Read more](#)

Susceptibility to smoking among 14 and 15-year-olds

Health Promotion Agency, 2020

This brief report presents key findings from the 2018 Youth Insights Survey on susceptibility to smoking among 14 and 15-year-olds. The authors estimate susceptibility to smoking among those who have never smoked and identify risk factors associated with susceptibility to smoking. They also examine trends in susceptibility and risk factors between 2012 and 2018. [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

Reasons for stopping e-cigarette use among smokers: findings from the 2018 ITC New Zealand Survey

Maddie White, Richard Edwards, James Stanley, Janet Hoek, Andrew M Waa, Janine Ouimet, Anne CK Quah, Geoffrey T Fong
NZ Medical Journal Vol 133 No 1523: 9 October 2020

There has been extensive debate about whether vaping products such as electronic cigarettes (ECs) will reduce smoking prevalence, and over what kind of regulatory framework would best promote such an outcome.

Smoke related illness

Videos most effective in communicating with parents about secondhand smoke risks

The best way to communicate with parent smokers about the risks of secondhand smoke to their children is to use videos depicting the risks, as well as solutions to reduce those risks. [Read more](#)

General items of interest

Quantitative systematic review: Sources of inaccuracy in manually measured adult respiratory rate data.

Kallioinen, N, Hill, A, Christofidis, MJ, Horswill, MS, Watson, MO.
J Adv Nurs. 2020; 00: 1– 27. <https://doi.org/10.1111/jan.14584>

To identify the potential sources of inaccuracy in manually measured adult respiratory rate (RR) data and quantify their effects. [Read more](#)

Improving continuity of care of patients with respiratory disease at hospital discharge

Jack Dummer, Tim Stokes

Breathe Sep 2020, 16 (3) 200161; DOI: 10.1183/20734735.0161-2020

Continuity of care refers to the delivery of coherent, logical and timely care to an individual. It is threatened during the transition of care at hospital discharge, which can contribute to worse patient outcomes. In a traditional acute care model, the roles of hospital and community healthcare providers do not overlap and this can be a barrier to continuity of care

at hospital discharge. Furthermore, the transition from inpatient to outpatient care is associated with a transition from acute to chronic disease management and, in a busy hospital, attention to this can be crowded out by the pressures of providing acute care. This model is suboptimal for the large proportion of patients admitted to hospital with acute-on-chronic respiratory disease.

In a chronic care model, the healthcare system is designed to give adequate priority to care of chronic disease. Integrated care for the patient with respiratory disease fits the chronic care model and responds to the fragmentation of care in a traditional acute care model: providers integrate their respiratory services to provide continuous, holistic care tailored to individuals. This promotes greater continuity of care for individuals, and can improve patient outcomes both at hospital discharge and more widely. [Read more](#)

Respiratory Research Review

Issue 177

The topic of this review is ILD (interstitial lung disease). The topic is quickly becoming so large that a selection of only ten articles is likely to be nonrepresentative of the field. The theme of the articles selected, many of them with significant Australian/NZ input or lead, are reviews and areas needing improvement. [Read more](#)

Respiratory Research Review

Issue 178

In this spring issue of Respiratory Research Review there is a focus on VTE (venous thromboembolism) and pulmonary hypertension. [Read more](#)

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