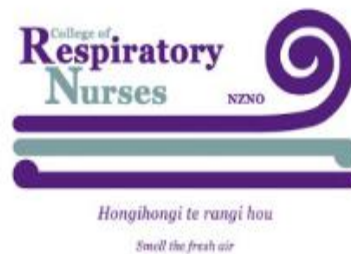


# pūkorokoro- Airways

Newsletter of the College of Respiratory Nurses (NZNO)



Kia ora tātou katoa

As we approach our Symposium and AGM on the 30<sup>th</sup> August we would like to thank our fantastic committee, Tamsin Fitzsimmons (Secretary) Katherine Waters (Treasurer) Mikayla Neil (Airways magazine editor and former Chair) and former members Miriam Manga and Neelam Kantha. We sincerely appreciate the time and energy you all have given. Thank you also to Annie Bradley-Ingle, Professional Nursing Advisor and Elisabeth Auchinvole, National Office Administrator for their valuable support.

The committee has worked hard organising our biennial symposium. A special thank you to Teresa Chalecki, former committee member and interim chair (2022/23) who has worked tirelessly towards making our symposium a success.

At the time of writing, we have four committee member vacancies, including Secretary.

We encourage members who are interested in joining our amazing team to get in touch to find out more. Our current membership is 321 and welcome new members. It is possible to belong to more than one college or section and is open to those working in respiratory nursing, working with individuals/whanau living with respiratory disease or has a particular interest in respiratory health.

The College of Respiratory Nurses (CRN) continues to promote and support excellence in Respiratory Nursing in Aotearoa New Zealand. We have a particular focus on Maranga Mai within our annual plan for 2024/25 and we are committed to embedding Te Ao Māori, in our policies and processes, and positively influencing our actions.

As nurses, we advocate for better health outcomes for all New Zealanders but especially the many New Zealanders living with respiratory disease/s. We furthermore advocate for health equity, which is underpinned by Te Tino Rangatiratanga and our commitment to actualizing Te Tiriti o Waitangi.

We look forward to seeing you at our Symposium and AGM on Friday 30<sup>th</sup> August.

Ngā mihi nui,

Jacquie Westenra and Lisa Mason

## We need you!

The College of Respiratory Nurses Committee requires more enthusiastic nurses to join us on the committee. We currently have three vacancies. If you are seeking a rewarding new challenge in 2024 and beyond, we would love to hear from you. In 2024, as a College of Respiratory Nurses committee member, you would help plan the upcoming symposium, be involved in the review of the Respiratory knowledge and skill framework and influence respiratory nursing at a national level. This is a great opportunity to bring your knowledge, skills and experience to a rewarding role.

We aim to have representation from each area across the country to ensure a unified voice.

If you are interested please get in touch with us on [NZNOrespiratory@gmail.com](mailto:NZNOrespiratory@gmail.com)

Kia ora koutou

Malo e lelei

Talofa Lava

Ni sa bula Vinaka

Fakaalofa lahi atu

Malo ni

**WELCOME TO  
August 2024  
AIRWAYS  
NEWSLETTER**

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



## Respiratory Symposium

The NZNO College of Respiratory Nurses invites you to join us for our 2024 Symposium. The theme is We are what we breathe - how environment impacts lung Health with an exciting range of expert speakers providing insight into the many environmental factors that can impact on lung health.

When - Friday 30th August 2024

Where - Jet Park Hotel Auckland Airport

Register [here](#)!

### Conferences & Events

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

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

**New Zealand Respiratory Conference** – 16-17 November 2023 Te Papa, Wellington [New Zealand Respiratory Conference | Asthma Foundation NZ](#)

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

**Sleep DownUnder Gold Coast 2024** 17-19 October 2024 [Sleep DownUnder 2022 | Sleep DownUnder 2022](#)

**Sleep in Aotearoa Dunedin 2024** 20-21 June 2024

#### Useful Resources

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

Good Fellow [Webinars](#)

Lung Foundation Australia Patient Inhaler [Resources](#)

**Are you keen to be a part of the Knowledge and Skills Framework Update?**

**We will send a survey around in your inbox in the next coming weeks – please let us know your feedback on the Knowledge and Skills Framework.**

**If you are interested in being apart of the working group, please get in touch with us on**

[NZNOrespiratory@gmail.com](mailto:NZNOrespiratory@gmail.com)

## Silicosis – is New Zealand going to follow in Australia’s footsteps?

Safe Work Australia has been considering several options to reduce the risks to workers developing accelerated silicosis.<sup>32</sup> After an analysis of the evidence and the economic implications, and consultation with the industry at all levels, they have released a document that recommends the prohibition of the use of artificial stone

Accelerated silicosis is a progressive respiratory disease (pneumoconiosis) caused by exposure to respirable crystalline silica (RCS) when cutting artificial (engineered) stone.

Full article [here](#)

Dry cutting artificial stone produces very high concentrations of ultrafine silica dust that is deposited in the lungs, causing inflammation and fibrosis.

WorkSafe is encouraging people who work with artificial stone to contact their GP to arrange an assessment.

Initial symptoms include mild exertional dyspnoea & dry cough. This can progress to severe dyspnoea and a persistent productive cough. Other symptoms include fatigue, sleep disturbance, weight loss.

### Latest Articles of Respiratory Interest

Three new criteria for preschool wheeze in updated ERS [Guidelines](#)

- Clinical phenotypes along may no longer be appropriate for determining the treatment and ongoing management of preschool wheeze

GIP/GLP-1RA effective in sleep apnoea with [obesity](#)

- GIP/GLP-2 shown to improve OSA severity and related cardiometabolic disease in people with obesity

Breathlessness burden high despite optimal asthma [management](#)

- Highlights the need to treat psychological factors associated with breathlessness.

Navigating RSV management [webinar](#)

- Impact of RSV in paediatric and adult population, vaccine potential which is now available in GP practices

Respiratory infections in children [webinar](#)

- Clinical pearls for common respiratory infections and update on pre-school wheeze

Understanding breathing pattern disorders [webinar](#)

- BPD overlap with many respiratory conditions, there are clear treatment benefits from breathing retraining exercises

## Te Reo Māori Korero

Learn common respiratory words in Te Reo Māori to incorporate into your mahi

Te reo Māori

**Matua keke**

English

**Uncle**



## LungFlare Care

LungFlare Care was brought to my attention at the TSANZ Conference held in Christchurch in March 2023.

Lung Flare Care was an initiative of the [ResPTlab](#) team, led by Associate Professor Christian Osadnik, Alethea Kavanagh and Ruben Hopmans from Monash University, Department of Physiotherapy.

The website is an educational and self-management resource for patients with COPD. They are in the process of rolling this out for those with Asthma and Bronchiectasis.

Visit their website [here](#)



You can find us on FACEBOOK!

Search for us **NZNO College of Respiratory Nurses**

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

## Young Nurse of the Year 2024

Do you know an outstanding young nurse under 31 years of age?

Nomination information [here](#)

## 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](mailto:respiratory@nzno.org.nz)

