

**Winter 2018
Issue 21.1**

IN THIS ISSUE:

Page 2 & 3

What is eczema and how to manage it?

Page 4

Community Energy Action Update—Home Insulation funding available.

Is your home a warm enough to be healthy?

Page 5

Flu vax reminder

Stop the spread of the flu

Page 6

Health Professionals' Corner—upcoming Education opportunities.

World Asthma Day thanks

Page 7

Check out the upcoming public events

Better Breathing Coffee Group.

The 2018/19 Entertainment books are selling fast, don't miss out, order yours now.

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

Whoosh

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

Time to prepare for cooler months ahead

Welcome to our winter newsletter. With winter and cold weather upon us it is important to check your asthma or COPD is under good control, make sure your asthma or COPD action plan is up to date. It is a good time to make sure your home is warm and dry before the cold weather arrives. Many families affected by asthma also have problems with eczema and/or hay fever. Aimee Mackey, CDHB's new Paediatric Allergy/Eczema Clinical Nurse Specialist, has kindly provided an very informative article about eczema for this issue.

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

Amanda, Carolyn, Cheryl, Rosemary & 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 range of services. Your assistance is very much appreciated. Special thanks to The Trusts Charitable Foundation for funding the printing of this newsletter.



The authors, publishers and editor of "Whoosh" shall not be responsible or in any way liable for the continued validity of the information given; or for any errors, omissions or inaccuracies in this publication, whether arising from negligence or in any other way, or for any consequences arising there from. The inclusion or exclusion of any product or trial does not mean that the publisher advocates or rejects its use either generally or in any particular field or fields.

What is eczema and how to manage it?

Article kindly provided by Aimee Mackey, Paediatric Allergy/Eczema Clinical Nurse Specialist, Canterbury DHB

Eczema is a chronic, inflammatory condition of the skin characterised by: Itch; redness and inflammation (Figure 1). In chronic eczema there can be thickening of the skin and colour/pigment changes (Figure 2 and 3).



Figure 1



Figure 2



Figure 3

In eczema patients, there is a problem with the skin barrier. To understand this, it can be helpful to compare the skin to a brick wall (figure 4). In healthy skin, the cells of the skin surface are like the “bricks” which are held tightly together by a special protein which is like an “iron rod”. Surrounding the cells are lipids which are like “mortar/cement”. This means that moisture is retained in the skin and irritants or bugs can’t get into it. In eczema, the “iron rods” holding the cells together break down too early and it creates gaps between the bricks. This means irritants can get in and moisture is lost. There is also less “mortar/cement” which results in less moisture. This combination of dryness and irritants cause the inflammation we see in eczema, these are called flares.

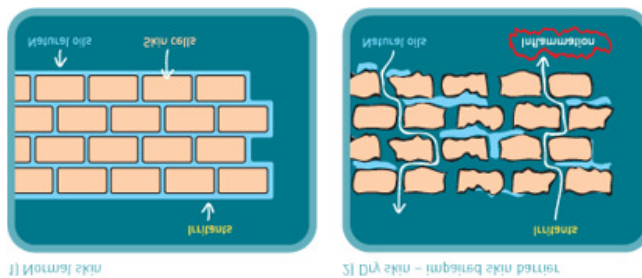


Figure 4

Can eczema be cured? Eczema is a chronic condition. There is no cure or “quick fix” but it can be managed well and two thirds of children will grow out of it.

What causes eczema? Eczema is often passed down through families. Common triggers which make it worse are overheating, soap and detergents. For some children it may be pets, house dust mite or grasses.

Do certain foods cause eczema? Foods are often blamed for causing eczema however for the majority of children, foods are **NOT** a trigger for eczema. There is no indication to restrict foods in attempt to improve eczema. This can in fact be dangerous due to the risk of allergy development. Any food elimination must be done under close supervision. It is best practice and safer to first optimise the management principles (outlined below) rather than remove foods from a child’s diet.

How do we manage it? The following principles are really important for eczema, often I see families who have been told many conflicting things but it is returning to these basics and doing these well that sees real change.

Basic principles of cleaning:

- Bathe every day in warm water not hot
- Bathe for ten to fifteen minutes or less
- Avoid all soaps and instead use a soap substitute (moisturisers can be used for this)
- Antiseptic baths twice a week can reduce the amount of bacteria that lives on our skin, this helps by reducing infections and flares: For bleach baths use ½ cup of BUDGET bleach to a 10cm bath (2mls per litre)
- Other antiseptic products can be brought from pharmacies (avoid Pinetarsal). After bathing pat the skin dry, don’t rub the skin.

Basic principles of moisturising:

- Moisturising is fundamental for eczema and doing this step right improves sleep, risk of infection and reduces flares.
- Moisturise, moisturise, moisturise every day, multiple times a day and even if skin looks clear. You can't use too much.
- Dry skin is itchy skin so increasing the volume/frequency of moisturiser is vital
- Apply generously in the direction of hair growth in a downward motion
- Find the right moisturiser for your child, there are many funded options (it should not cost you money).
- Most children will need around 500g a fortnightly-that is a bottle/pottle every two weeks!
- If the creams come in a tub, they must be scooped out with a spoon/spatula to prevent infection, never put your fingers in the containers.



Figure 5 & 6

Basic principles of treating flares (pink/red and itchy areas):

- Topical steroids are creams/ointments that eczema flares need to get better. Oral steroids should be avoided in eczema.
- Topical steroids are classified by strength (mild, moderate, potent)
- The strength/potency required depends on the affected area and the severity of the eczema.
- A mild potency is used for the face/neck and groin. A moderate or potent steroid is often needed for body flares.
- Generally once daily steroid application is enough unless using a mild steroid.
- Apply steroids in the first few minutes after a bath before moisturisers.
- Start using the steroid early in a flare and stop when the flare has resolved.
- Use fingertip units when applying steroids (see below)

Fingertip Units

A finger-tip unit (FTU) is the amount of cream/ointment that is squeezed out from the nail to the first line on the finger (see figure 8). This volume of steroid will cover the amount of eczema equivalent to two adult hands with fingers included. For example if an eczema flare is the size of one full adult hand then ½ FTU of steroid will be needed.

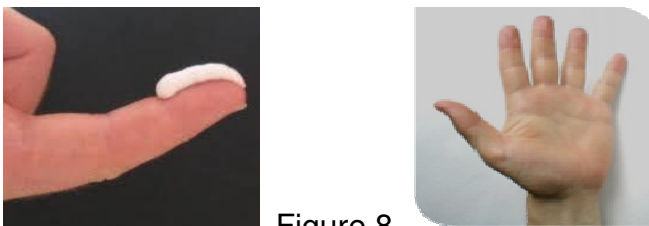


Figure 8

For further information look up: <https://www.healthinfo.org.nz/index.htm?Eczema-in-children.htm>

Home Insulation funding is available. Get in before it's too late.

This wild weather we have been having serves as a not so friendly reminder that winter is well on its way, and we need to be prepared to keep ourselves warm and healthy. Community Energy Action (CEA) Charitable Trust has been providing services to keep people warm in their homes for over 23 years. Government subsidies through the Energy Efficient Conservation Authority (EECA) are due to finish in June 2018. CEA also currently offers a discretionary discount for all non-subsidised insulation quotes, so we will work with you to make sure that keeping warm this winter is affordable. Conditions apply and while funding lasts. We urge you to get in touch as soon as possible to make sure you don't miss out!

Do you have a Community Services Card?

Is your home built before 2000? If you are a homeowner, and hold a Community Services Card (CSC), or you are a landlord with a tenant who holds a CSC, you can take advantage of a 50% off subsidy for ceiling and underfloor insulation. If you cannot get approval for a CSC, but your combined household income before tax is less than \$20,000 over the required level, then you may still qualify for the subsidy.

A healthy home is a must for people with respiratory conditions.

Insulation and adequate heating are essential elements in achieving a healthy home environment. It is well researched that people with health conditions such as asthma, COPD, and bronchitis 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. Our professional, friendly energy assessors can check your insulation levels for free, and provide you with a no obligation insulation quote, including any subsidies you may be eligible for. Whilst in your home, they can also check your heat pump is set correctly, and answer any questions you have about energy efficiency, including your energy usage and power bill.

For a more in depth assessment of your home, ask about our Home Energy Checks, which we are currently providing for **free to homeowners in some areas – get in touch today to see if you qualify for this service.** In these assessments, valued at \$450, a trained Energy Assessor will walk through your home with you, looking at insulation, heating, ventilation, curtains, power bills, water pressure, hot water cylinder temperatures and many more factors that help make your home a healthy one. We will then post you a written report with advice about simple changes you can make to enjoy a warmer and healthier home.

Free phone 0800 GET WARM (0800 438 9276), or call 03 374 7222, email info@cea.co.nz, or visit www.cea.co.nz to find out how we can help you.



How warm is your home?

While most households heat the main living areas, bedrooms are less likely to be kept at a healthy temperature, especially during the night. In the colder months the outside temperature in Canterbury can drop below zero during the night and can result in a significant drop in indoor temperature.

With the assistance of a grant from the Lion foundation CanBreathe has produced more of these very popular temperature cards to help clients to check if their home is warm enough. If you have a respiratory condition and would like to check how warm your home is contact us at CanBreathe to get a free temperature card.



The temperature card (pictured) includes a crystal thermometer strip with a range of 9 to 27 degrees Celsius.

The cards are free standing and can be placed on a piece of furniture in any room. The cards should be kept away from direct sunlight.

Influenza or a cold? What's the difference?

Each year the Canterbury Health System encourages people to get their flu shot early, before this serious illness starts to get a grip on our communities. If you have not had your vaccine yet contact your General Practice to get yours now.



Stop the spread of the flu

The flu spreads quickly from person to person through touch and through the air. While you're unwell, stay away from work or school. Look after yourself and your family – rest and fluids are especially important.

Follow basic hygiene practices:

- Wash your hands regularly for at least 20 seconds and dry them for 20 seconds – or use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth.
- Don't share drinks.
- Avoid crowded places.
- Cover your mouth and nose with a tissue when you cough or sneeze – then put the tissue in a lined bin.

The influenza virus infects your nose, throat and lungs. The flu is normally worse than a cold. Symptoms of influenza come on suddenly and can include fever, chills, muscle aches, runny nose, cough and stomach upsets.

For more information talk to your family doctor or practice nurse, go to www.fightflu.co.nz or call 0800 IMMUNE (0800 466 863).

Influenza	A cold
Sudden onset of illness. Moderate to severe illness	Mild illness
Fever (usually high)	Mild fever
Headache (may be severe)	Mild headache (congested sinuses)
Dry cough, may become moist	Sometimes a cough
Muscle aches	Muscle aches are uncommon
Shivering	A runny nose
Bed rest necessary	
Can suffer severe complications (eg pneumonia)	



Check out the local Website with Flu facts and resources for home and work places — www.flufree.co.nz



Health Professionals' Corner

Upcoming Respiratory Education, Conferences and Meetings

TSANZ/ANZSRS New Zealand Annual Scientific Meeting 2018

Dates: Thursday 16th & Friday 17th August. Wednesday 15th August (Nurse & Trainee Day)

Venue: The Heritage Hotel, Queenstown.

Online registrations open 19th March 2018

Early bird registrations close 8th July 2018

For more information or to register go to <https://outshine.eventsair.com/QuickEventWebsitePortal/tsanz-2018/web>



30-31st August at Te Papa Museum, Wellington

The conference will appeal to professionals involved in all aspects of tuberculosis management: clinical care (investigation, diagnosis, treatment); occupational health; infection control; public health; policy and guideline development; immigration; laboratory science and research. To find out more visit: www.tbconference.org



New Zealand Respiratory Conference 2018

Dates: 22-23 November 2018

Location: Pullman Hotel, Auckland

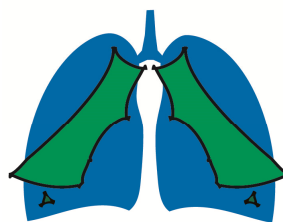
Registrations now open, early bird registration closes 28th August 2018.

For more information go to <https://www.asthmafoundation.org.nz/health-professionals/nzrc/nzrc18>

Follow the link and register at: www.NZRC2018.org



Save the Date



Breathe Easy, Breathe Freely Kia Ngāwari Te Roma - Hā

SIREF
South Island
Respiratory
Educators Forum
Te Waipounamu

SIREF 2019 will be held in Christchurch on Thursday 14th and Friday 15th February at The George. The theme for SIREF 2019 is **Connected Communities** and will include the latest research and service developments working to improve respiratory health and service delivery in the community. More information on topics and registration will be available from October 2018.

The College of Respiratory Nurses AGM will be held Friday morning prior to the start of day two of SIREF.

World Asthma Day thanks

World Asthma Day was on Tuesday 1st May. Our thanks to Westfield Riccarton for supporting CanBreathe with a free space to provide information and advice and our thanks to everyone that made donations.



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.



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

Christchurch Baby Expo



Saturday 9th & Sunday 10th June
9am to 4pm at Pioneer Stadium.

Door Sales Available—\$5 per adult, children under 15 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

CanBreathe nurses will be available at the Baby Expo with free information and advice on asthma.



Better Breathing Coffee Group



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.



2018/19 Entertainment Books are selling fast, get yours now and help support children with asthma



The 2018/2019 Entertainment books or digital memberships are available now. The book numbers are limited and selling fast. CanBreathe are selling these as a fundraiser again this year. This is a great opportunity to receive wonderful savings on dining, entertainment, service and accommodation costs for you and your family while supporting CanBreathe and the services we provide. The funds raised from our 2018 book sales will be used to provide the Baxter Bear kits for children with asthma (as shown below). These kits have proven to help asthma management with children under 6 years. It costs CanBreathe approximately \$40-50 per kit.

The Entertainment membership is available as a book or in an electronic version with an app which you can download onto your smartphone and always have it available when you are out.

Books cost \$70 and CanBreathe receives \$13 for each book we sell. To pre-order your book contact us by phoning 386 0278 or email office@canbreathe.org.nz.

To go online to order and pay for books go to <http://www.entbook.co.nz/134h346>



Photo of CanBreathe's Baxter Bear kit. Each kit includes a teddy (Baxter), placebo inhaler with spacer, child asthma book and backpack.

More about us...

Contact Details:

Canterbury Asthma Society Incorporated
Trading as

CanBreathe

196 Hills Road

Edgeware, 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 when you wish to call in.

Staff members:

Rosemary Thompson	Respiratory Educator
Amanda Williams	Respiratory Educator
Carolyn Sewell	Reception/Admin
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:

Dust mite 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)

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, No. CC 33783. 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. 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

.....✂.....

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