



## **NZNO College of Respiratory Nurses monthly news bulletin Tuesday 5 January 2021**

*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: [DianaG@nzno.org.nz](mailto:DianaG@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](#)

#### **New Zealand**

##### **Interactive mural in Invercargill CBD teaches breathing through te āo Māori**

A new Interactive mural in the centre of Invercargill will provide a space to relax through Māori breathing exercises. [Read more](#)

##### **There's a decent chance you have a breathing pattern disorder**

Back in March when it seemed like Covid-19 was gunning for New Zealand like it had the rest of the world, an Auckland medical professional started having breathing issues.

[Read more](#)

#### **Asthma**

##### **Asthma NZ Documentary Shows How Kiwi Homes Are Contributing To Respiratory Illness - And What We Can Do About It.**

The relationship between unhealthy Kiwi homes and sky-high asthma and respiratory illness rates is being put under the spotlight with the upcoming launch of impactful new documentary Healthy Homes, A Kiwi Dream by [Asthma NZ](#), in collaboration with building scientists [Oculus](#). [Read more](#)

##### **Asthma attacks in children are always preceded by poor asthma control: myth or maxim?**

Heather H. De Keyser, Stanley Szefer

Breathe 2020 16: 200169; DOI: 10.1183/20734735.0169-2020

Some, but not all, asthma exacerbations in children are preceded by poor asthma control

[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*

**Childhood asthma as a risk factor for adult chronic obstructive pulmonary disease: a systematic review and meta-analysis,**

Kosar Mohamed Ali (2020)

Expert Review of Respiratory Medicine, DOI: [10.1080/17476348.2021.1864328](https://doi.org/10.1080/17476348.2021.1864328)

**Background:** Due to the disagreement in studies, the present study performed a systematic review and meta-analysis to investigate the relationship between childhood asthma and the development of chronic obstructive pulmonary disease (COPD) in adulthood.

## 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*

**What is the Impact of Outreach Services on Medication Adherence for COPD Patients? A Systematic Review,**

Elaine Marron, Declan Patton, Tom O'Connor, Zena Moore, Bridget Murray & Linda Elizabeth Nugent (2020)

COPD: Journal of Chronic Obstructive Pulmonary Disease, 17:6, 732-741, DOI: [10.1080/15412555.2020.1833852](https://doi.org/10.1080/15412555.2020.1833852)

Chronic obstructive pulmonary disease (COPD) patients have been known to have poor medication adherence rates. The purpose of this systematic review was to assess if outreach services could impact on medication compliance rates.

**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.

## Covid-19

**New Zealand to offer free Covid-19 vaccines to everyone from mid-2021**

New Zealand will offer free Covid-19 vaccines to its entire population from the middle of 2021.

The Government said on Thursday it had secured enough vaccines for the whole of New Zealand, and was first planning to vaccinate border workers from the second quarter of 2021, and the rest of the country from mid-year. [Read more](#)

## **New Zealand to purchase Covid-19 vaccines for Pacific Island neighbours, including Samoa and Tonga**

New Zealand will purchase enough Covid-19 vaccines to cover its Pacific Island neighbours, including Samoa and Tonga. [Read more](#)

## **The importance of Healthy Lungs in the fight against COVID-19**

Breathe 2020 16: 163ELF; DOI: 10.1183/20734735.ELF163

Patient education graphic. [Read more](#)

## **Providing answers to respiratory patients' questions during COVID-19**

Jessica Denning, Pippa Powell, James D Chalmers

Breathe 2020 16: 200219; DOI: 10.1183/20734735.0219-2020

Quickly publishing questions from people with lung conditions, answered by experts in multiple languages, provided a well-accessed source of evidence-based support for individuals across the globe during the first wave of the #COVID19 pandemic [Read more](#)

## **Coronavirus: Who's most at risk of developing long COVID?**

For most people, infection with SARS-CoV-2 - the virus that causes COVID-19 - leads to mild, short-term symptoms, acute respiratory illness, or possibly no symptoms at all. But some people have long-lasting symptoms after their infection - this has been dubbed "long COVID". [Read more](#)

## **Influenza**

### **Point of care testing can improve the detection and treatment of influenza**

Southampton-led research has shown that implementing point-of-care testing in hospitals to diagnose influenza can lead to better treatment and faster recovery for patients. The researchers are now calling for routine use of these tests to become standard for patients admitted with acute respiratory symptoms during the influenza season. [Read more](#)

## **Lung cancer**

### **Lung cancer: Fears Māori with lung cancer are being missed amid pandemic**

Fears are growing that Māori with lung cancer aren't being picked up because instead of their symptoms being properly investigated, they are only being checked for Covid-19.

[Read more](#)

## **Lung transplants**

### **Finding a personalized approach to treating chronic rejection after lung transplantation**

Two new papers examine the processes of lung scarring and chronic rejection of the organ after transplantation, and potential therapies to stop the graft, or transplanted organ and its tissue, from failing. [Read more](#)

## **Pulmonary embolism**

### **Outpatient treatment of pulmonary embolism**

Elena Bellou, Elli Keramida, Ioannis Karampinis, Evaggelos Dimakakos, Panagiotis Misthos, Panagiotis Demertzis, Georgia Hardavella

Breathe 2020 16: 200069; DOI: 10.1183/20734735.0069-2020

Over the past decade there has been an increasing trend to manage many conditions traditionally treated during a hospital admission as outpatients. Evidence is increasing to support this approach in patients with pulmonary embolism (PE). In this article, we review

the current status of outpatient management of confirmed PE and present a pragmatic approach for clinical healthcare settings. [Read more](#)

## Pulmonary fibrosis

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

### **Idiopathic pulmonary fibrosis,**

Pruitt, Bill. Nursing: January 2021 - Volume 51 - Issue 1 - p 22-29 doi: 10.1097/01.NURSE.0000724352.48335.1b

Idiopathic pulmonary fibrosis (IPF) is a restrictive lung disease in which the cause cannot be determined. This article discusses restrictive lung diseases that fall under the general category of interstitial lung disease with a focus on IPF—a fatal disease characterized by progressive fibrosis and interstitial pneumonia, dyspnea, and decreasing pulmonary function.

## Smoking (inc vaping and electronic cigarettes)

### **Maori and Pasifika smoking rates 'must be priority in action plan'**

Despite New Zealand launching Smokefree 2025 in 2011, smoking rates among Maori and Pacific people remain stubbornly high. Addressing them with urgency must now be a priority in the Government's imminent Smokefree 2025 Action Plan, says the Aotearoa Vapers Community Advocacy (AVCA). [Read more](#)

### **PHO affirms drive to improve stop-smoking help provision**

The Southern primary health organisation WellSouth says it is determined to turn around poor statistics for provision of help for people to quit smoking. [Read more](#)

## General items of interest

### **Respiratory Research Review**

#### **Issue 180**

The focus of this final 2020 issue of Research Review is COPD, and the number of high-impact publications makes it difficult to select ten representative articles. [Read more](#)

### **Investigating cystic lung disease: a respiratory detective approach**

Samantha Ennis, Elizabeth J. Silverstone, Deborah H. Yates  
Breathe 2020 16: 200041; DOI: 10.1183/20734735.0041-2020

The cystic lung diseases are rare orphan lung disorders that most physicians will see infrequently in their everyday practice. Diagnostic and treatment options have improved over recent decades, with opportunities for slowing rate of progression and improving outcome for patients. This review provides a summary of the clinical approach to these lung disorders, including how to differentiate between different imaging patterns, clinical features, differential diagnosis and characteristics of the commonest presenting disorders. [Read more](#)

### **Creating reliable and informative video content for patients**

The ever-increasing demand for quality, engaging information is providing opportunities for hospitals and healthcare services to create real and authentic content that connects and informs their patients. We know that most patients will Google everything, so why not give them trustworthy and reliable content that they can watch? [Read more](#)

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