



*Hongihongi te rangi hou*

*Smell the fresh air*

**Newsletter of the  
College of Respiratory Nurses (NZNO)  
March 2020**

<b>Contents</b>	<b>Page</b>
Note from the Chairperson	2
Editors Report	4
What is this virus- novel Coronavirus (COVID-19)?	5
Colour of COVID-19	6
Patient Information	7
Workplace Practice	8
Thoracic Society of Australian and NZ (TSANZ)	9
NZNO Respiratory College Committee	11



## Note from the Chairperson

Kia Ora Koutou

Welcome to our Autumn edition of AIRWAYS, March 2020. Summer is supposedly over, and Autumn is upon us. The temperatures around the country certainly do not reflect the change in the season. What with the warm temperatures, a shortage of water in many areas and now the country is possibly looking at the influx of Coronavirus or Covid-19, it has become a worrying time. For all of us working on the ground, it is going to become even busier. The College of Respiratory Nurses Committee welcome and promote the information coming from the Ministry of Health regarding the Coronavirus. Here are some links to find further advice:

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus>

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-novel-coronavirus-information-specific-audiences/covid-19-novel-coronavirus-resources-health-professionals>

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-novel-coronavirus-information-specific-audiences/covid-19-novel-coronavirus-advice-travellers>

On April 17th 2020 the College of Respiratory Nurses in partnership with the Bronchiectasis Foundation are holding their two yearly Respiratory Symposium. The theme this year is Bronchiectasis Awhi Mai Awhi Atu. The speakers will cover the increasing burden of Bronchiectasis in our communities, why this happening and how to manage. It is being held at Te Puna O Te Matauranga (NorthTec) Marae in Whangarei. It will be wonderful to see you there. There are still scholarships available to attend if required.

The updated New Zealand Adult Respiratory Nursing Knowledge and Skills framework 2020 will be presented at the Respiratory Symposium. The framework shows current knowledge and skills relevant to Registered Nurses caring for people with Respiratory Conditions within secondary services and primary care. The new updated Framework will show patient outcomes, new and revised aspects of care and in-depth reference guidelines. The New Zealand Asthma Guidelines have also been reviewed and updated and will be published later in the year.

The Committee for the College of Respiratory Nurses is continuing to enjoy a busy and challenging time with their own day to day work and ensuring Respiratory health is still prominent topic within the Ministry of Health. The team continue to work together to ensure our Aotearoa nursing colleagues receive the most up to date information on Respiratory conditions.

Membership to the College continues to grow steadily and it is rewarding to see the work the College is involved in being recognised with increasing membership

Looking ahead to winter, we all need to start promoting the Flu vaccine which will come available in April. With the Covid-19 on our doorstep, it is a good opportunity to promote to community the benefits of having a Flu vaccine. This is a time that you need to be looking out for yourselves and keeping yourselves well.

As always, a huge thanks to all members for your continued support. The committee is open to all your comments and suggestions as this keeps the committee aware of what is happening out there. Winter is looming. Keep yourselves well, as the demands of illness typically escalate in these months and can place enormous stress on staff.

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Smell the fresh air

Marilyn Dyer  
Chairperson

## Influenza Vaccination



**Flu vaccinations** are due shortly. Encouraging our communities to have the **Influenza Vaccination** is always important. This year it is especially pertinent, to reduce the burden of disease over winter. Let's remember to **immunize**.

### Editor's note:

I have chosen to have a brief overview of Coronavirus this issue because, as with many respiratory topics, it's interesting. Last night at the local update, I learned that the virus is called SARS-CoV-2, whereas the disease is known as COVID-19. The disclaimer here includes this is a brief overview only of coronavirus, which as you know is changing daily. Your source of information is the NZ Ministry of Health Guidelines on Coronavirus and your organisational policies. <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus>

With regards to the Respiratory Symposium, in April this year, the committee is in discussion around our coronavirus plan. Keep up to date with the Respiratory College site, and for those of you registered with emails.

Sadly, this is my last newsletter, as I resign from the committee in April 2020. Moving forward, I know the next Airways Editor will bring exciting ideas to the newsletter and will keep you up to date with current respiratory issues.

Kind Regards

Carol George NP

"Happy Birthday to you... Happy Birthday to you ....."

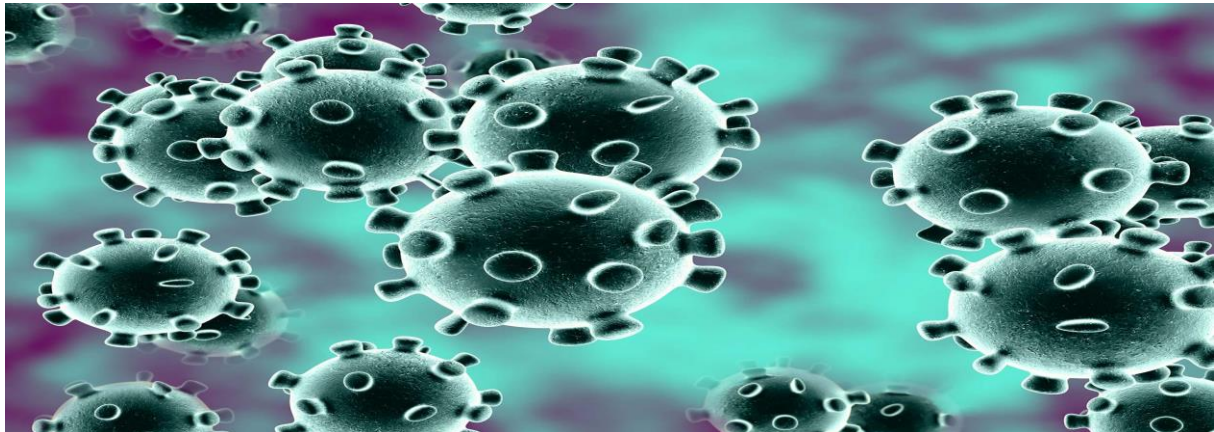


## What is this virus- novel Coronavirus (COVID-19) .

Coronavirus (Cov) are a family of viruses that cause symptoms including common cold to severe diseases. Other coronaviruses include Middle Eastern Respiratory Syndrome (MERS)- Cov) and Severe Acute Respiratory Syndrome (SARS).

In 2019 a new coronavirus strain was identified in humans and is called a novel Coronavirus (nCov) now known as COVID- 19. (World health Organization, 2020)

### COVID-19



<https://www.webmd.com/lung/news/20200124/coronavirus-2020-outbreak-latest-updates>

The transmission is between people and animals, zoonotic, where bats are thought to be a reservoir, but an intermediate host has not been identified. (World Health Organization, 2020). The evidence reports human to human transmission since December (2019. Q Li, X Guan, P Wu, et al. 2020). WHO note that this virus is transmitted via droplets and fomites through close contact, not by airborne transmission (MOH, 2020). The probable index source for zoonotic COVID-19 is the Huanan seafood wholesale market in Wuhan China (Wu JT, Leung K, Leung GM, 2020). A Wuhan region wide quarantine was initiated in the third week of January 2020. Studies report that Wuhan is the major air and train transportation hub for central China, with concentrated rates travel early January for chunyan (Spring Festival) Wu JT, Leung K, Leung GM, 2020). C

Currently there is evidence for 124 countries involved with COVID-19 (Worldometer, 2020). This number however is changing daily. To date, NZ has eight confirmed cases and has entered the “Delay Phase” of the plan, with borders being reviewed. As this is actively evolving any queries should be directed to Ministry of Health Coronavirus web site.



European Centre for Disease Prevention and Control, 2020. Daily risk assessment on COVID-19, 2 March 2020. Retrieved <https://www.ecdc.europa.eu/en/current-risk-assessment-novel-coronavirus-situation>.

Q Li, X Guan, P Wu, et al. 2020. Early transmission dynamics in Wuhan, China, of novel coronavirus-infected pneumonia. Retrieved [https://www.nejm.org/doi/10.1056/NEJMoa2001316?url\\_ver=Z39.88-2003&rfr\\_id=ori:rid:crossref.org&rfr\\_dat=cr\\_pub%3dwww.ncbi.nlm.nih.gov](https://www.nejm.org/doi/10.1056/NEJMoa2001316?url_ver=Z39.88-2003&rfr_id=ori:rid:crossref.org&rfr_dat=cr_pub%3dwww.ncbi.nlm.nih.gov)

Wu JT, Leung K, Leung GM. Nowcasting and forecasting the potential domestic and international spread of the 2019-nCoV outbreak originating in Wuhan, China: A modeling study. Lancet. 2020; doi:

World Health Organisation, 2020. Coronavirus. Retrieved <https://www.who.int/health-topics/coronavirus>

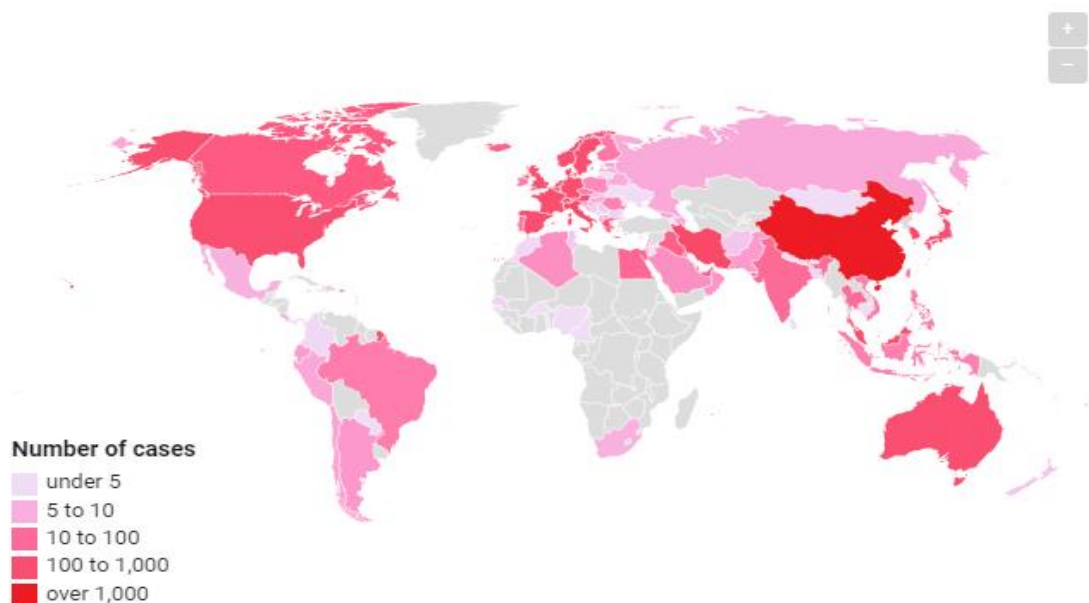
Worldometer 2020. Coronavirus. Retrieved <https://www.worldometers.info/coronavirus/>

## The Colour of COVID- 19

### Map COVID-19

<https://time.com/5800901/coronavirus-map/>

Total cases: **118,582** | Total deaths: **4,262** | As of: March 10, 8 PM eastern time  
*Hover over the map to see the number of cases and deaths per country*



From Time 11.3.20 <https://time.com/5800901/coronavirus-map/>

As you are aware, the COVID- 19 spread changes daily as of 11 March 2020 the WHO has advised that a pandemic is now active.

New Zealand is working at the delay phase of the infection with the aim of “flattening the line” of rates in infection in order to optimise resources.

## Patient Information:

Leading patients to the MOH guidelines is essential. These are updated frequently and provide the best information. <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus>



For COVID-19 health advice and information, contact:

**Healthline team (for free) on 0800 358 5453**

Information is available in other languages including Te Reo, on the MOH site:

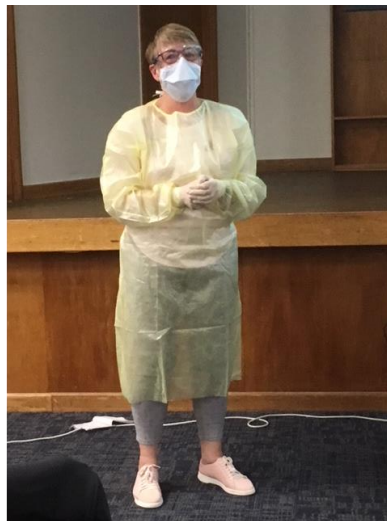
New Zealand Sign Language, simplified Chinese (COVID-19 新型冠状病毒信息).  
Te reo Māori, Arabic, Cook Island Māori, Farsi, Fijian, French, German, Indonesian,  
Italian, Japanese, Korean, Niuean, Samoan, Thai, Tokelauan, Tongan, Tuvaluan.



## Workplace Practice:

Workplace practice in March 2020s setting of coronavirus continues to be that which is directed by the MOH and your local and regional organisations.

Mid Central DHB has identified that droplet precautions are required for procedures requiring direct contact with a patient or suspected patient with coronavirus. Again, your workplace will advise you of these precautions and direct you to the resources.



Demonstrating droplet precaution with gown, mask & gloves at Mid Central.



## PPE:

### SEQUENCE FOR PUTTING ON PERSONAL PROTECTIVE EQUIPMENT (PPE)

The type of PPE used will vary based on the level of precautions required, such as standard and contact, droplet or airborne infection isolation precautions. The procedure for putting on and removing PPE should be tailored to the specific type of PPE.

#### 1. GOWN

- Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back
- Fasten in back of neck and waist



#### 2. MASK OR RESPIRATOR

- Secure ties or elastic bands at middle of head and neck
- Fit flexible band to nose bridge
- Fit snug to face and below chin
- Fit-check respirator



#### 3. GOGGLES OR FACE SHIELD

- Place over face and eyes and adjust to fit



#### 4. GLOVES

- Extend to cover wrist of isolation gown

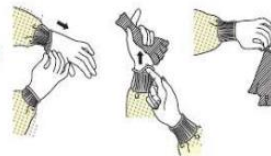


### SEQUENCE FOR REMOVING PERSONAL PROTECTIVE EQUIPMENT (PPE)

Except for respirator, remove PPE at doorway or in anteroom. Remove respirator after leaving patient room and closing door.

#### 1. GLOVES

- Outside of gloves is contaminated!
- Grasp outside of glove with opposite gloved hand; peel off
- Hold removed glove in gloved hand
- Slide fingers of ungloved hand under remaining glove at wrist
- Peel glove off over first glove
- Discard gloves in waste container



#### 2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield is contaminated!
- To remove, handle by head band or ear pieces
- Place in designated receptacle for reprocessing or in waste container



#### 3. GOWN

- Gown front and sleeves are contaminated!
- Unfasten ties
- Pull away from neck and shoulders, touching inside of gown only
- Turn gown inside out
- Fold or roll into a bundle and discard



#### 4. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated — DO NOT TOUCH!
- Grasp bottom, then top ties or elastics and remove
- Discard in waste container



Follow your organisations procedures for Droplet Precautions and PPE

## Thoracic Society of Australian and NZ (TSANZ) Respiratory Nurses Special Interest Group – NZ Co-Convenor Role Vacancy

TSANZ represents a range of professions (medical specialists, scientists, researchers, academics, nurses, physiotherapists, students and others) across various disciplines within the respiratory/sleep medicine field in Australia and New Zealand. Their mission statement is to “...**lead, support and enable** all health workers and researchers to **prevent, cure and relieve** disability caused by lung disease”. TSANZ’s goal is to prevent respiratory illness through research and health promotion and to improve health care for people with respiratory illness.

Within TSANZ there are 17 Special Interest Groups (SIGs) including the Respiratory Nurses SIG. Each SIG has a convenor and co-convenor which are elected into this role after the annual scientific meeting (ASM) for a term of up to 4 years. The Respiratory Nurses SIG is distinct in that it has two convenors (Australian & NZ representative) and two co-convenors (Australian & NZ representative). It is significant that the Respiratory Nurses SIG has equal representation between NZ and Australia at convenor and co-convenor level and it is important that we continue to ensure this representation continues in the future.

The Respiratory Nurses SIG holds a separate symposium at the TSANZ annual scientific meeting (ASM). This symposium is an excellent opportunity for nurses with a special interest in respiratory nursing to come together to share knowledge and experience in a supportive environment. Planning is already well underway for the ASM 2020 meeting in Melbourne on 27 – 31 March <https://www.tsanzsrs2020.com/>

The main role of the convenors and co-convenors is to coordinate the content of the SIG symposium at the ASM. This is done through regular monthly teleconferences and in addition to this we plan nursing webinar’s and organise the regular email updates to our members.

I am currently the NZ convenor of the SIG with Betty Poot from Hutt Valley DHB, as the NZ co-convenor. My term is due to finish at the ASM in March 2020 and Betty will transition into the role of NZ convenor. We are looking for a nursing colleague who is a member of TSANZ, to fill the position of NZ co-convenor.

For me being involved with TSANZ has been a valuable experience. I have had the opportunity to review and influence guidelines; being a nursing voice and working with other professions and colleagues from Australasia. It is an exciting time for nursing within TSANZ. Have a look around their website <http://www.thoracic.org.au/>

If you are interested in the co-convenor role and being a part of TSANZ please contact me at [jenny.mcwha@cdhb.health.nz](mailto:jenny.mcwha@cdhb.health.nz) so that I can send you out the application form.

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## Meet Your Committee



**College of Respiratory Nurses Committee, April 2019**

**Standing L-R:** Moira Haycock, Jill West, Marilyn Dyer (Chairperson), Nicola Corna, Vineeta Prasad  
**Sitting L-R:** Carol George, Annie Bradley-Ingle, Mary Cox, Dawn Acker

## Contact us

For general and membership enquires:

Respiratory College of NZNO

Email: [respiratorycollege@gmail.com](mailto:respiratorycollege@gmail.com)

**Manaakitia e te Atua,  
Carol George NP**