

**Autumn 2016  
Issue 19.1**

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# Whoosh

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

## Canbreathe has moved

On 28th January CanBreathe's office relocated from Raycroft Street to 196 Hills Road (formerly Dr Blackmore's surgery). The new location is larger and more easily accessible for clients and visitors as it is close to bus stops and has good off street parking.

Read more about the new premises and our upcoming open day on page 3.

Phone 03 386 0278 Fax 03 386 0657

Email [office@canbreathe.org.nz](mailto:office@canbreathe.org.nz) [www.canbreathe.org.nz](http://www.canbreathe.org.nz)

Amanda, Carolyn, Mary, Rosemary & Teresa



## Time to prepare for cooler months ahead

We hope you have enjoyed the summer, but now Autumn is upon us with cooler temperatures and its time to start preparing for winter. Ensure your asthma or COPD is under good control, make sure your asthma or COPD action plan is up to date and get your annual flu vaccination to help ward off some of those nasty winter viruses. It is a good time to make sure your home is warm and dry before the cold weather arrives.

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



## Thank You

CanBreathe wishes to thank its volunteers, members and donors for their ongoing support – without which we could not provide our range of services. Our thanks to Suzanne Walker for proof reading this quarterly newsletter. Your assistance is very much appreciated.



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**Don't let the flu get you or your  
whanau/family!  
Its time to get  
your flu vaccination now**  
(information below from [fightflu.co.nz](http://fightflu.co.nz))

With winter approaching, put flu vaccinations at the top of your list of priorities. Influenza can be anywhere. Contact with the influenza virus is almost unavoidable, and while contact does not necessarily mean infection, it does mean that you are never far from the possibility of catching influenza. Influenza, commonly called the flu, can be a serious illness that is sometimes fatal. Infection with the influenza virus may lead to a stay in hospital for any age group but particularly if you are elderly or have an ongoing medical condition.

Influenza can make an existing medical condition (such as asthma or diabetes) a lot worse. Even if you do not end up in hospital, influenza can keep you in bed for a week or more, preventing you from doing work, sport or just about anything that requires leaving the house. By immunising against influenza you can protect yourself and lessen the chance of bringing it home to a baby, older relative, or someone with a medical condition who could develop serious complications from influenza.

**Influenza vaccination is FREE for people who are most at risk.**

Almost everyone can benefit from the protection of annual influenza immunisation. The vaccine is especially important for people at risk of serious complications from influenza including:

- Pregnant women (any stage of pregnancy)
- Anyone aged 65 years or over
- Children aged six months to under five years who have been hospitalised for respiratory illness or have a history of significant respiratory illness
- Anyone aged six months to under 65 years with any of the following medical conditions:
  - Chronic heart problems, excluding high cholesterol or high blood pressure if they have not caused problems with other organs
  - Cerebrovascular disease

- Chronic breathing or lung problems, including asthma if regular preventative therapy is required
- Diabetes
- Chronic kidney disease
- Cancer that is not in remission, excluding skin cancers if not invasive
- Other conditions (such as autoimmune disease, immune suppression, immune deficiency, human immunodeficiency virus (HIV), transplant recipients, neuromuscular and central nervous system diseases, cochlear implant, error of metabolism at risk of major metabolic decompensation, pre- or post splenectomy, Down syndrome, haemoglobinopathies and children on long term aspirin)

If you do not have one of these eligible conditions, you still benefit from an influenza immunisation available, at a small cost. Some employers may offer free influenza vaccination to employees.

Contact your GP or Practice Nurse now to arrange for your 2016 influenza vaccination.



For more information about influenza and influenza vaccination talk to your family doctor or practice nurse, go to [www.fightflu.co.nz](http://www.fightflu.co.nz) or call 0800 IMMUNE (0800 466 863).



## World Asthma Day 2016



World Asthma Day 2016 is on Tuesday 3rd May. It is an annual event organised by the Global Initiative for Asthma (GINA) to improve asthma awareness and care around the world. World Asthma Day takes place annually on the first Tuesday of May.

Asthma is a common chronic inflammatory disease of the airways characterised by variable and recurring symptoms, reversible airflow obstruction, and bronchospasm. Symptoms include wheezing, coughing, chest tightness, and shortness of breath.

Dr Kyle Perrin, medical director for the NZ Asthma Foundation says "In New Zealand one in nine adults and one in seven children aged under 16 years takes asthma medication (over 460,000 kiwis in 2006). For good asthma control it is important to keep using your medication as prescribed; to visit your health professional regularly and to get an asthma management plan."

Asthma management plans should be filled out with your health professional, they are designed to help manage your asthma and recognise when it is deteriorating before it gets to an emergency situation.



**The Canterbury Asthma Society 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.**



## A big thank you for helping us move

As anyone that has moved knows, it can be a big job. CanBreathe relocated to its new premises at the end of January; however, in addition to the usual packing, move and unpacking, there was much planning and preparation required before we moved into the building. With help from service providers and volunteers the CanBreathe team worked hard and achieved this transition to successfully relocate with minimal disruption to service provision.

Feedback from clients and visitors to the new location has been very positive

We would like to thank the following individuals and businesses for their assistance with our move and set up at Hills Road:

Able Logistics; Adgraphics; Blueprint; Cable Systems; CanBreathe staff; Chorus; Contact Energy; Georgina and Greg Sewell; Rhino; Triton Security; Sharp Decorating; Spark; and West Cork Investments Ltd.



## CanBreathe Open day

**Thursday 7th April 10.00am-2.30pm  
All welcome — visit us and check out  
our new premises at 196 Hills Rd**

CanBreathe has moved to the new location at 196 Hills Road to provide a more accessible and versatile facility to support people with breathing problems. The office is close to public transport and in addition to housing CanBreathe's regular services it provides additional space and facilities that can be utilised for group education and exercises.

To celebrate the move and the new facilities CanBreathe will be having an open day on Thursday 7th April. This is an opportunity for the general public and other agencies to visit and see what we and our new premises have to offer. We look forward to seeing you then.



## Insulation not good enough in many homes

A healthy home is a must for people with respiratory conditions. Insulation and adequate heating are essential elements in achieving such a home environment. It is well researched that people with health conditions such as asthma, COPD, bronchitis, etc. are less likely to get sick or end up in hospital when their homes are warm and dry. The first step to a warm house is to ensure the insulation is working well.

It is estimated that between 30,000-50,000 homes in Canterbury are not insulated, have insulation that is not in a good condition or have too little insulation.

“Especially when your health is already compromised, it is important to make sure your living environment doesn’t exacerbate that,” says Caroline Shone, Chief Executive of Community Energy Action Charitable Trust (CEA). “So one of the first parts of the home to check is your insulation, something CEA can do and in many cases for free. Any house where the insulation was installed before 2000 and has not been checked since, should get a check, as it may be inadequate”

The Trust can install insulation at no cost for eligible low income homeowners, and high subsidies for private rentals with eligible low income tenants. For others, the trust is currently offering a 25% discount. Any surpluses from unsubsidised insulation go towards the charitable projects of the Trust.

“I appreciate it has been very warm recently but please don’t wait until winter to contact us,” Caroline Shone says. “We get very busy in winter and we can’t guarantee we can help people with insulation before winter when they come to us in April. If you know of other people who may need insulation, tell them about us.”

For more information and to make an appointment for a free, no-obligation insulation check, call 374 7222 or 0800 GET WARM or visit [www.cea.co.nz](http://www.cea.co.nz).



## Tips for keeping your house warm and dry

- Get your ceiling insulation checked: 30-35% of heat loss occurs through an un-insulated ceiling.
- Small gaps around doors and windows can impact on your homes insulation and heating bills. Use V-seal for gaps around windows and doors.
- Always ensure your house is well ventilated to avoid condensation and associated mould growth.
- Damp soil underneath the house is common in Christchurch. Install a polythene vapour barrier to help stop the damp rising up into your home.



## WORLD SMOKEFREE DAY 31st MAY—QUIT NOW

World Smokefree Day is on 31st May and CanBreathe is encouraging smokers to make the most of the occasion and quit for good. With the increase in cost and known harm from tobacco smoke this is the perfect time to quit.

For those who decide the time is right to quit, there is more help available than ever. It's about freedom. It's about whānau and being there for those you love. Take up the challenge and take a step towards a smokefree Aotearoa and quit smoking on or before 31st May, World Smokefree Day.

Every smoker has their own reasons to quit. Being really clear about these can help you stay motivated. You might find it useful to write a list; pin it up somewhere you can see it, or keep it with you. It can help you in tough times.

There is an increasing range of medical products and nicotine therapies available to help you quit. For help and support to quit smoking contact CanBreathe, your general practice or talk to your local pharmacy to discuss what options are available to help you quit. Quitline provides support over the phone, online and by text. Contact Quitline on 0800 778 778 or [www.quit.org.nz](http://www.quit.org.nz)



## World No Tobacco Day 2016: Get ready for plain packaging — 31st May 2016

Every year, on 31st May, the World Health Organisation (WHO) and partners mark World No Tobacco Day (WNTD), highlighting the health risks associated with tobacco use and advocating for effective policies to reduce tobacco consumption.

For World No Tobacco Day, 31st May 2016, WHO and the Secretariat of the WHO Framework Convention on Tobacco Control are calling countries to get ready for plain (standardized) packaging of tobacco products.

Plain packaging is an important demand reduction measure that reduces the attractiveness of tobacco products, restricts use of tobacco packaging as a form of tobacco advertising and promotion, limits misleading packaging and labelling, and increases the effectiveness of health warnings.

Plain packaging of tobacco products refers to measures that restrict or prohibit the use of logos, colours, brand images or promotional information on packaging other than brand names and product names displayed in a standard colour and font style.

Plain packaging builds upon other measures as part of a comprehensive multisectoral approach to tobacco control. Policy makers, civil society and the public can take action to ensure that their governments consider adoption of plain packaging.

### Facts about plain packaging

Interest in plain packaging is progressing across the globe:

- In December 2012, Australia became the first country to fully implement plain packaging.
- In 2015, Ireland, the United Kingdom of Great Britain and Northern Ireland and France all passed laws to implement plain packaging from May 2016.

A number of countries are in advanced stages of considering adoption of plain packaging laws including New Zealand.

## Health Professionals Corner



### South Island Respiratory Educator Forum (SIREF) 2016 — Thanks

The 2015 South Island Respiratory Educator Forum (SIREF) was held on Thursday 18th and Friday 19th February at The George. The Forum was attended by nurses, physiotherapists and other practitioners with an interest in respiratory health. We were again fortunate to have a range of expert speakers who donated their time and shared their expertise with those present.

A big thanks all the presenters for their important contribution. Thank you to the businesses who sponsored the Forum — Apex Medical Ltd, AstraZeneca Ltd, Boehringer Ingelheim, GlaxoSmithKline, Intermed Medical, McLaren Medical and Novartis. Your support has enabled us to continue providing this very valuable learning and networking opportunity. Thanks also to the team at The George for the great venue and assistance.

Our thanks to those who attended for their contribution to this annual event. We hope to see you again next year.



### Congratulations to the SIREF 2016 Poster Prize Winners

Each year at SIREF delegates are offered the opportunity to enter a poster competition. Posters are utilised as a means to illustrate projects or initiatives that the health professionals have been involved in aimed at improving understanding and/or health outcomes.

The winning poster at SIREF 2016 was developed by Vivien Jones and Erin Morris, both registered nurses on Ward 25 (Respiratory) at Christchurch Hospital.

Their summary of their poster is as follows:

*We set out to make a poster aimed at the COPD inpatient population (and their families/whanau) on Ward 25. It had to be inviting (thus the use of drawings and structured in a roadway sequence) and non threatening, but at the same time providing information on the progression of COPD and ways to manage the condition to achieve the best outcomes COPD allows.*

*As development of the poster progressed further we found it was also a useful tool for new nursing staff to refer to and to reinforce care practises and the community resources available that they can use. This poster was also made as there were no other posters available on the ward that provided an overview/one stop shop for inpatients that explains the un-predictability, pathways, stages as well as the resources and pamphlets available to them. It also encourages, reassures and emphasises that it is ok to ask questions, plan and put into place procedures that aid this process.*

*In summary it is a poster that is comprehensive but simplified in a way that allows the patient, (and their whanau) to take away necessary pockets of information. For health professionals it encourages and emphasises the importance of opening up the lines of communication, to help the patient and family to feel at ease asking questions and to develop care and routines that provide optimum outcomes for the individual.*



Vivien and Erin in front of their prize winning poster. Congratulations ladies on your excellent work and great resource for patients and health professionals. Thanks to GlaxoSmithKline for donating the poster prize.





## Upcoming Respiratory Education, Conferences and Meetings

### Asthma & COPD Fundamentals courses

CanBreathe will be running the Asthma and COPD Fundamentals Course for nurses again in 2016. This course is designed to provide nurses with the necessary skills to offer asthma and COPD self management education to their patients. For more information on dates and/or to register your interest in attending a course please email us at [office@canbreathe.org.nz](mailto:office@canbreathe.org.nz) or call 386 0278.

### NZNO Respiratory Nurses Section—Symposium "Bridging the Gaps in COPD Care" and Annual General Meeting 2016

**Date:** 15 April 2016,

**Venue:** Hamilton Airport Conference Centre

Contact — [peter.cole@bopdhb.govt.nz](mailto:peter.cole@bopdhb.govt.nz)

### TSANZ/ANZSRS New Zealand Branch Meeting 2016

**Dates:** 17-19 August 2016

**Venue:** Hilton Hotel, Queenstown

For more information please visit: <https://outshine.eventsair.com/>

[QuickEventWebsitePortal/tsanz-2016/web](http://QuickEventWebsitePortal/tsanz-2016/web)

**New Zealand Respiratory Conference - save the dates:** 24-25 November 2016

**Venue:** Pullman Hotel Auckland

**Contact:** [info@asthmafoundation.org.nz](mailto:info@asthmafoundation.org.nz)

### Upcoming Public Events Christchurch Baby Expo

Saturday 11th & Sunday 12th June

9am to 4pm at Pioneer Stadium.

**Door Sales Available—\$5 per adult, Kids U15 Free. Free Parking**

Discover all you need to know from bump, to birth and beyond. The Christchurch Baby Expo is a show not to be missed. A huge range of products and services will be on show, along with seminars, demos and workshops and of course a free onsite "crèche" service. For more information go to:

[www.christchurchbabyexpo.co.nz](http://www.christchurchbabyexpo.co.nz)



## Be in Quick—Order your 2015/16 Entertainment Book Now



CanBreathe will be selling the very popular Entertainment Books again this year. This is a great opportunity to receive wonderful savings on dining, entertainment and accommodation costs for you and your family while supporting CanBreathe and the services we provide. The book is also available in an electronic version so you can download the app onto your smartphone and always have it available when you are out.

Books cost \$65 and CanBreathe receives \$13 for each book we sell. To ensure you don't miss out put in your order early, no payment is required until books are delivered in May. To pre-order your book contact us by phoning 386 0278 or email [office@canbreathe.org.nz](mailto:office@canbreathe.org.nz). An online link to order and pay for books will be available on our website on or before the end of April.



## PARI O-PEP now in stock at CanBreathe

CanBreathe now stock the PARI O-PEP device (pictured below) which helps to loosen bronchial mucus and clear the airways.

- Comfortable oval mouthpiece
  - Alleviates unproductive coughing and shortness of breath
  - Includes small bag for hygienic storage and safe transport
  - Dishwasher-safe and auto clivable
- Sale price—\$40 for members and \$45 for non-members.



## Want to know more?

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 as well as the Whoosh newsletter published and posted to you four times a year and Asthma Foundation newsletter three times a year.

\$30 membership provides the above and the AsthmaNZ O2 magazine, posted to you three times a year.

**Make a Donation** – Canterbury Asthma Society (Inc) is a registered Charity with the Charities Commission. Some of our services are funded by the Canterbury DHB but we also need your help to continue to provide all our services to the community.

For any of the above please complete the form below, cut out and post to CanBreathe, PO Box 13-091, Armagh, Christchurch 8141

.....✂.....

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

## More about us...

**Contact Details:- Please note our new street address, telephone and fax numbers**

Canterbury Asthma Society Incorporated  
Trading as **CanBreathe**

**196 Hills Road, Edgeware, Christchurch**

PO Box 13 091

Christchurch 8141

Phone: (03) 386 0278

Fax: (03) 386 0657

Email [office@canbreathe.org.nz](mailto:office@canbreathe.org.nz)

Web [www.canbreathe.org.nz](http://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 when you wish to call in.

### Staff members:

Rosemary Thompson	Respiratory Educator
Amanda Williams	Respiratory Educator
Carolyn Sewell	Reception/Administrator
Mary Wells	Nebuliser Coordinator
Teresa Chalecki	Nurse Manager

## How we can help

### We Provide free:

Education sessions for preschools and schools and community groups.

Individual consultations and education

Pre-school Baxter Bear programme

Smoking cessation assistance and nicotine replacement therapy.

Spirometry testing (requires Doctor's referral).

### Charges may apply for:

Education to Aged Care services, education providers and professional groups

### We Sell:

Allergy Bedding covers

Nebulisers

Nebuliser filters & giving sets

Nose Pipes (for nasal irrigation)

E-Chamber (la Petite) spacers

### We Hire:

Nebulisers (for short term hire only)