

# pūkorokoro- Airways

## Newsletter of the College of Respiratory Nurses (NZNO)



Welcome to the August edition of "AIRWAYS". I expect everyone is over the winter weather and looking forward to spring and summer heat. As you have noticed, we did not publish the 2020 Summer and the Autumn editions of Airways due to the workloads of the Committee enduring the ongoing impact and pressure of the 2020 pandemic lockdown. However, the Committee can now continue putting the time and considerable effort into ensuring all new and updated Respiratory research and information is made available to everyone. At the top of the Committee's agenda is the planning for the 2022 Respiratory Symposium. Save the date of 6<sup>th</sup> of May.

The Committee was sad to see four of our Committee retire at our last AGM held in May 2021. We will miss their knowledge and experience in Respiratory health and their skills and hard work supporting the College. Thank you to each one of you; you will be missed. The College of Respiratory Nurses has welcomed three new members to the College committee, who have their bio in the Newsletter. Each has tremendous experience in Respiratory Health, providing excellent knowledge for the Committee. However, the Committee has a vacancy for more members. If anyone wants to become a committee member, we will welcome you with open arms. Here is the [link](#) to the College website to find out more about the College of Respiratory Nurses

The New Zealand Adult Respiratory Knowledge and Skills Framework has been published and promoted at the 2020 Asthma and Respiratory Foundation Conference with great success. The Committee is continuing to promote the Framework as widely as possible throughout all areas of the nursing practice, both primary and secondary health. You can find the link to the Framework on the College of Respiratory Nurses website. It holds the most relevant information needed for the management of all respiratory diseases. You will also find links to National and International guidelines and research about Respiratory Health and management.

2020 saw the publication of the New Zealand COPD Guidelines and have been well-received. They have been formulated specifically for New Zealand. The quick reference guideline makes the management of Chronic Obstructive Pulmonary Disease easier to access. Every practice in New Zealand should have a copy. There is also a link on the College Respiratory Nurses website. The same for the 2020 Updated New Zealand Asthma Guidelines. The Child and Adolescent Asthma Guidelines are now combined with the Adult Asthma Guidelines, making assessment and management more straightforward.

The College made two critical submissions. The Smoke-free Environments and regulated Products Act 1990: Proposals for regulations and the End-of-Life Choice, both of which were genuinely relevant to Respiratory Health.

We are all looking forward to Springtime and some better weather. We need to be thankful for the low counts of influenza infections. However, it is distressing to see our hospitals and nurses overrun with RSV and Pneumonia infections both in the young and old. Continued Flu and COVID-19 vaccination, social distancing and hand washing are essential to help curb and prevent these infections.

The Committee would like to express our gratitude to all our members for your continued support. If you have any comments, suggestions, research and even articles you would like to have added to the Newsletter, please do not hesitate. The Committee would love to hear from you.

Hongihongi te rangi hou  
Noho ora mai  
Marilyn Dyer

**Kia ora koutou**

**Malo e lelei**

**Talofa Lava**

**Ni sa bula Vinaka**

**Fakaalofa lahi atu**

**Malo ni**

## **WELCOME TO AUGUST 2021 AIRWAYS NEWSLETTER**

It has certainly been a busy year. This year we have had three new committee members join the College of Respiratory Nurses who you will meet during this newsletter. There is also an update from the SIREF held in March 2021 and a SAVE THE DATE for the Respiratory Symposium 2022!

Our College is small but growing! Encourage your nursing colleagues, student nurses and enrolled nurses to join!



## 2022 Respiratory Symposium

After the cancellation of the Respiratory Symposium in 2020, we will be coming back in **2022!** Further details to follow.

- 6<sup>th</sup> May
- Whangarei, New Zealand

## Conferences & Events

**TSANZ/ANZSRS 2021** – September 29 – October 1. Novotel, Rotorua (Virtual & in-person).

**Sleep Down Under 2021** – October 11 – October 12. Brisbane Convention & Exhibition Centre (Virtual & In-person).

**Asthma & COPD Fundamentals Course** – Asthma & Respiratory Foundation online course.

<https://www.asthmafoundation.org.nz/health-professionals/copd-asthma-fundamentals>

Note: Respiratory Education Fund can be accessed by College of Respiratory Nurses members. Closing dates are 3<sup>rd</sup> September & 12<sup>th</sup> November 2021. See this [Link](#) for further details.

## How Waikato DHB are embracing the Respiratory Knowledge & Skills Framework

In the WDHB's Respiratory Department, We knew we wanted to use the framework to up skill our specialist respiratory ward nurses, but we needed to figure out how. A Survey Monkey was conducted, providing the feedback of one education session per month.

RNs can opt into the education programme, which aims to build on the knowledge they have already gained from working on the ward.

We run two sessions on the same day, one before the PM shift and one after the AM shift, giving maximum opportunity to attend. The education session is a vibrant learning experience, using mind maps experience & discussions about the topics. If a nurse cannot make a session on a particular day, we give them the resources we used during the session. We also have a Facebook group that everyone who attends is encouraged to share thoughts and resources.

We used the framework objectives and associated knowledge and skills to structure the education sessions. We wanted to cover everything, so we made an education plan that shows how we will incorporate all the aspects covered in the framework. Within the DHB, we already have study days for Spirometry and Non-Invasive Ventilation, so we didn't include these: we felt the study day covered those topics well.

We wanted to encourage adult learning, so although there is a structure for each session, if an attendee comes with an idea or a case to discuss, we make the space adaptable to incorporate this. The emphasis is on continual learning and becoming a skilled respiratory nurse and nurtures the ability to engage with education and think critically.

Our goal is that the RN decides when they are working at a proficient or expert level, and that triggers a discussion with either of us, and we can sign off the knowledge/skill. Through the education session, we see these nurses embedded the skills needed to be proficient or experts in their practice, facilitating the process. Still, with the support of the whole Respiratory team, we have many channels to pursue to confirm this.

Even though it is still early days, we have several RNs invested. We hope as these RNs enjoy the sessions and spread the word, we will get even more attendees. The end product can only be better patient care & skilled, engaged Respiratory nurses – Win-Win!

Erin Foster & Susan Jones (WDHB)

## Our New Committee Members

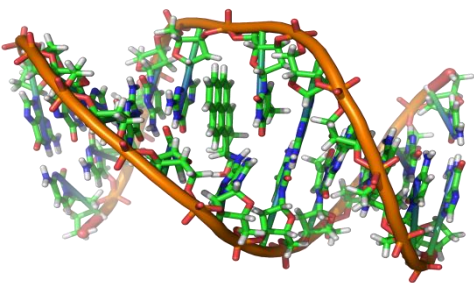
**We welcome the three new members of the Respiratory College Committee. They join the remainder of the committee Marilyn Dyer (Chairperson), Teresa Chalecki (Treasurer), Karen McIntosh.**

### Ash (Aislinn) Carr – Secretary

CNS – Pleural disease and NTM, at Waikato DHB

My favourite clinical is pleural clinic. Newly established this year, our aim is to reducing acute presentations and admissions in patients with pleural disease. We see a wide range of patients from those with pneumothorax, to those with malignant effusions requiring therapeutic or diagnostic aspirations. Streamlining the pathway for patients to reduce multiple hospital appointments and providing consistency in care are key focuses of the service.

You will see me at TSANZ Rotorua 2021 and at the Respiratory College Symposium 2022.



### Ka Pai Southland's Super Team!

A new nurse-led clinic that is making a difference for respiratory patients from Bluff to Arrowtown. Check out the article here!

<https://www.southernhealth.nz/publications/southlands-super-team-supports-new-nurse-led-respiratory-clinic>

### Alan Shaw – Submissions

Hutt Valley DHB

My favourite clinic is the Sleep service – Sleep is an absolutely fascinating area when you look into it. It is becoming increasingly important but most people do not understand the wider health implications of poor sleep. I like to think I can make a difference and improve my patients quality of life.

You may see me sneak into some conferences later this year.

### Mikayla Neil – Newsletter Editor

Counties Manukau District Health Board. Respiratory Clinical Nurse Specialist.

My favourite clinic is the Better Breathing Programme (Pulmonary Rehabilitation). I love developing rapport and working with patients and the multi-disciplinary team over an eight week period to truly change our patients' lives.

You may see me at the University of Auckland. Virtually at TSANZ Rotorua 2021 and behind the scenes at the Respiratory College Symposium 2022.

## Respiratory Syncytial Virus (RSV)

RSV is a common respiratory virus that causes respiratory tract infections. It is highly contagious and is spread through droplets when an infected person coughs, sneezes or talks and by contact with contaminated items. Symptoms are commonly associated with the common cold, including; runny nose, coughing or sneezing, fever, shortness of breath, fatigue and loss of appetite. RSV infections may progress to cause pneumonia or bronchiolitis, especially in infants. Most people take around 10 days to recover and will get better on their own. Antibiotics are not required for RSV as it is a virus. Staying home and getting lots of rest can ease the symptoms. Hospital treatment is focused around helping with breathing such as oxygen therapy and in infants assistance of feeding. There is no vaccine for RSV. The best way to prevent spread of RSV is to always practice good respiratory hygiene

- Stay home if sick
- Good hand hygiene
- Sneeze and cough into elbows
- Practice physical distancing
- Do not share cups, glasses or cutlery

For further information visit <https://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/respiratory-syncytial-virus-rsv>

## SIREF 2021

Article for Airways newsletter  
By Teresa Chalecki, SIREF Organising Committee

SIREF 2021 was held in Christchurch on 19th March 2021. Organising the 2021 Forum was more complex than usual, and initial planning commenced in mid to late 2020. There was much deliberation regarding whether a face to face Forum was doable with the COVID-19 pandemic. A pre-SIREF survey was circulated to determine interest which provided very positive feedback and encouraged the organising committee to proceed. A change of venue to the Manawa campus helped reduce potential cancellation costs should there be another lockdown.

With a respiratory pandemic and other significant health-related changes coming up with the theme – A Respiratory Reflection of 2020 – was one of the more straightforward decisions for the organising committee.

### **Session 1 – End of Life Choice/Advanced Care Planning/Palliative**

The first speaker was Jane Goodwin, Advanced Care Planning Facilitator for CDHB +ACP Implementation Consultant for the Health Quality & Safety Commission. Jane's presentation provided a clear explanation of the End of Life Choice Act that will come into effect on 7th November 2021, including Healthcare Practitioner responsibilities, patient eligibility criteria. The presentation highlighted the importance of Advanced Care Planning for everyone and more equitable access to Palliative Care.

Jane concluded with this new legislation. There were still things that needed to be considered, and that there was more Mahi we needed to do before the bill comes into effect. Perhaps a suitable placeholder for the next SIREF. More information and tools are available [here](#). Another takeaway for me was her suggestion of the book *Being Mortal*, by Atul Gawande.

Dr Amanda Landers, Palliative Care Physician and Clinical Senior Lecturer, Department of Medicine, University of Otago Christchurch, provided the second presentation for the session focussing on palliative care in advanced lung disease. Amanda's presentation discussed some of the challenges and myths associated with managing progressive lung disease and what end of life/palliative care look like for these patients.

### **Session 2 – Vaping and Marijuana**

Professor Philip Pattemore presentation on E-cigarettes vs. smoking discussed the nature of Electronic Nicotine Delivery Systems (ENDS) and some of the reasons for promoting their use. He then discussed some cautions about potential harms and risks.

The influence and role of the tobacco industry with these products was another source of caution.

After hearing this presentation at NZRC in November 2020, the SIREF organising committee asked Professor Pattemore to repeat it to a mostly new audience.

Dr Christina McLachlan presented what is known about the effect of cannabis use on the lung. Of note is that while cannabis has been around for some time, several factors have limited the information and studies into the long-term effects. These include the illegal nature of this product until recently, close association with tobacco use, difficulty in quantifying use and concentration. Some known things have the increased risk of cough and sputum, increased risk of spontaneous pneumothorax and more recently, acute lung injury associated with vaping contaminated cannabis oil.

The afternoon sessions included presentations on COVID-19 from a range of perspectives.

Pamela Campbell, Nurse Practitioner Rakaia Medical Centre, provided us with a reflection from a General Practice perspective.

With a contribution from Shelley Hall at Travis Medical Centre, Pamela compared the experience of an urban and rural general practice. The importance of good communication was the most significant in both locations. This including keeping Practice staff connected and updated, supporting patients and the more comprehensive community updated and working closely with other providers such as pharmacies. This was especially important given the evolving nature of information on COVID-19, and test criteria were one of the challenges highlighted.

Dr Ramon Pink, Clinical Director of Community and Public Health for CDHB, provided an overview of how Public Health is integrated into the COVID-19 response locally, regionally, and nationally. Dr Pink's presentation included border (aviation and maritime) response, legislation relied on for enforcement, the teams and agencies involved. He discussed the involvement of the Public Health team in COVID-19 testing and contact tracing, as well as managed isolation and quarantine facilities.

Dr Mike Maze, the Respiratory and Infectious Diseases Physician at CDHB, provided an overview of the clinical reorientation for COVID-19 at CDHB in response to the pandemic, including screening of admissions.

He provided an (at that time) up to date overview of the virus, transmission, clinical features and variants and clinical management. He discussed 'long hauliers' and the importance of continued follow-up and potential on going issues for these patients.

Jess Meates, Nurse Manager MIQ, and Kerry Winchester provided a most enlightening view of Managed Isolation and Quarantine from the Nursing perspective. Their presentation discussed the process from entry to the facilities and the regime of testing and monitoring people in these facilities, not only for COVID-19 but also for managing other health issues as they arise. They discussed the various challenges with guests but also challenged nurses and other staff working in these facilities, most concerning of which is the stigmatisation and limitations, e.g. inability to visit relatives in hospital or rest homes, this puts on their lives and importance of supporting our colleagues working in these facilities.

The final presentation from Anna Urquhart, 5th Year Medical Student, on how pandemic ready were participants in the Better Breathing Pulmonary Rehabilitation Course.

Feedback from attendees on the day was very positive, and the SIREF Committee wishes to extend our thanks to all the presenters and those who attended. Please note that the SIREF will be in early 2023.

## Respiratory Systems Word Search

Can you find all 35 words?

## Ka Pai MIQ Workers!

We would like to extend our thanks to all out MIQ workers for all their hard Mahi keeping New Zealand safe.

## Feedback

We wold love to hear your feedback on topics would like to see in *pūkorokoro*- Airways.

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