

pūkorokoro- Airways

Newsletter of the College of Respiratory Nurses (NZNO)



Kia ora tātou katoa,

As we approach the end of the year, I would like to acknowledge YOU our members of the College of Respiratory Nurses for your mahi. Which you do tirelessly, providing excellent nursing care and contributing to improving health outcomes for individuals and communities. Particularly the important work you do supporting those living with respiratory conditions and their whānau.

This year our committee dedicated many hours to organising and hosting our biennial Symposium at the Jet Park Auckland. We were fortunate to have had such amazing speakers and generous sponsors, making the event such a success. Thank you also to those members who attended the informative event, hopefully it was an opportunity for you to develop further knowledge, network with others and be inspired!

Sadly, this year our committee had several members leave. Due to this, we are keen for new members to join us and contribute to the valuable mahi we do, promoting and supporting excellence in Respiratory Nursing in Aotearoa New Zealand. We would love it if you would consider supporting the College as a committee member.

Sincere thanks to the College committee members (past and present) for your time and dedication you have shown. I look forward to positive and productive year ahead.

Additionally, a big thank you to Annie Bradley-Ingle; Professional Nursing Advisor and Elisabeth Auchinvole; National Office Administrator for their valuable support.

A special congratulations to Mikayla Neil, for recently passing her final assessment to become a Nurse Practitioner. Well done, Mikayla.

Meri Kirihimete and happy holidays to you all!

Jacque Westenra
Chair
College of Respiratory Nurses

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

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

NZNOrespiratory@gmail.com

Kia ora koutou

Malo e lelei

Talofa Lava

Ni sa bula Vinaka

Fakaalofa lahi atu

Malo ni

**WELCOME TO
DECEMBER 2024
AIRWAYS
NEWSLETTER**

As the end of the year approaches and we reflect upon 2025, it is hard to not be proud of the nursing profession. We hope you are having a well-deserved break.

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

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



You can find us on FACEBOOK!

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

Better connect with Respiratory nurses across the motu

Conferences & Events

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

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

TSANZSRS 2025 Adelaide Convention Centre 21 – 25 March 2025 [TSANZSRS ASM 2025 - Home](#)

Sleep in Aotearoa 2025 North Island New Zealand 26 – 27 June

World Bronchiectasis Conference 2025 Brisbane 14 – 17 July [World Bronchiectasis Conference – World Bronchiectasis Conference \(world-bronchiectasis-conference.org\)](#)

TSANSZ Education Hub Conference 2025 Sydney Masonic Centre 12 & 13 September

TSANZ | ANZSRS NZ Branch Meeting 2025 Napier War Memorial Centre 17 – 19 September [TSANZ/ ANZSRS \(nzrespiratoryasm.co.nz\)](#)

Sleep DownUnder 2025 Adelaide Convention Centre 8 – 11 October [Sleep DownUnder 2025](#)

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

Useful Resources

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

Good Fellow [Webinars](#)

The College of Respiratory Nurses National Committee is calling for its members join them !

The National Committee for The College of Respiratory Nurses urgently needs College of Respiratory members to come forward to join their Committee.

The Committee members are highly professional, highly focussed, dynamic and fun to work with. The voluntary work takes a level of commitment with two face to face meetings (all associated costs paid for by the Committee) and two to four Teams meetings throughout the year.

The Committee is agile and responsive. It works to influence decision and policy makers at all levels, to provide a collective nursing voice and to develop and provide members with a suite of respiratory nursing focussed resources, always aiming to improve health outcomes for the people of Aotearoa. Their recent and highly successful symposium in Auckland is a great example of this work . Past Committee members report gaining great professional satisfaction through networking and representing their nursing colleagues at national level.

Māori are significantly over- represented with respiratory illness in Aotearoa. The Committee is acutely aware of this fact and strongly urges any Māori nurses with an interest in Respiratory health to join them . “Me haere tahi tātou mō te hauora me te oranga o ngā iwi katoa o Aotearoa” (Rev Leo Te Kira 15 December 2005).

There are also some locations around Aotearoa New Zealand that the Committee have not had representative members from for some time. In particular, the mid-region of North Island, Te Tai Tokorau and Tairāwhiti . If you are nursing in these regions please do consider joining the national Committee. Also of course you do need to be a member of the College. It is free and easy to join-just check out the NZNO webpage for details or ring the Member Support Centre(MSC) for assistance to join The Committee welcomes any College of Respiratory Nurses member interested in joining them to contact Annie Bradley-Ingle, their Professional Nurse Adviser in the first instance (call MSC ph 0800283848).

This long running College of Respiratory Nurses needs you. Act now...

Pulmonary Fibrosis

The Centre of Research Excellence in Pulmonary Fibrosis aims to transform and extend the lives of people with pulmonary fibrosis through individualised care.

Understanding causes, improving diagnosis, preventing progression, and relieving symptoms resources can be found here:

[Centre for Research Excellence in Pulmonary Fibrosis \(cre-pf.org.au\)](http://cre-pf.org.au)

Long COVID and Post-Exercise Malaise (PEM)

A hot topic at the TSANZ NZ Branch meeting 2024 with one presentation by Dr Sarah Rhodes

More information about this can be found [here](#)

Asthma

Reduction ethnic inequities: Patterns of asthma medication use and hospital discharges in Māori in Aotearoa New Zealand

There has been a progressive and substantial increase dispensing to both Māori and non-Māori in NZ. These patterns are temporally associated with greater relative and absolute reductions in hospital admissions for asthma. Article [here](#)

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

Pertussis (Whooping Cough)

The National Public Health Service (NPHS) and Public Health Agency have declared a national pertussis epidemic.

Pertussis is a highly infectious and notifiable respiratory disease caused by *Bordetella pertussis* and transmitted through droplets. About 60% of infants with pertussis require hospitalisation but it is the most common acute vaccine-preventable disease in Aotearoa New Zealand. High-risk people include infants under 12 months, pregnant women within a month of their expected due date, and any other person at risk of severe disease (chronic respiratory disease, congenital heart disease, immunocompromised).

Characteristic symptoms include insidious onset of an upper respiratory tract infection with cough. Paroxysmal cough which can be followed by a whoop in younger children or gasping or gagging in older children and adults. Infants may have a cough followed by an apnoea. Fever is minimal, but poor feeding or seizures are more common. Pertussis is a notifiable disease, refer to Community HealthPathways for Management.

Te Reo Māori Korero

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

Te reo Māori

Matua keke

English

Uncle



LungFlareCare

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](#)

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](#)

Respiratory Systems Word Search

Can you find all 35 words?

Feedback

We would love to hear your feedback on topics you would like to see in *pūkoro*- Airways. Please email NZNOrespiratory@gmail.com

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 NZNOrespiratory@gmail.com to connect

A S P T J J N E S X V F H Y Z J H Z E O T J B W Z
A I K D B E X A N E S R Z D E E B M X K R S S S S
I J L A I T M A R A P T I U M U N O P F A O W A L
E T L I E V R M M U R I W R T H H P I I C Q E H L
A S U R C R X E O T E M S D Q W F N R L H U E P A
L Z N W V U S E P I G L O T T I S O A O E K V C R
B A N A R Y P T M J P A P G A C N S T E A Y M N Y
L C F E H S B B S R M J A C S X B E I V Q Q C O N
C N O P U L A J V H Y N T S V U I A O L K E A I G
Y H M S I L M E T W T Y B N G H W S N A L T R T O
B E L G I U F S N O I T A R I P S E R L L S C A P
N R K A U N A N W Q V M Z A C F T C U A I H W R H
U A O Q S W U W I O A B M I J A W L N W B T M I A
Y F S N N A Y S R Z C R N O I T A R I P S E R P R
R J O O C N N O E N D O L L X R E L F D F Q T S Y
F H H B P H P L F S H N N O I T A L I T N E V N N
U P W Y G H I G Z J D C N K N S X N Y R A H P I X
P Q M U A W A O T T P H T I A R E B G Y N K U T P
B W N R J C A R L J O I K N P B V S K N K R F T O
A Y Y W Z W V G Y E C T Q S E P T U M L G M Z V L
C N X P M M E A S N S I A V Q A Y L A Z Y C J I Q
X X N M V P C E B T X S R S B R J R I Y L D E X C
R R E S P I R A T I O N U K L B Y K X B O Q R S Q
V T S G N U L D B R O N C H I N G S H L T A N Y L
U F R E S P I R A T I O N I X Z S D P G C D Q H G