

Whoosh

Official Newsletter of
Canterbury Asthma Society Incorporated (trading as)
CANBREATHE

**Autumn 2022
Issue 25.1**

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I am an asthma Nurse

**Follow CanBreathe on
Facebook and keep in
touch with upcoming
events.**

Welcome to our Autumn newsletter.

Welcome to our first newsletter of 2022. We hope you have enjoyed the summer, but now Autumn is upon us with cooler temperatures providing a reminder that it's time to start preparing for winter. To ensure your asthma or COPD is under good control, make sure your asthma or COPD action plan is up-to-date and in addition to being vaccinated and boosted for COVID-19 get your annual flu vaccination to help ward off the other nasty winter viruses. Remember to keep up the hand hygiene and other precautions to stop the spread of COVID-19 and other viruses.

It is also a good time to make sure your home is warm and dry before the cold weather arrives. Check out the article on page five for the latest information about healthy homes and the subsidies available through Community Energy Action.

Take a few moments to read our Autumn newsletter—there is useful information included for individuals, families and health professionals, as well as information on upcoming events.

Amanda, Anna, Annette, Carmel, & Teresa

Phone 03 386 0278 Fax 03 386 0657

Email: office@canbreathe.org.nz Web: www.canbreathe.org.nz



Thank You

CanBreathe wishes to thank our volunteers, members and donors for their ongoing support – without which we could not provide our services. Your assistance is very much appreciated. **Special thanks to Sharp for funding the printing of this newsletter.**

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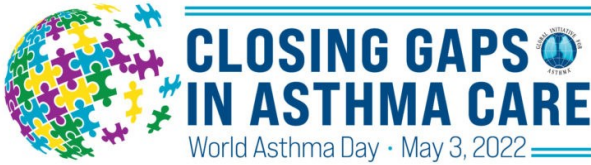
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p: 03 964 6880

e: rbreitmeyer@sharp.net.nz

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WORLD ASTHMA DAY TUESDAY 3 MAY 2022

World Asthma Day (WAD) (Tuesday May 3, 2022) is organised by the Global Initiative for Asthma, (GINA) (www.ginasthma.org), a World Health Organization collaboration founded in 1993. WAD is held each May to raise awareness of Asthma worldwide.

WHO recognizes that asthma is of major public health importance. According to WHO, it was estimated that more than 339 million people had Asthma globally and there were 417,918 deaths due to asthma at the global level in 2016. Although asthma cannot be cured, it is possible to manage asthma to reduce and prevent asthma attacks, also called episodes or exacerbations.

GINA has chosen '**Closing Gaps in Asthma Care**' as the theme for the 2022 World Asthma Day.

There are a number of gaps in asthma care which require intervention in order to reduce preventable suffering as well as the costs incurred by treating uncontrolled asthma.

Current gaps in asthma care include:

- in equal access to diagnosis and treatment (medicine)
- between care for different socioeconomic, ethnic and age groups
- between wealthy and poorer communities and countries;
- in communication and care across the primary/secondary/tertiary care interface
- in communication and education provided for people with asthma, (quality of asthma care plans)
- in asthma knowledge and asthma awareness between health care providers
- in prioritization between asthma and other long term conditions
- between prescribing inhalers and monitoring adherence and ability to use these devices;

Gaps in asthma care cont.

- exist for the general public's (non-asthmatics) and health care professional's awareness and understanding that asthma is a chronic (not acute) disease.

- between scientific evidence and actual delivery of care for people with asthma.

Addressing these gaps can be partially achieved through provision of the annually updated evidence based GINA strategy documents.

However, implementing recommendations based on scientific evidence is challenging across the globe. Not all local solutions are applicable globally and similarly global recommendations may not be applicable locally.

The challenge posed by this year's theme is for international respiratory communities to work together with colleagues, patients and health care providers to identify and close the gaps in asthma care and to help implement and share innovative solutions locally and globally.



How well controlled is your asthma?

By answering a few short questions you can check how well controlled your asthma is:

- Does your asthma stop you doing things at work, home or school every week?
- Have you been short of breath because of your asthma more than twice a week?
- Do you use your reliever inhalers more than twice a week?
- Does your asthma wake you at night at least once a week?

If you have said yes to one or more of these questions your asthma may not be as well controlled as it could be. If you have concerns about your or your child's asthma, contact your General Practice. CanBreathe nurses are also available for free information and advice on how to get your asthma under control.



COVID-19 positive – Some things you need to know

From healthnavigator.org.nz

If you have been diagnosed with COVID-19, or think you might have COVID-19, you may have questions or concerns about when to seek medical advice and how to manage your symptoms.

Most people who get COVID-19 have mild symptoms. You will be assigned a healthcare team and advised if you can self-isolate at home or not. It is important to monitor your symptoms and talk with your healthcare team if you have any concerns.

Call 111 if you:

- have severe trouble breathing or severe chest pain
- are very confused or not thinking clearly feel faint or pass out (lose consciousness).

Call your healthcare team if:

- you have new or worse trouble breathing
- your symptoms are getting worse
- you start getting better and then get worse
- you have symptoms of severe dehydration such as:
 - having a very dry mouth
 - passing only a little urine (pee)
 - feeling very light-headed.

You may experience very mild or no symptoms however it is still:

- Important to stay hydrated – drink plenty of fluids.
- Keep monitoring your symptoms so you notice any changes.

It is important to avoid running, strenuous exercise and high impact activities.

How do I monitor my symptoms?

Being monitored at home simply means you record your own results and how you are feeling (symptoms). A member of your healthcare team will contact you regularly to see how you are doing. How often your healthcare team checks in with you depends on your risk or how severe your symptoms are. It is important you keep track of your symptoms and write them in your diary, even when you are feeling okay.

Your healthcare team will discuss your symptoms with you when they call, so it is important to have this information written down accurately.

Things you will need to record may include:

- your temperature (if you can), your [pulse oximeter](#) readings, your [heart rate \(pulse\)](#)
- how you are feeling
- how your breathing is
- any new symptoms you have.

A [symptom diary](#) and a [health and symptom diary](#) to help you with your recordings is available on healthnavigator.org.nz

COVID-19 symptom timeline – what to expect

Most people will have mild COVID-19 symptoms for up to 2 weeks. Symptoms tend to appear around 2–5 days after you are infected but can take up to 14 days to show.

Days 1–3

Early symptoms of COVID-19 vary widely.

- It can start with a tickle in your throat, a cough, fever or headache. You may also feel short of breath or a little pressure in your chest.
- Sometimes it begins with a bout of diarrhoea (runny poo).
- You may feel tired and/or may lose your sense of taste and smell.
- You may experience some or none of these symptoms.

Even if you have a mild COVID-19 infection, avoid running, workouts, weights and high impact activities until you've been cleared by your healthcare team.

Days 4–6

These are important days to be more aware of your symptoms. This is when lung (respiratory) symptoms may start to get worse, especially for older people and people who have other conditions like [high blood pressure](#), [obesity](#) or [diabetes](#).

- You may start to feel worse and may have aches, chills, cough and an inability to get comfortable.

Some younger people may develop rashes, including itchy red patches, swelling or blistering on your toes or fingers.

Days 7–8

- For people with mild illness, the worst is generally over after a week.
- Some people may get worse at this point, or start to feel better briefly then take a turn for the worse. **If you start to feel worse, contact your healthcare team.**

COVID-19 symptom timeline (cont.)

Days 8–12 (week 2)

Continue to monitor your symptoms and record them in your diary.

- You may feel better sleeping on your front/stomach or side (see graphic below).

If you start to feel worse, contact your healthcare team.

Days 13–14

- Most people will feel better by now. Some people feel more tired than usual.
- A slow return to activity is advised.
- If you have ongoing severe symptoms, your healthcare team will advise you what to do.

This is why recording your symptoms is so important.

How to manage your symptoms

There is no specific treatment for COVID-19. It is important to rest at home and drink plenty of fluids. Treatment is aimed at easing your symptoms. Your healthcare team may suggest the following medicines to ease your symptoms.

Aches and pains: [Paracetamol](#) or [ibuprofen](#) to help with fever, headaches and body aches.

- **Blocked or runny nose, or cough:** Nasal sprays, decongestants, lozenges or cough mixtures.

- **Sore throat:** Suck a teaspoon of honey or gargle with salt water. You can also try using a gargle, throat spray or pain-relief (anaesthetic) lozenges.

- **Vomiting (being sick) and diarrhoea (runny poo):** The most important thing is to drink plenty of fluids, to avoid dehydration.

- Some people may be prescribed an inhaler called Pulmicort. [Pulmicort](#) is sometimes used to treat COVID-19 infection in the elderly and those with certain underlying health conditions.

Your healthcare team will advise what is suitable and help arrange delivery if needed.

Note: When you have COVID-19, the physical symptoms of the illness may be obvious and are important to monitor, but taking care of your mental health and wellbeing is also important.

For more information on managing COVID-19 go to <https://www.healthnavigator.org.nz/health-a-z/c/>

CEA Trust offering free insulation to eligible homeowners

More insulation equates to better health in many cases. And for low income owner-occupiers insulation could be free. All owner-occupiers with a Community Services Card or who are living at an eligible address in a low income area, can get their house insulated for free through CEA Charitable Trust. This includes topping up existing insulation.

Any owner-occupiers who haven't had their insulation checked in the last decade, are advised to get a free insulation check by one of the Trust's energy advisers. Insulation that was installed many years ago may have deteriorated or may not have been installed to current installation standards and could be in need of a top-up. The energy advisers can also do a whole house energy check, and for many owner-occupiers this is also a free service.

All the Trust's energy advisers as well as their installers are fully vaccinated, will be wearing masks and gloves and will practice social distancing to keep you safe.

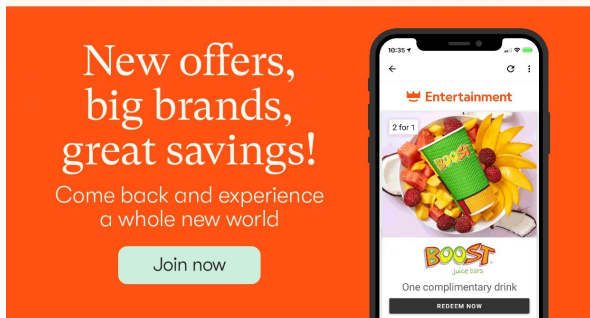
As the Omicron variant of Covid-19 threatens our health, it is more important than ever that, come winter, our houses are warm at an affordable price. A generous layer of insulation is likely to be one of the best ways to achieve that. The Trust generally gets very busy over winter, so it is advised to get your insulation now. Especially if you had earthquake repairs or renovations done and/or had trades people doing work in the ceiling or under the floor, insulation may have been disturbed and it is advised to get it checked.

For more information and to find out whether you qualify, contact CEA Charitable Trust on 0800 GETWARM or apply online at www.cea.co.nz.



Purchase an Entertainment Membership and help support children with asthma

New look. New App!



The Entertainment Membership is now 100% digital! Having a digital membership on your phone ensures you can access discounts where ever you go. Purchasing an entertainment membership is a great opportunity to receive great savings on dining, entertainment and accommodation costs for you and your family and to support CanBreathe at the same time.

If you would like to support us, you can purchase a Membership here:

<https://www.entertainmentbook.co.nz/orderbooks/134h346>

Then you simply download the App to your smartphone and all the great deals and discounts will be at your fingertips. The funds raised from our sales will be used to provide our Baxter Bear kits for children with asthma. These kits have proven to help asthma management with children under 6-years.-old. It costs CanBreathe approximately \$40-\$50 to create a kit.

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CanBreathe wishes to extend its condolences to the families of members and friends who have recently lost loved ones. Our thoughts also go to any members unwell at this time.



World Smokefree/No Tobacco Day - 31st May

World Smokefree Day is on 31 May and is about celebrating and working towards smoke-free/auahi kore lives for New Zealanders.

The COVID-19 pandemic highlighted that smokers were more at risk of severe disease and death from the virus than the general population. In December 2020 the World Health Organisation launched a year long campaign to help people quit tobacco.

There are many benefits, both health and lifestyle to the smoker and their whanau.

Quitting smoking decreases the excess risk of many diseases related to second-hand smoke in children, such as respiratory diseases (e.g., asthma) and ear infections.

For free assistance in Canterbury to stop smoking phone 0800 425 700 or go to www.stopsmokingcanterbury.co.nz. For those outside Canterbury check out your local stop smoking support or contact Quitline on 0800778778 or www.quit.org.nz

◆◆◆◆◆◆◆◆◆◆ **Claiming in your tax return for charitable donations made**

We know people support CanBreathe because they understand the importance of improving quality of life and health outcomes for people with asthma, COPD or other respiratory conditions. We thought you would also like to know that you can claim a tax deduction on your donation.

For individuals and many businesses, the end of the tax year on 31st March 2022. This means generous New Zealanders are eligible to claim tax back on their donations. As an individual you can claim 33.33% on donation, limited only by your net annual income. For example if you donate \$1,200 in total annually to charities you will receive a tax rebate of \$400 provided your annual income is greater than your donation. Donation receipts are required in order to make a tax claim and any donation over \$5.00 may be eligible. If you don't need the tax deduction you can still claim it and use it to donate to worthy causes. Companies can also claim a deduction on donations up to their annual income.

Health Professionals' Corner
TSANZ/ANZSRS
New Zealand Branch Meeting
28-30 September 2022
Respiratory Health | Through the
Lifespan

Rutherford Hotel Nelson

Key Dates

Registration and Abstract Submission Open -
3 May, 2022

Abstract Submission Close—2 August, 2022

Earlybird Registration Close - 14 August 2022

For more information or to register go to
<https://www.thoracic.org.au/events/event/tsanz-anzsrs-new-zealand-branch-meeting-2022>



SAVE THE DATE

NZNO College of Respiratory Nurses
Virtual Symposium and AGM
Tuesday 6th September 2022

Registration information will be available
on the College of Respiratory Nurses page
from June 2022



Asthma & COPD Fundamentals
Masterclass— Monday 23rd May
2022

The Asthma and COPD Fundamentals Masterclass is a face-to-face one-day course that puts learning into practice and supports practitioners to utilise a range of tools and resources with their patients.

The Masterclass is also available as a stand alone refresher for health professionals who have completed the online Fundamentals modules through the Asthma+Respiratory Foundation NZ, or equivalent respiratory education, in the past.

CanBreathe is the approved provider of the Masterclass. The next Masterclass is scheduled for Monday 23rd May at CanBreathe's meeting room at 196 Hills Road, Christchurch.

For more information and/or to register for the next Masterclass please email us at teresa@canbreathe.org.nz or phone 386 0278.

About CanBreathe's Services

To share more about what CanBreathe does the following is from a poster one of CanBreathe's Nurse Educators developed to advertise her school asthma clinics

I am an Asthma Nurse



I don't have

a magic wand, crystal ball, or all the answers

But I do have

A kind heart,



ears to listen,



Ideas to share,



an open mind, and



Time to Give

I may not be able to fix all of your problems, but I am here for you so you don't have to face them alone.

You can message me through the CanBreathe website or Facebook page or text and I will call or text to arrange a time to talk.

More about us...

Contact Details:

Canterbury Asthma Society Incorporated
 Trading as **CanBreathe**
196 Hills Road
Edgware, Christchurch 8013
 Phone: (03) 386 0278
 Fax: (03) 386 0657
 Email office@canbreathe.org.nz
 Web www.canbreathe.org.nz

Office hours:

8:30am - 4pm, Monday to Friday.
 As we are often in consultations, doing home visits or education we recommend you give us a ring first to ensure we will be available if you wish to call in.

CanBreathe Staff:

Nurse Manager — Carmel Gregan-Ford
 Reception/Admin — Annette Best
 Accounts/Admin—Anna Kurapova
 Respiratory Nurse Educators —
 Amanda Williams and Teresa Chalecki

How we can help

We Provide free:

Individual consultations and education
 Pre-school Baxter Bear programme
 Spirometry testing (requires Doctor's referral).
 Education sessions for preschools and schools and community groups.
 Education to Aged Care services and other health providers

Charges may apply for:

Education providers and professional groups

We Sell:

Dust mite allergy bedding covers
 Nebulisers
 Nebuliser filters & giving sets
 E-Chamber (la Petite) spacers
 Pari-o-pep devices

We Hire:

Nebulisers (for short term hire only)

Want to know more or Support CanBreathe?

Do you have a question or need some assistance? Phone or email us - our services are free.

Become a Member - in addition to supporting our services annual membership of \$20 offers discounts on products available through CanBreathe and the Whoosh newsletter published and posted to you four times a year \$30 membership includes all your family.

Make a Donation – Canterbury Asthma Society (Inc.) is a registered Charity with the Charities Commission, No. CC 33783. Some of our work is funded by the Canterbury DHB, but we also need your help to continue to provide all to the community. Donations over \$5 are tax deductible and receipts can be provided.

For any of the above please complete the form below, cut out and post to CanBreathe, 196 Hills Road, Christchurch 8013. Alternatively you can make payment direct into our bank account — **03 0802 0100118 00** and email your details to office@canbreathe.org.nz so we can acknowledge and provide a receipt.

.....✂.....

Name _____

Address _____

Phone (day) _____

(evening) _____

Email _____

I Wish to: (tick one or more boxes as required)

- Become a Member (\$20 or \$30 enclosed).
- Make a donation
- Be contacted by a Nurse
- Know more about how I can support CanBreathe