



## **NZNO College of Respiratory Nurses Monthly News Bulletin Friday 26 March 2021**

### **NZNO / College news**

#### **College of Respiratory Nurses AGM**

The AGM will be held by Zoom on 11 May 2021 - 12.30pm

Zoom details:

Meeting ID: 811 0746 0336

Passcode: 399380

#### **NZNO Consultation**

NZNO consults with members on a range of issues.

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

#### **Contraception, Sterilisation, and Abortion (Safe Areas) Amendment Bill**

NZNO welcomes your feedback on Louisa Wall's bill which is currently before the Health Committee.

#### **Review of the National Ethical Standards for Health and Disability Research and Quality Improvement**

NZNO welcomes your feedback on the revised National Ethical Standards for Health and Disability Research and Quality Improvement.

#### **Asthma**

*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 personal asthma action plans**

Heather Henry

Practice Nursing, Vol. 32, No. 3: 96-100.

Personal asthma action plans are an essential tool to keep people with asthma as well as possible. Heather Henry explains the role of the practice nurse in developing them. Personal asthma action plans (PAAPs) are written plans that help people with asthma to self-care and keep themselves as well as possible. PAAPs are usually developed in

partnership with the patient or carer in primary care. PAAPs aim to ensure that people with asthma know how to manage their asthma and when to seek help if their condition deteriorates. To manage their asthma adequately at home, patients will need regular education about what asthma is, an understanding of their triggers, how their medications work and managing their devices. The practice nurse can play a key role in developing the PAAP, monitoring asthma control, and subsequently modifying the PAAP if necessary to maintain control of the condition.

## 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*

### **Caring for patients at home after acute exacerbation of Chronic Obstructive Pulmonary Disease: A phenomenological study of family caregivers' experiences.**

Bagnasco, A., Rosa, F., Dasso, N., ... et al (2021),

Journal of Clinical Nursing. Accepted Author Manuscript. <https://doi.org/10.1111/jocn.15613>

**Aims and objectives:** To understand the experiences and support needs of informal caregivers of patients with Chronic Obstructive Pulmonary Diseases (COPD) who return home following an acute exacerbation.

**Background:** The presence of an informal caregiver is important to provide practical and emotional support after an episode of acute exacerbation of COPD. However, caregiving in such circumstances can be challenging and stressful.

## Covid-19

### **Covid 19 coronavirus: Misplaced fears over risks big factor in vaccine unease**

Misplaced worries over vaccine risks in general might help explain why a quarter of Kiwis are unsure about receiving the Covid-19 shot, a new study finds. [Read more](#)

### **In the wake of the pandemic: preparing for long Covid**

This policy brief highlights areas where policy-makers can take action to meet the challenge of post-Covid conditions based on what is currently known. It addresses the need for multidisciplinary, multispecialty approaches to assessment and management; development of new care pathways and contextually appropriate guidelines for health professionals; and the creation of appropriate services, including rehabilitation and online support tools.

[Read more](#)

### **A rapid review of quarantine and/or other public health measures to control COVID-19.**

Maples, LS.

*Int J Nurs Pract.* 2020; 26:e12903. <https://doi.org/10.1111/ijn.12903>

The primary objective of this rapid review was to determine the effectiveness of quarantine on coronavirus outbreaks to support the WHO quarantine recommendation. Quarantine alone was compared to no intervention. Quarantine in combination with other PHM was compared to other PHM without quarantine to control COVID-19. The comparative effectiveness sought was decreased transmission, incidence, mortality and resource use.

[Read more](#)

### **Does inhaled corticosteroid use affect the risk of COVID-19-related death?**

Alexander Jordan, Pradeesh Sivapalan, Jens-Ulrik Jensen

Breathe 2021 17: 200275; DOI: 10.1183/20734735.0275-2020

Inhaled corticosteroid (ICS) is extensively used in the management of asthma, and used in a large fraction of COPD patients [2–4]. Clinical reports from the first months of Coronavirus disease 2019 (COVID-19) have shown a lower incidence of COVID-19 in patients with COPD and asthma compared with the general population. These differences could be explained by the treatment received, but also by differences in behaviour.

This reduced incidence is conflicting with the fact that patients with COPD have worse outcomes when infected, as measured on the risk of hospitalisation, severity and mortality]. The same is true for asthma patients, but the effect size seems smaller [Read more](#)

## Cystic fibrosis

### **New Zealand's First Dedicated Cystic Fibrosis Podcast - What The CF! A Cystic Fibrosis Podcast.**

What the CF! A Cystic Fibrosis Podcast is dedicated to telling Cystic Fibrosis stories from Aotearoa. [Read more](#)

## Lung cancer

### **Lung cancer survival a 'postcode lottery' — Cancer Control Agency**

Lung cancer survival is a postcode lottery, with rates at New Zealand's worst-performing health boards up to four times lower than those in the best areas, a new report reveals.

[Read more](#)

### **Te Aho o Te Kahu releases Lung Cancer Quality Improvement Monitoring Report**

The Lung Cancer Quality Improvement Monitoring Report released today by Te Aho o Te Kahu, the Cancer Control Agency, aims to provide information to help District Health Boards deliver consistent, high-quality cancer care. [Read more](#)

### **Evidence review examines both benefits and harms for lung cancer screening**

A comprehensive review by University of North Carolina researchers and colleagues of hundreds of publications, incorporating more than two dozen articles on prevention screening for lung cancer with low-dose spiral computed tomography (LDCT), shows there are both benefits and harms from screening. The review is published in JAMA on March 9, 2021. [Read more](#)

## Lung function and physiology

### **Researchers identify 'violent' processes that cause wheezing in the lungs**

A team of engineers has identified the 'violent' physical processes at work inside the lungs which cause wheezing, a condition which affects up to a quarter of the world's population.

[Read more](#)

## Lung transplants

### **Lung transplantation: the patient view from either side of the operating table**

Clare Williams, Ron Flewett, Beatriz Salgueiro

Breathe 2021 17: 200305; DOI: 10.1183/20734735.0305-2020

Lung transplantation is the fourth most common type of solid organ transplant, with over 5000 taking place worldwide in 2015. This article describes the experiences of two patients, one waiting for a lung transplant, the other a lung transplant recipient. [Read more](#)

## 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 nurses' perspectives of physical restraints during mechanical ventilation in intensive care: A qualitative study.**

Perez, D., Murphy, G., Wilkes, L. and Peters, K. (2021),  
J Clin Nurs. <https://doi.org/10.1111/jocn.15726>

**Aims and objectives:** This study explored the experiences of nurses using physical restraints on mechanically ventilated patients in intensive care.

**Background:** Physical restraints are frequently used to prevent treatment interference and maintain patient safety in intensive care units worldwide. However, physical restraints are found to be ineffective in preventing treatment interference and cause negative outcomes for patients. The practices surrounding physical restraints are inconsistent due to a lack of education, training and protocols.

## Smoking (inc vaping and electronic cigarettes)

### **Researchers find stopping smoking is linked to improved mental health**

Evidence published in the Cochrane Library today will reassure people who want to stop smoking that quitting for at least 6 weeks may improve their mental wellbeing, by reducing anxiety, depression, and stress. People's social relationships are unlikely to suffer if they stop smoking. [Read more](#)

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### **Hospital entrance smoking is reduced by broadcasting recorded antitobacco messages from Australian primary school children over entrance public address system.**

Webb, A, Tascone, B, Wickham, L, et al.  
Health Promot J Austral. 2020; 00: 1– 7. <https://doi.org/10.1002/hpja.435>

Smoking near hospital entrances occurs frequently despite smoke-free policies, resulting in multiple issues including second-hand smoke exposure (SHS) to vulnerable populations. Primary school children were engaged through their health curriculum to produce antismoking audio recordings for broadcast over a hospital entrance loudspeaker system to determine if this reduced smoking.

## Professional development / courses / seminars etc

### **Asthma & COPD Fundamentals eLearning Course**

This course was developed by the Asthma and Respiratory Foundation NZ and Whitireia NZ. The modules have been created to align with the latest New Zealand best practice guidelines: NZ Adolescent and Adult Asthma Guidelines 2020, the revised NZ Child Asthma Guidelines, and the NZ COPD Guidelines 2021.

The Asthma and COPD Fundamentals eLearning series has been endorsed by the College of Nurses Aotearoa (NZ) Inc for 12 CPD (continuing professional development) hours. The programme consists of 4 online eLearning modules [Read more](#)

## General items of interest

### Treatment burden is important to patients but often overlooked by clinicians

Claudia C. Dobler

Breathe 2021 17: 210031; DOI: 10.1183/20734735.0031-2021

The focus of this issue of Breathe is “treatment burden”, which is the work that patients must do to implement medical treatments, for example, taking medications, going to medical appointments, making lifestyle changes (diet, exercise, smoking cessation, etc.) and the effect of this workload on patient functioning and wellbeing [1]. The treatment workload associated with managing a respiratory condition can be substantial [2–6]. Treatment burden is distinct from “disease burden”, which describes the morbidity and mortality associated with a disease. In this issue of Breathe we hear from patients with different respiratory conditions [7–9] as well as from carers [10] about the challenges associated with their healthcare workload. Their accounts highlight the importance of healthcare professionals working together with patients and carers to reduce treatment burden. [Read more](#)

To learn more about the College [click here](#)

*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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**Linda Stopforth, BA, Dip Bus; NZLSC, RLIANZA**

PO Box 315 WELLINGTON 6140

PH: 04-383-6931 or 021-107-2455

email: [stop4th@xtra.co.nz](mailto:stop4th@xtra.co.nz)



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