



**Spring 2017
Issue 20.3**

Spring 2017



1st-30th September 2017

(from the Asthma+Respiratory Foundation NZ website)

Breathe Better September is a national movement organised by The Asthma+Respiratory Foundation NZ for Kiwis to show their support for better breathing and healthy lungs.

Over 700,000 Kiwis have a respiratory condition, it's the third leading cause of death and costs the country \$5.5 billion each year. But despite New Zealand having one of the highest rates of respiratory disease in the world, it is not highly profiled.

Breathe Better September encourages Kiwis to start thinking about how they can improve their respiratory health.

Erin Simpson (TV personality) and Issac Luke (rugby league player) will share their asthma experiences through social media videos. By having celebrity ambassadors speak about their experiences, we want to show that having asthma or a respiratory condition doesn't have to hold you back.

Join the Healthy Lungs Challenge

Help those with a respiratory condition and show your support for better breathing. Challenge yourself to do something during September which helps to improve your lung health. For more information go to the Asthma+Respiratory Foundation NZ website — <https://www.asthmafoundation.org.nz/> and click on news and events.

CanBreathe Activities for Breathe Better September

CanBreathe Nurses will be in selected shopping malls in Christchurch from 9.30am to 2pm in the first week of September providing free information and advice on asthma and other respiratory conditions.

Dates and locations are as follows:

Tuesday 5th September—Westfield Riccarton

Thursday 7th September—The Palms

Friday 9th September—Eastgate.

Come and see our nurses and talk about how we can help you to breathe better.



Got Asthma? Get the App!

The 'My Asthma' app was launched by the Asthma + Respiratory Foundation NZ on World Asthma Day, 2 May 2017, so that New Zealanders can have asthma information at their fingertips.

The app contains simple asthma information, asthma first aid steps, and an electronic Asthma Action Plan. The Asthma Action Plans in the app are for people aged 16 years and above.

The free My Asthma app is now available in the Apple App Store and Google Play Store to download. To download the app just go to <https://www.asthmafoundation.org.nz/news-events/2017/my-asthma-app> and click on the link.





Chronic Obstructive Pulmonary Disease (COPD) is when the breathing passages (airways) in your lungs are obstructed and your lung tissue is damaged. This causes difficulty breathing. COPD is a highly prevalent disease, has a large impact on quality of life for patients and their families, and kills millions of people worldwide.

The early stages of COPD are often unrecognised, but it is very easy to determine whether a person is at risk. If COPD is detected early there are options and treatments available to help prevent further deterioration of lung function.

- * **Do you cough several times most days?**
- * **Do you bring up phlegm or mucus most days?**
- * **Do you get out of breath more easily than others your age?**
- * **Are you older than 40 years?**
- * **Are you a current or ex-smoker?**

If you answered yes to three or more of these questions, you could have COPD. Contact your doctor or Practice Nurse to discuss or to arrange an assessment for COPD or contact us at CanBreathe for more information.

World COPD Day is organised by the Global Initiative for Chronic Obstructive Lung Disease (GOLD) in collaboration with health care professionals and COPD patient groups throughout the world. Its aim is to raise awareness about chronic obstructive pulmonary disease (COPD) and improve COPD care throughout the world. For more information visit www.goldcopd.org/WCDIndex.asp.

Nurses' Breakfast Education Session

To mark World COPD Day 2017 CanBreathe, will again be hosting a free breakfast and COPD education update for nurses.

The breakfast meeting is for nurses in General Practice, community or hospital services however numbers are limited so you need to book in early. Education will include updates on COPD management, including medications.

Date: Wednesday 15th November 2017

Time: 7.30 – 8.30am

Venue: Meeting room, at rear of the CanBreathe premises, 196 Hills Road, Christchurch. Free street parking available on Hills Road and surrounding streets.

To register for the breakfast: Contact Teresa at CanBreathe by phoning 386 0278 or email teresa@canbreathe.org.nz

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**Every Thursday morning
10-10.30 light exercise
10.30-11.30am coffee and chat**

196 Hills Road (at the back of CanBreathe)

This is a place for all those with breathing difficulties or who support someone with a breathing condition. Drop in, relax and enjoy each other's company, share your knowledge and maybe learn something too.

A gold coin donation pays for the room, a cuppa and something to eat.

We would love to see you, please join us.



Insulation subsidies to help improve quality of life



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.

To help people who suffer from a respiratory condition achieve a healthy home, up to 50% subsidies for installing insulation is available to eligible households. You may be aware that Community Energy Action (CEA) has up to 50% subsidies available for landlords to insulate their rental properties, where the tenant holds an income tested community services card (CSC). Recently, **this criteria has been extended; up to 50% subsidies are now available for homeowners with an income tested community services card as well.**

If you own your home, and have a CSC, contact us today and we can check your insulation for free. Even if your house is insulated, it may need topping up. **Please note though, these subsidies are only available until June 2018, so don't delay.** CEA may also be able to provide flexible payment plans for some households, to help manage the cost of the remaining 50%.

A 2016 study by CEA and the Christchurch District Health Board showed that insulation and heating in the homes of high health needs patients significantly reduced their risk of hospitalisation. Of the 900 patient sample, many of whom had respiratory conditions, an average 30% reduction in hospital bed days was found after CEA's intervention. This reduction equated to a financial saving to the health sector of nearly \$1 million. This demonstrated the wider benefit to the community of intervention through prevention.

It is absolutely essential for people suffering from ongoing health conditions to ensure that the home they live in does not exacerbate their illnesses. A warm, dry home is a right for every New Zealander. CEA provides a number of services that enable people to achieve this goal. If you are cold in your home, or suffer from dampness and mould, please give CEA a call today; there is always something we can do to help. Contact CEA on www.cea.co.nz or 0800 GET WARM for more advice.

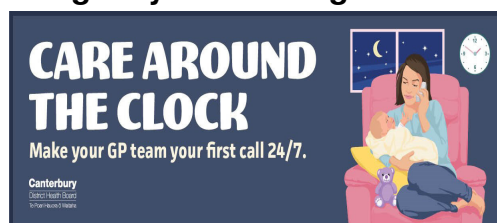


Feeling unwell?

**Call your General Practice Team 24/7
#carearoundtheclock**

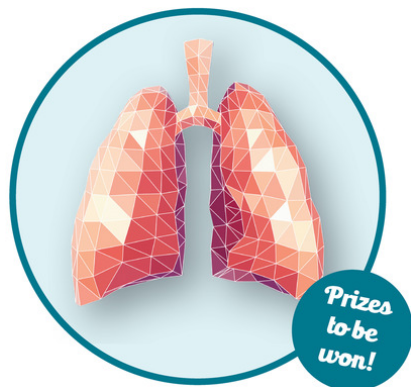
General Practice number 24/7 and when they are closed a team of nurses is available to answer your call? Make your GP team your first call 24/7. Unless it's an emergency (when you should call 111), always make your general practice team your first call 24/7 when you or someone in your family is sick. Even after-hours a nurse is available to give free health advice. Just phone your usual general practice number. You'll get care around the clock when you phone your General Practice team.

If it's after hours you'll be able to speak to a nurse who can advise you on what to do and where to go if you need urgent care.



Asthma + Respiratory Foundation NZ

Healthy Lungs Art Competition
Open to New Zealanders 18 years old and
under—Be in it to win it!



What do healthy lungs look like to you?
Are you a school aged artist or creative? We would love to see your artistic interpretation of what it looks like to have healthy lungs! Your art piece can be anything from a painting, drawing, or collage, to a photograph or sculpture.

Enter the Healthy Lungs Art Competition to be in to win your artwork published in the Asthma and Respiratory Foundation NZ's magazine, Better Breathing Better Living, plus a \$50 Cinema Voucher!

Two winners will be drawn, one from each of the below age groups:

1. Aged 13 years or under
2. Aged 14 to 18 years

Go to <https://www.asthmafoundation.org.nz/news-events/2017/breathe-better-september-2017> to download the entry form, fill it in and send it with your artwork before 29 September 2017 to go in the draw!

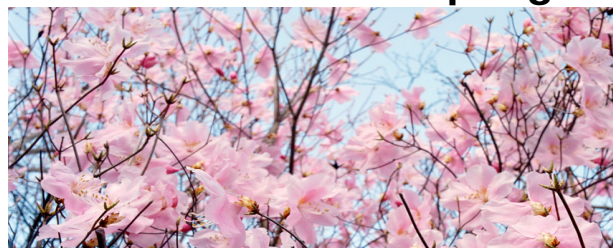
Send a photograph or electronic version of your artwork as a **.jpg file** via email to: marketing@asthmaandrespiratory.org.nz

OR

If you're sending your artwork by standard post, send it along with your entry form to:

Asthma and Respiratory Foundation NZ,
PO Box 1459
Wellington 6140

The hazards of Spring



Spring is here and with it comes airborne allergens like pollen. For individuals with a sensitivity to pollen these allergens can cause exacerbations of their asthma and/or allergic rhinitis. A number of plants are associated with triggering asthma and hay fever symptoms in some people.

As a general rule wind pollinated plants tend to be more problematic than plants pollinated by insects or birds, as their lighter, smaller pollen is more likely to become airborne and to be inhaled. Deciduous plants which release pollen from insignificant-looking flowers are in this category.

Tips for preventing asthma attacks caused by airborne allergens:

- Take medications as prescribed in the recommended dosage. Ensure you have your reliever with you at all times and if symptoms develop follow your asthma management plan.
- Minimise outdoor activity when pollen counts are high. Daily peak pollen times are usually between 10am and 4pm. The Met Service issues a dust/pollen forecast at 4am daily. Go to www.metservice.co.nz
- Shut windows in your house on days when pollen counts are high.
- Wash bedding weekly in hot water.
- Dry laundry indoors. Sheets hanging on an outside line are an easy target for blowing pollen.
- Keep car windows closed.
- Wear a filter mask when mowing the lawn or gardening.
- Do a thorough spring clean — windows, book shelves and furniture can collect dust and mould throughout the winter which can provoke allergic asthma.

Health Professionals' Corner

Upcoming Respiratory Education, Conferences and Meetings

World COPD Day Nurse Education Breakfast

Wednesday 15th November. See page 3 of this newsletter for more details.



23 - 24 November 2017 at Pullman Hotel, Auckland. For more information go to <https://www.nzrc2017.com/>

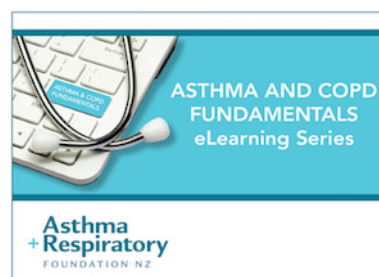


SIREF 2018 will be held on Thursday 15th and Friday 16th February at The George, Park Terrace, Christchurch. The Theme for 2018 is "The Lung Environment". More information on topics and registration will be available on CanBreathe's website — www.canbreathe.org.nz in October 2017 or email office@canbreathe.org.nz to register your interest and receive a registration form.

Save the Date

NZNO College of Respiratory Nurses Symposium in Wellington on 13th April 2018. More information will be available later this year via NZNO website — http://www.nzno.org.nz/groups/colleges_sections/colleges/college_of_respiratory_nurses/conferences_events

New format for the Asthma & COPD Fundamentals Course



The Asthma+Respiratory Foundation NZ, in collaboration with Whitireia New Zealand have revised and updated the Asthma and COPD Fundamentals course with the new look format now available. This course is designed to provide nurses with the necessary skills to offer asthma and COPD self management education to their patients.

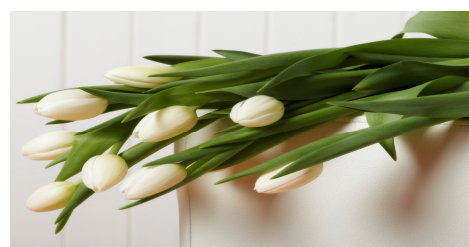
The new format includes four online modules at a cost of \$180 and a one day face to face Masterclass at a cost of \$120 equating to a total cost of \$300 for the modules and Masterclass.

The Masterclass must be attended within six months of completing the modules. For more information and/or to register/enrol for the online modules go to www.asthmafoundation.org.nz/health-professionals/copd-asthma-fundamentals

CanBreathe will be a provider of the Masterclass. Contact us at CanBreathe if you wish to register for the Masterclass.

For more information please email us at office@canbreathe.org.nz or call 386 0278.

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.



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

Positive Ageing Expo

Monday, 2 October 2017

9.00 am – 2.30 pm

At Papanui High School

(Celebrating International Day of the Older Person)

Free entry, all welcome

Come along for information and advice about everything to do with Health and Wellbeing, Recreation, Staying Safe, Nutrition, Social opportunities, transport opportunities and more.

A great day out—fun, food and entertainment. Bring a friend and make a day of it. Contact Yvonne Palmer on 366 0903 for more information

CanBreathe Nurses will be available at this event



16 AFFIRM

Aranui Family Festival

Wainoni Park, Hampshire Street

Saturday 2nd December 2017

9.30am—4pm

A fantastic day for your entire family. Great entertainment, fantastic food and awesome rides etc for all the children. AFFIRM is a family festival that the Aranui Community Trust delivers to provide health choices, education, employment and training opportunities and careers information in a fun filled family day to the Aranui Community. AFFIRM is a day-long festival that celebrates and showcases our people in Aranui.

CanBreathe Nurses will be available at this event



Canterbury Respiratory Research Group Update

The Canterbury Respiratory Research Group bids a sad farewell to Fiona McCartin, who left for the UK at the beginning of September. Fiona has spent more than 17 years as Research Nurse with the group and has been the key to many successful research trials over these years. We're going to miss her!

The Canterbury Respiratory Research Group is now on Facebook so if you're interested in research please follow us or give us a call on 364 1157.

ASTHMA OR EMPHYSEMA?

WE NEED YOUR HELP!

If you are over 18 years of age and have asthma or emphysema (COPD) the Canterbury Respiratory Research Group would like to hear from you to help us with our research projects.

INTERESTED?

Please ring the Research Nurses on **364-1157** for further information.



CanBreathe is fundraising with Hello Honey—\$6 for a 150gm Jar

Hello Honey support community fundraising by providing 150g hexagonal jars of their honey to non profit groups. The honey is sold for \$6 with \$2 from every jar sold going to the group. CanBreathe are selling these jars to help raise money to support our services in the community. Contact CanBreathe on Phone 386 0278 to order your jar or call in to our office at 196 Hills Road.



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:

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
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 when you wish to call in.

Staff members:

Rosemary Thompson	Respiratory Educator
Amanda Williams	Respiratory Educator
Carolyn Sewell	Reception/Administrator
Teresa Chalecki	Nurse Manager
Cheryl Tóvizi	Business 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
E-Chamber (la Petite) spacers
Pari-o-pep devices
Asthma minders

We Hire:

Nebulisers (for short term hire only)