



Whoosh

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

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Follow us on Facebook and keep in touch with upcoming events.

Welcome to our Summer newsletter.

Welcome to our last newsletter of 2021. Take a few moments to read our Summer newsletter to find out what is coming up and the other useful information included for individuals, families and health professionals as well as information on upcoming events. Remember to make sure you have enough of your inhalers and other medications to last you through the Christmas and New Year holidays and don't forget to take them with you if you are going away on holiday.

The Staff and Board of CanBreathe would like to wish everyone a Merry Christmas and a safe and happy New Year. Our thanks to everyone who has supported CanBreathe and its services throughout 2019 and we look forward to another busy and productive year in 2022.

Phone 03 386 0278 Fax 03 386 0657

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



CanBreathe Christmas Office Closure

The CanBreathe office will be closed from midday on Thursday 23rd December 2021 and will reopen at 8.30am on Wednesday 5th January 2022. For urgent assistance please contact your General Practitioner or After Hours Medical Clinic. If you need to hire a nebuliser or require a spare nebuliser and/or consumables over the Christmas break please contact us by midday on Tuesday 21st December. Alternatively your email or telephone message will be responded to when we reopen on 5th January.



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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p: 03 964 6880

e: rbreitmeyer@sharp.net.nz

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Advice for people who cannot wear a face covering

From <https://covid19.govt.nz/>

We know that some people who have a disability or health condition may not be able to wear a face covering. An exemption card is available that you can show to transport operators, retailers and service providers. Exemption cards are not mandatory but make it easier whenever you need to explain that a face covering is unsuitable for you.

Sometimes the reason why a face covering is unsuitable for you is not obvious to others. You should not worry if a business owner or employee approaches you to ask whether you are able to wear a face covering. They are just ensuring the safety of you and others.

It is inappropriate for a business owner or employee to enquire about the nature of your disability or condition. But it is reasonable for them to check whether you are exempt from the rule to wear a face covering. If you cannot wear a face covering, you need to keep up other healthy habits when in public or while accessing businesses and services.

- Stay home if you are sick.
- Keep a 2 metre distance from people you do not know.
- Regularly wash and thoroughly dry your hands often.
- Cough and sneeze into your elbow.
- Keep track of where you have been and who you have seen.

You can also consider if there are delivery or click-and-collect options you could use instead of entering a retail store. Or ask family and friends to pick things up for you.

How to request an exemption card for face coverings

If you cannot wear a face covering, you can get an exemption card. You can show your exemption card when needed.

You can request a card from:

Disabled Persons Assembly NZ by contacting them on [04 801 9100](tel:048019100) or emailing them at info@dpa.org.nz

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Blind Citizens NZ on [0800 222 694](tel:0800222694) or emailing them at admin@abcnz.org.nz — for blind, deafblind, low vision, and vision-impaired people

Deaf Aotearoa by emailing covid@deaf.org.nz — for people who are Deaf or hard of hearing.

You should only request an exemption card if you have a disability or health condition that makes wearing a face covering unsuitable.

Wearable stickers or badges are available that can be purchased and worn to advise you are medically exempt from wearing a mask. There are a number of sites you can order/purchase online. Even if you wear a badge or sticker you may be asked to produce your exemption letter or card to confirm.

New Years Resolution, What's Yours?

Improving your and your whanau's respiratory health would be a good one. There are many things you can do to achieve this with long term benefits to everyone. A few suggestions are as follows:

- Keep active and exercise regularly, you don't have to join a gym any regular exercise or physical activity is of benefit.
- Eat a balanced diet
- Try and reduce your stress levels or ask for help to do this
- Be smokefree and vape free and make your home and car smokefree/vape free environments. If you want free help to stop smoking contact Stop Smoking Canterbury on 0800 425 700
- If you have asthma, check your asthma control and see your doctor or contact us at CanBreathe for free advice on improving this is necessary.
- Make your home warm and dry and check out the CEA website for help with this.
- If you have any chronic respiratory condition such as asthma, COPD or bronchiectasis, make sure you have an updated self-management plan so you know what to do when your symptoms or condition is getting worse.



Legionnaires' cases in Canterbury prompt health warning

From NZheerald.co.nz

Always use gloves and a mask when handling compost or potting mix. File photo / Getty Images



The Selwyn district has had its first cases of legionellosis this spring. Community and Public Health reported one case for the week ending October 15, and one for the week ending October 8, following zero cases for the month of September. There were three cases in Christchurch for the same month.

Canterbury medical officer of health Dr Ramon Pink urged gardeners to protect themselves against the legionnaires' disease bacteria this spring. "You can mistake it for the flu. Most people get high fever, muscle aches, fatigue and headache, and some get diarrhoea, vomiting, and chest pains," Pink said. "In severe cases, people develop dry cough that could lead to pneumonia that requires hospitalisation."

A Community and Public Health annual campaign was this year highlighting the importance of using the right gear when gardening, particularly when handling compost and potting mix. He said there was typically an increase during the months of September, October, and November the gardening season. In 2019, there were 49 recorded cases of legionnaires' disease across Canterbury, West Coast and South Canterbury and last year, there were 52 recorded cases.

"If you are experiencing the symptoms, contact your general practice team immediately, and let them know you have been handling potting mix or compost recently," Pink said. The illness may be mild but can sometimes be fatal. Anyone can catch legionnaires' but people over 50 years of age, those with a long-term illness (particularly lung disease), people with low immunity, and smokers are most at risk.



Reminder—CanBreathe services operating across all COVID-19 Alert levels

CanBreathe's nursing services are classed as an essential service and have continued throughout all the Alert levels. Additional infection control measures are in place to keep staff and clients safe. CanBreathe is also a health service and as such all staff are fully vaccinated.

It is noted at the time of printing that the new 'traffic light' COVID-19 protection framework will be introduced from 2nd December. CanBreathe's office will be open and all services will be available in Green and Orange. In Red our nurses will be available for telephone consultations and advice and equipment can be delivered if required.



Important information about the COVID-19 Vaccine

From COVID-19: Getting a vaccine Ministry of HealthNZ—www.health.govt.nz

Why getting a vaccine is important—

Getting a COVID-19 vaccine is an important step you can take to protect yourself, your kaumātua and whānau from the effects of the virus. It's one way we can fight the COVID-19 pandemic and protect the welfare and wellbeing of our communities. By having the vaccine you'll be playing your part to protect Aotearoa. The free COVID-19 vaccine will help protect the team of five million, and safeguard our country. It will save lives.

How the vaccine works—

Vaccines work by teaching the body's immune system to respond quickly to infection without being exposed to the infection itself.

The Pfizer/BioNTech vaccine is known as a 'messenger RNA' vaccine. These vaccines don't use virus cells at all – instead, they contain a piece of RNA code that essentially teaches your body to recognise the virus. It can respond straight away if you get infected.

The vaccine won't give you COVID-19 or affect your DNA or genes.

It does not contain any live virus, or dead or deactivated virus.



Respiratory Research Studies seeking eligible participants

The Canterbury Respiratory Research group has a number of studies (COPD and bronchiectasis) going on at the moment and would like to offer the opportunity for those eligible to be involved.

Bronchiectasis Study

Volunteers aged 18 years and over, are needed, to take part in the **ASPEN Study** – a new study investigating a potential treatment for bronchiectasis that is not caused by cystic fibrosis.

You may qualify to take part in this study if:

- you have a diagnosis of bronchiectasis that is not caused by cystic fibrosis
- you have symptoms such as coughing up sputum every day
- and have had two or more 'flare-ups' or chest infections over the past year, that were treated with antibiotics.

You will be reimbursed for reasonable travel expenses. If you are interested in taking part or want to find out more, we would like to hear from you. **Please call Malina Storer 364-1157 or malina.storer@cdhb.health.nz**

A Clinical Trial in COPD and ILD

This is a clinical study to assess the **relief of breathlessness** using mirtazapine is currently underway by the Australian Palliative Care Clinical Studies Collaborative (PaCCSC). The Canterbury Respiratory Research Group, at the Christchurch Hospital, is one of the places recruiting people to take part in this study.

This study will help to determine if mirtazapine has a role in the management of breathlessness in people with chronic obstructive pulmonary disease (COPD) and interstitial lung disease (ILD). The study, led by Professor David Currow, Chief Investigator, IMPACCT - Improving Palliative, Aged and Chronic Care through Clinical Research and Translation, University of Technology Sydney, NSW, is nicknamed **BETTER-B (AUS)** and is short for BETter TreatmEnts for ChRonic Breathlessness (Australia).

The **BETTER-B (AUS) Study** is looking for eligible people with **COPD** or **ILD** to take part. If you are:

- Breathlessness doing day-to-day things despite the underlying causes being maximally treated, and
- On stable medications you may be eligible.

If you live in Canterbury and are willing/able to attend clinic visits, please contact the **Canterbury Respiratory Research Group on (03) 364-1157 or email malina.storer@cdhb.health.nz**.

PILASTER Study for COPD

Have you had a COPD exacerbation (flare up) in the last 12 month while being treated with an inhaled maintenance triple therapy?

If so, you may qualify to join the PILASTER Study, a research study of an investigational add-on medication for people prescribed COPD maintenance triple therapy. All study participants will continue to take their current COPD maintenance triple therapy.

To join our medical research study, potential participants must:

- Be at least 40 years of age
- Have COPD and chronic bronchitis with current symptoms
- Be a current or former smoker who quit 6 or more months before entering the study
- Have had at least one COPD exacerbation in the past 12 months.

The PILASTER Study is only for people who, for at least the last 12 months, have been prescribed COPD maintenance triple therapy (a combination of an anti-inflammatory inhaled medication and two inhaled bronchodilators).

Additional requirements apply. To see if you may qualify to participate in the PILASTER Study, please contact the **Canterbury Respiratory Research Group on (03) 364-1157 or email malina.storer@cdhb.health.nz**.



Free in-home energy advice available to more areas

Free in-home energy advice from CEA Charitable Trust, previously only available to Christchurch homeowners has now been extended to more Canterbury areas. All owner-occupiers in the Ashburton District can access the free service through Energy Ashburton. Owner-occupiers in the Selwyn, Waimakariri, Hurunui and Kaikoura districts are eligible if they have a Community Services Card or are otherwise in a vulnerable position. The latter is at Community Energy Action's discretion but both income and any health conditions such as a respiratory condition may be taken into account. Free in-home energy advice for all Christchurch owner-occupiers regardless of income, will continue.

The in-home energy advice is a thorough check of everything that uses power (or wood) in the house. CEA's trained energy advisors leave the homeowners with a written report that prioritises actions to make homes warmer, drier and generally healthier to live in.

Most people now know that insulation will keep the house warmer and a heat pump is much more economic than plug-in heaters. CEA's energy assessors look at those and help eligible owner-occupiers access subsidies. However, there are many other aspects of a house that owners don't realise can have an enormous impact on warmth and heating (or cooling!) bills.

The presence of 'old style' downlights is one of those aspects. If the ceiling in your living space has lots of little lights sitting flush with the ceiling and you can see the bulbs, they are 'old-style' (or: not IC-rated) downlights.

These little lights in the ceiling have a transformer in the ceiling cavity that gets hot. It means any ceiling insulation needs to leave a (sometimes size-able) gap around the transformer. And if you have many of these little lights (and typically a whole series of these lights are installed in the ceiling), it means you have a lot of gaps in your ceiling insulation. It can make your ceiling insulation mostly ineffective and your house harder and more expensive to heat.

Luckily, there is a solution. IC-rated LED downlights use a lot less power and they do not get hot so that insulation can be installed over them. An electrician would need to replace the downlight units with IC-rated LED downlights. You will not only save on lighting but more importantly, you can have all those insulation gaps filled in.

CEA can help with arranging for the downlights to get replaced and it can help with installing insulation or filling insulation gaps. Free insulation is available for eligible owner-occupiers and for a limited time subsidies are available towards the cost of new downlights. Contact CEA on (03) 374 7222 or 0800 GETWARM or visit www.cea.co.nz for more information.

Pictures below: CEA energy assessor discussing downlights with a homeowner during a Home Energy check



Upcoming Public Events of Interest
 (Hint—Like CanBreathe on Facebook and keep up to date with what is on)



Christchurch Show
now 26th & 27th February 2022
Times—Saturday 6th 9am-5pm & Sunday
7th November 9am-4pm
at Christchurch Arena, 55 Jack Hinton Dr,
Addington, Christchurch 8024

The Christchurch Women's Lifestyle Expo brings together 180 of the best lifestyle companies under one roof! Featuring fashion, beauty, health, fitness, gourmet food and beverages and so much more, the expo will have something for everyone. It's the perfect opportunity for a girls' day out, or to treat yourself to a day leisurely wandering between exhibitors. For more information go to <https://www.womenslifestyleexpo.co.nz/christchurch>

CanBreathe nurses will be available at the Expo with free information and advice on asthma, COPD and respiratory health.

Any further postponement or cancellation will be posted on the Women's Lifestyle Expo webpage and CanBreathe's Facebook page.



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.



Support CanBreathe and give a gift that counts this season!



The Gift of Entertainment gives year-round savings to your special someone, and also supports our fundraising. The Gift of Entertainment is a new Digital Membership valid for 12 months from the day of activation. You can buy that special someone a Single City or Multi City Membership so they can save year-round on everything they love to do. Simply buy it, print or email it/gift it!

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

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

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 six years.-old.



Re useable/Washable masks for sale

CanBreathe has re useable/washable masks for sale for \$14 each approx. \$3 from every sale going towards providing CanBreathe's services. Masks are adjustable so can fit many face sizes. These stylish masks are the epitome of comfort! With a nose wire for a better fit and soft -touch expandable spandex ear loops! Contact the CanBreathe office by phone or email to order your mask, or just call in.



Honey Fundraiser supporting CanBreathe's Services

CanBreathe has Westlands Honey for sale in 250g (\$7) and 500g (\$12) pottles to help raise funds to support our services in the community. The honey is available at CanBreathe's office, contact us now to order yours.

About Westlands Honey

"Our raw honey is processed and pottled with no treatments. The purest form of honey, 100% natural and not heat treated, allowing the honey to retain all its original vitamins, minerals and enzymes." For more information see www.westlandshoney.co.nz



Health Professionals' Corner

Upcoming Respiratory Education, Conferences and Meetings

Save the Date

**College of Respiratory Nurses/
Bronchiectasis Foundation Symposium
Friday 6th May 2022**

Semenoff Stadium, Whangarei.

The College of Respiratory Nurses NZNO is holding its' biannual Respiratory Symposium in Whangarei. Come and meet nurses from all over New Zealand and who have an interest in Respiratory conditions. A great way to network and to see what we as nurses can do to help better manage Bronchiectasis.

The AGM for the College of Respiratory Nurses will take place at this event.

For more information go to https://www.nzno.org.nz/groups/colleges_sections/colleges/college_of_respiratory_nurses/conferences_events



Asthma & COPD Fundamentals eLearning Course

The Asthma and Respiratory Foundation provides the most current Asthma & COPD Fundamentals course available in New Zealand, designed for all registered health professionals including nurses and pharmacists. The course aligns latest research with specific information for the New Zealand context, such as recently funded medications, treating Māori and Pasifika people and best practice health literacy.

The online modules were updated in February 2021 to align with the new NZ Asthma and COPD best practice guidelines.



To find out more about this course go to <https://www.asthmafoundation.org.nz/health-professionals/copd-asthma-fundamentals>



Asthma & COPD Fundamentals Masterclass—

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 Fundamentals course, or equivalent respiratory education, in the past.

CanBreathe is the approved provider of the Masterclass for Canterbury. There is no set date for the next Masterclass as they are scheduled based on demand.

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



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
 Respiratory Nurse Educators —
 Amanda Williams and Teresa Chalecki
 Marketing & Fundraising — Kylie Malin

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