

pūkorokoro- Airways

Newsletter of the College of Respiratory Nurses (NZNO)



Welcome to the December edition of 'Airways'. During the pandemic, although the committee has not yet met in person, we have continued to meet via Zoom and planning remains underway for the 2022 Respiratory symposium on May 6th. In these times of uncertainty with situations changing rapidly, we will keep you informed of any changes that need to occur. It is to say the least and interesting time to assume the role of chair. Marilyn has performed an outstanding role in her time in office and it is with great sadness that we shall be losing her from the committee. She will be a hard act to follow. We wish her all the best and our thoughts are with her. We also have new members joining us and their bio information can be found below.

It seems that professionally there has only been one topic of conversation this year, the impacts of which are both acute and long term. 'Post-Covid' clinics are already being run in Auckland and we may be sure that more will spring up. Support for our colleagues in maintaining links between primary and secondary care are essential to maintaining high quality care for our patients. Our specialist knowledge for managing respiratory conditions will continue to be in demand and we can do our part in promoting accurate information on vaccinations, and supporting our communities to be vaccinated is a vital part of our role. As such the college of Respiratory Nurses wholeheartedly endorses the NZNO guidance statement on Covid-19 vaccine and professional responsibility

We cannot forget however that Respiratory care extends beyond COVID-19. The New Zealand Adult Respiratory Knowledge and Skills Framework provides a framework on which to build education to improve ourselves and our colleague's professional skills and development to date, evidenced based care for our patients besides being used for our own. These can be used to provide a framework to build education programs or courses on.

On behalf of the committee we wish you all a good summer, a Merry Christmas and good health.

In this edition we would like to share our appreciation to Marilyn Dyer, Chairperson for the College of Respiratory Nurses, who has recently retired from this position and the College Executive Committee. Marilyn has worked tirelessly on the College of Respiratory Nurses Executive for a number of years including several at Chairperson. She has made a significant contribution through her leadership and organisation of a number of Respiratory Symposiums and the update of the Knowledge and Skills Framework. Marilyn will be thoroughly missed by the committee members, past and present.

Ngā mihi maioha Marilyn

Kia ora koutou

Malo e lelei

Talofa Lava

Ni sa bula Vinaka

Fakaalofa lahi atu

Malo ni

WELCOME TO NOVEMBER 2021 AIRWAYS NEWSLETTER

As the end of the year approaches and we reflect upon 2021, it is hard to not be proud of the nursing profession. We hope you are having a well-deserved break.

**Merry Christmas
Meri Kirihieme
Manuia le Kerisimasi
Kilisimasi Fiefia**





2022 Respiratory Symposium

- 6th May
- Whangarei, New Zealand
- In partnership with the Bronchiectasis Foundation
- Registrations will be available shortly. Keep an eye on your emails

Conferences & Events

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

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

Asthma & Respiratory Foundation - NZ COPD Guideline Live Events. Auckland, Dunedin & Wellington 2022

Note: Respiratory Education Fund can be accessed by College of Respiratory Nurses members. See this [Link](#) for further details.

Useful Resources

National Asthma Council Australia [How-to Videos](#): Using your inhaler

Good Fellow [Webinars](#)

Lung Foundation Australia Patient Inhaler [Resources](#)

How DHBs are embracing the Respiratory Knowledge & Skills Framework

In the last edition we heard how WDHB use the knowledge and skills framework as an education tool facilitating education sessions with the nurses on the respiratory ward. In this edition, we hear how the knowledge and skills framework can be used as an assessment tool.

The Respiratory Service and Respiratory ward at Middlemore Hospital, Counties Manukau District Health Board use the Respiratory Knowledge and Skills Framework as an education and assessment tool to help progress ward nurses and speciality nurses to up skill the nurses.

Ward nurses wanting to

For respiratory clinical speciality nurses wanting to progress to respiratory clinical nurse specialists the knowledge and skills framework is also used as an education and assessment tool. The clinical speciality nurse (who may not always have come from the respiratory ward!) works through the framework to identify areas of learning before being signed off by a peer. Once completed, the clinical specialty nurse progresses to a clinical nurse specialist.

As the knowledge and skills framework provides an excellent overview of broad and holistic nature of respiratory patients it provides an excellent assessment tool. The knowledge and skills framework also outlines clear steps and expectations to where knowledge is required for speciality roles.

How do you use the Knowledge and Skills Framework? Email respiratory@nzno.org.nz to feature how you use it here!

Welcome our New Committee Members

We welcome the two new members of the Respiratory College Committee. They join the remainder of the committee Alan Shaw (Chairperson), Teresa Chalecki (Treasurer), Karen McIntosh (Membership), Ash Carr (Secretary), Mikayla Neil (Newsletter).

Jess Puru - Submissions

Southern District Health Board, Respiratory Clinical Nurse Specialist at Dunedin Public Hospital

One of my favourite clinics is the cystic fibrosis clinic because I love seeing how a multi-disciplinary team can work together to improve health outcomes.

I am looking forward to meeting and connecting with other respiratory nurses at the Respiratory College Symposium 2022.

Anna Thomas - Website

Paediatric Respiratory Clinical Nurse Specialist at Northland DHB

My favourite part of my role is the nurse-led Koira4Rukahukahu 'Lungs4life' reviews in the community. An exciting piece of mahi which aims to reduce inequity in respiratory health outcomes for high risk tamariki and their whānau across the Northern region. Another important part of my mahi that deserves a mention are our Bronchiectasis clinics – I love the whānau education and engagement process and strive to provide a holistic, equitable service.

You may see me at clinics around Northland, behind the scenes at the Respiratory College Symposium 2022 or in the surf at one of Northland's beautiful beaches.

TSANZ 2021 Rotorua Update

Is the Better Breathing Programme Pandemic ready? Assessing engagement with digital services among participants in the Canterbury Better Breathing Programme Anna Urquhart

Due to COVID-19, many of the Better Breathing (Pulmonary Rehabilitation) Programmes around the world have had to adapt their approach of providing the service. Anna's presentation discussed the findings of her summer project which looked at the engagement with digital services among participants in the Canterbury Better Breathing Programme. Anna discussed the very low proportion of participants who would be able to participate in a home-based telerehabilitation, with the limiting factors being technology skills and infrastructure (device and/or internet). These barriers have also been mentioned by our patients in Counties Manukau District Health Board Better Breathing Programme. Knowing this should we be look at improving technology skills or providing them with a device (ease of access), in order to maintain or improve patient's exercise level? Another interesting discovery by Anna was the top encouraging factor for participants to engage with telerehabilitation is – nothing. Recognising the benefits of pulmonary rehabilitation and acknowledging that telerehabilitation may be a part of pulmonary rehabilitation, what can we do to encourage patients to engage with telerehabilitation?

Erin Chen (Rotational Physiotherapist).

Is Long COVID-19 Next?

Coronavirus disease 2019 (COVID-19) pandemic has resulted in a growing number of individuals recovering from acute SARS-CoV-2 infection. Observational data shows several patients experience a wide range of symptoms after recovering from acute illness, which is now referred to as “long COVID”.

[This](#) article in UpToDate provided an excellent overview of evaluation and management of adults following acute viral illness and provided this summary's basis. Review the article for more information.

Persistent symptoms following acute COVID-19 are common and typically include fatigue, dyspnoea, chest pain and cough. Patients may also have psychological symptoms including anxiety, depression, posttraumatic stress disorder and cognitive symptoms. Fatigue is by far the most common symptom experienced by patients regardless of hospitalisation. Although the fatigue resolves, it can be profound and may last several months. These symptoms can affect a patient's functional ability; some studies have shown that only 40 per cent of patients were independent in all activities of daily living thirty days post-discharge.

The time to symptom resolution appears to depend on comorbidities and the severity of the acute illness, and the spectrum of symptoms that the patient experienced. As examples, data suggests that hospitalised patients experience symptoms for at least two months or even longer following discharge (52 to 87 per cent). Data also suggest that a significant proportion of patients with mild COVID-19 (outpatients) may experience symptoms after acute illness for up to several months.

Following the acute illness, patients should resume their daily activities as tolerated. Mild patients are expected to have a resolution of a few weeks; some may experience a slower recovery or develop new or progressive symptoms requiring evaluation. There is also a consideration for pulmonary rehabilitation post-acute illness. Many things to consider as we see the next phase of COVID-19 emerge.

To find the article: UpToDate - COVID-19: Evaluation and management of adults following acute viral illness

Koira4Rukahukahu: Lungs4Life

The Koira4Rukahukahu:Lungs4Life project began its life in Counties Manukau as a Health Equity project in Ko Awatea in 2017. The aim of the first project was the early identification and subsequent intervention for tamariki at higher risk of developing respiratory diseases particularly Bronchiectasis.

Keep an eye out in the next newsletter for an overview of the project.



Membership Update

Our group is growing! We are sitting around 320 members in the College of Respiratory Nurses. If you have any colleagues, friends of whānau that may be interested in joining, let them know about us! To join simply click [here](#)

Calling Paediatric Respiratory Nurses!

If you are a paediatric respiratory nurse we would love to connect with you! Our committee member Anna Thomas is passionate about paediatric respiratory nursing. Contact us at respiratory@nzno.org.nz to connect

Spirometry in COVID-19 Restrictions

We would like to acknowledge the queries that we have received from our members around guidance of Spirometry within the COVID-19 restrictions and how we can best protect ourselves and our patients. Whilst this is difficult with the varying levels of restrictions across the moto, we are currently awaiting a position statement from TSANZ-ANZSRS. Their guidance can be reviewed [here](#).



Coming Soon...

You will be able to find us on **FACEBOOK!**

Better connect with Respiratory nurses across the motu, share resources and keep up to date.

Mindfulness Colouring

Mindfulness colouring asks us to focus on how we choose and apply colour in a design to bring our awareness to the present moment. This process is similar to meditation.

Have a go with the lungs

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 would love to hear your feedback on topics you would like to see or articles you may have in pūkorokoro-Airways. Please email respiratory@nzno.org.nz

