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not know about spacers



Balloon Day 2010 focuses on the work of the Asthma Societies

A key focus of Asthma Awareness Week and Balloon Day 2010 was the grass roots work of our affiliated Asthma Societies in communities across Aotearoa, advising New Zealanders with asthma on how to control the condition and not let it control their lives.

Asthma Marlborough educator Karen Vis (left) shows local man Laurie Moore how to use a spacer during Asthma Awareness Week (3 to 9 May 2010). Karen set up a stall at the Warehouse Pharmacy in Blenheim. She went through breathing techniques and medication with people who were interested and suggested to a few of them that they see their GP about reviewing their medication.

Respiratory News

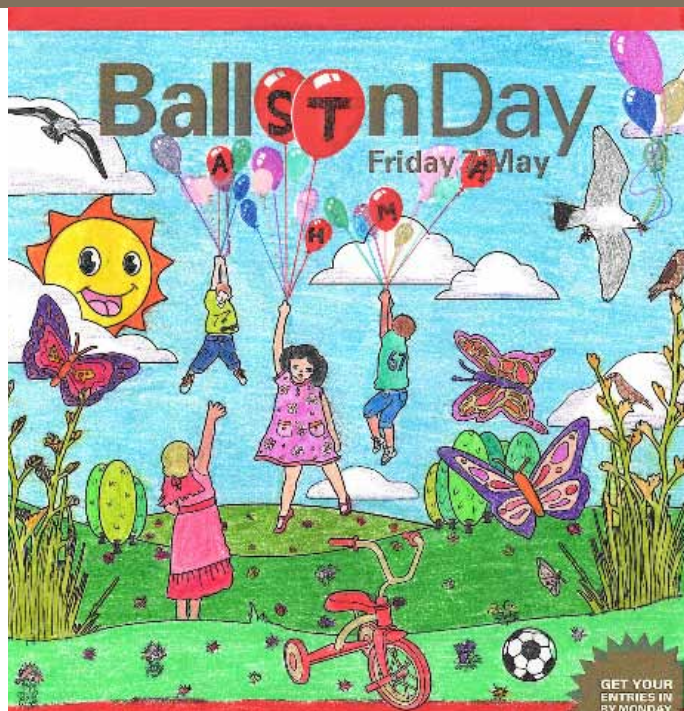
06/10



the asthma foundation
Better respiratory health for New Zealanders

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A colouring competition entry from Melissa Chu-Fong, of Churton Park, Wellington. Melissa's entry won her an honourable mention in the 9 to 12 year old category of the Balloon Day 2010 colouring competition.

Keep an eye out for how you can support the Asthma Foundation at www.sovereignsunshine.co.nz

Turangi/Taupo trial of lung function monitor

A breakthrough in preventative health could come soon with the New Zealand trial of a monitor that patients use at home to measure lung function.

Basic data about patients' lung function as well as their temperature, blood function, weight and heart rate will be sent via the internet for health professionals to assess and act on if necessary as part of a 10-client, one-year-long trial in Turangi/Taupo.

The telehealth monitor was developed by a private company, Health Care of New Zealand Ltd, and the trial is jointly funded by the Lake Taupo PHO and the Lakes District Health Board.

The PHO's family nursing team will use the telehealth technology to select clients with congestive heart failure or COPD who have frequent hospital admissions.

Health Care of New Zealand's national integrated care manager Anton Venter says that such home-based support will be vital to New Zealand's aging population in the future.

"Services like telehealth reduce people's need for hospital admission by allowing support teams to pick up any health issues early, and address them before they become serious problems."



The Asthma Foundation is committed to making a difference for Maori with respiratory conditions

We are on Twitter

The Asthma Foundation is now on Twitter, the social networking tool that allows you to tell the world what you are doing in 140 characters or fewer. We are starting to send out media releases, event information and calls to action at www.twitter.com/asthmafoundation.

If you would like updates from us via the web or your cell phone please visit www.twitter.com/asthmafoundation (you may need to sign up to Twitter which is quick and easy).

For those readers who don't use Twitter and don't want to, do not worry. The information we send out through Twitter will continue to be sent out via emails, the Asthma Hook Up, the *A and R News* and other communication channels.

Respiratory News



New Zealand swimming greats, Danyon Loader (left) and Mark Weldon. (Mark is also the CEO of the New Zealand Stock Exchange).

Swimmingly Good Fundraiser

Generous 11th hour donations including one from the Prime Minister John Key, bolstered Team Asthma's fundraising success in a special Swimming Legend's relay race in Auckland on Saturday 10 April.

Our Asthma Ambassador, Danyon Loader, who just happens to be the most successful New Zealand swimmer ever, led a six-person team made up of other New Zealand Olympic and Commonwealth swimming giants from years past, raced against teams representing seven other not-for-profit organisations.

The Swimming New Zealand fundraiser took the form of a six-stage relay over 300 metres on the final day of the New Zealand swimming festival. New Zealand's Commonwealth Games swimming team for New Delhi later in the year was also announced at the festival.

The race was at the West Wave Aquatic Centre in Henderson.

Danyon's team was:

- Michael Davidson
- Dean Greenwood
- Rebecca Linton
- Mark Weldon
- Cathy Hemsworth (formerly Whiting).

The other not-for-profits were: Arthritis New Zealand, Diabetes New Zealand, the National Heart Foundation of New Zealand, Organ Donation New Zealand, Parkinson's New Zealand, the Swimming Trust of New Zealand and the Stroke Foundation of New Zealand.

Team Asthma didn't win in the water, but we did very well indeed when it came to donations. The event raised \$7560.

Cough free is definitely the way to be

To view the DVD visit www.asthmafoundation.org.nz

A DVD aimed at helping parents and health professionals stop potentially fatal lung disease in children in its tracks was launched in early April by the Asthma Foundation and the Ministry of Health.

Cough free—the way to be, narrated by former Warriors rugby league player Wairangi Koopu, focuses on recognising the signs of infection that can lead to bronchiectasis and acting on them. It is aimed specifically at Maori but is applicable to all.

According to Ministry of Health statistics, from 1992 to 2006, between 40 and 90 New Zealanders died annually from bronchiectasis. Thousands more people live with its considerable health impacts. From 2003 to 2005, the admission rates to public hospitals with respiratory disease were 2249.8 per 100 000 people for Maori and 1367.2 for non-Maori. Bronchiectasis is a prevalent form of lung disease among tamariki and a major cause of hospital admissions.

The Deputy Director-General of Maori Health at the Ministry, Teresa Wall, says that the short film has huge potential to save lives and to greatly improve the quality of life for people living with the disease. Although bronchiectasis can develop at any time during a person's life, it typically starts in early childhood as a result of untreated or persistent respiratory infections.

In healthy lungs, mucus is cleared by tiny hairs that line the breathing passages of the lungs and a good cough. In lungs affected by bronchiectasis these hairs and breathing passages are damaged, mucus builds up and persistent or repeated infection continues to occur.

Cough free explains how to recognise a chronic persistent wet cough – the main symptom of bronchiectasis- and how to reduce the risk of developing the disease in the first place through breastfeeding and immunising children, regular aerobic exercise, keeping one's whare and waka smoke free and a good diet.

The Asthma Foundation's Chief Executive, Jane Patterson, says the short film speaks to whanau, parents and health professionals.

"The key thing is that a persistent wet cough that lasts for more than four weeks is not normal and may be a sign of lung disease.

continued on page 6

Balloon Day 2010: We are our Societies

• Asthma Awareness Week: 3 to 9 May

• Balloon Day: Friday 7 May

Giving people the chance to tell their story about living with asthma and informing New Zealanders about the way our affiliated Asthma Societies help people with the condition were at the heart of Asthma Awareness Week 2010.

We also sold Balloon Day lollipops on the checkout at Mitre 10 stores across the country.

Media

The Asthma Foundation's advertising on television, in ads and on buses in Auckland and Wellington used the message "1 in 4 children struggle to blow up a balloon, asthma won't let them." This was complemented by our Balloon Day/Asthma Awareness Week media effort, targeting community newspapers with stories about local people and their battle with asthma. We tried to get across the real effects asthma has in real people's lives.

Our Communications Manager, Malcolm Aitken, used the nominations from our 2009 Asthma and Respiratory Achievers to create human interest stories that he promoted to community newspapers (papers that are often free and are known for their high readership).

Articles were run the length of Aotearoa. Although the stories were generally about triumph over adversity – people achieving things in their lives despite asthma – we also tried to convey to journalists that asthma control is a major problem in New Zealand and that not everyone controls their asthma and (largely) keeps it at bay like the people nominated as achievers. Thankfully we managed to get the "you can control your asthma" message into a number of articles too. We also stressed the role the societies play in informing and advising on asthma control.

Our campaign – including our street appeal in Wellington on 7 May – was also endorsed by several well-known New Zealanders, as it had been last year and in 2008. Some of them told their asthma story to journalists and received media coverage.

Raising funds to fight Asthma

Our collection buckets that were used from Nelson to Northland and Opotiki to Oamaru, among other places, carried the message "help us continue our good work in the community" rather than "for childhood asthma research", as in the past. Although the prevalence of asthma is higher among children than adults, our Balloon Day money will not only support child asthma research. Since the funds are to be used more broadly than that, it's essential we are clear with people about what we are raising funds for. Our primary function is to support and enable our societies through, for example, advocating for asthma at a



Balloon Day in South Canterbury.

national level, raising awareness through Balloon Day advertising, media and PR, and providing research grants.

A number of the societies held their own Balloon Day street appeals and the Foundation held a collection at Wellington Airport in the last week of April and a big, Wellington-wide appeal across the central city on Balloon Day with more than 60 volunteers. Our Fundraising Manager, Julie McMeeken, says she was thrilled with the enthusiasm of the volunteers and the generosity of the people of the capital. This year's street appeal was to an extent testing the water in Wellington with a mind to the rest of the country in future street appeals and Julie says she was happy with how things went.

When the *A and R News* went to press the money from schools was still coming in and we had only had reports from a few schools about what they did. Watch this space.

Additionally, our societies around the country got out there (again), made themselves visible and told the public about the services they provide as well as testing a few people's respiratory health.

The Asthma Foundation had more stories in the media for Balloon Day than in previous years: more than 100 print and web hits. And, our Education Services Manager Robyn Ingleton was interviewed on Newstalk ZB and together with Malcolm on Radio 531pi (Pasifika radio) in Auckland about Balloon Day.

Balloon Day colouring competition

This year in addition to the \$100 and \$50 Whitcoulls book vouchers for the winners and runners up in each category (four and under, 5 to 8 years old and 9 to 12), each winner will receive library books for their school to the value of \$500, kindly donated by Scholastic New Zealand Ltd. We received nearly 1300 entries.



We were delighted to have the support again of



Mitre 10 (NZ) Limited for Balloon Day.

Mitre 10 is an iconic New Zealand brand and their involvement was of great assistance to the Asthma Foundation. Some Asthma Societies worked with their local Mitre 10's and ran local collections/sausage sizzles outside their premises.

the asthma foundation

BallonDay

Two of our news releases in the days preceding our street collection. Well known Wellingtonians spoke out about their asthma.

Asthma Foundation News Release

City Councillor: "Asthma can be scary. I know"

5 May 2010

Wellington City Councillor Stephanie Cook is supporting the Asthma Foundation's street appeal in central Wellington this Friday because she has first-hand, recent experience of just how scary asthma can be.

Stephanie, 56, a Lambton Ward councillor, was hospitalised only six weeks ago when her asthma spun out of control despite having not bothered her for decades.

"This shows you how nasty asthma can be. It can and often does strike quite out of the blue. Although mine was a pretty extreme case. After all of that time not using inhalers, apparently not having asthma, a sudden attack put me in hospital. This shows you how things can go seriously wrong, this bolt from the blue.

"It's not just frightening for you, but the people around you.

"Also I don't want to scaremonger, but asthma does kill. In 2006, the last year for which such statistics are available, 132 New Zealanders' lives were cut short by asthma.

"We need to support research for a cure. That is why I am encouraging Wellingtonians to get behind the street appeal on Friday."

Asthma Awareness Week is 3 to 9 May 2010 and the Asthma Foundation is collecting funds to continue the good work that it enables in communities around Aotearoa and support research into a cure for asthma.

Asthma Foundation News Release

Wellington Phoenix FC Soccer Player tells his asthma story

6 May 2010

Wellington Phoenix FC star defender Jon McKain has spoken of his struggle with asthma when he was younger and has urged Wellingtonians to get behind tomorrow's Balloon Day street appeal in Wellington by the Asthma Foundation.

"As a kid there were times when my asthma caused a great deal of anxiety for me and my family. Whenever I took part in sport or anything physical it was always something that was in the back of my mind and as a result I understand how asthma can put a lot of kids off getting out there and getting active.

"Fortunately my parents and I worked hard to control my asthma and I didn't let it stop me from achieving the things I wanted."

Jon, a former Socceroo, who earlier this year signed up for another two years at the "Nix" and played a key role in Phoenix FC's unprecedented success in the Hyundai A League finals last season, says asthma is a huge issue and he wants the people of Wellington to join him in doing something about it.

"About 1 in 4 kids in New Zealand have asthma. That's a lot of lives that can be limited by this condition, and a lot of worried parents. That is without even considering the 1 in 6 adults who have it."

"Asthma can be dangerous, painful and scary and I say to Wellingtonians let's kick asthma to the back of the net, in fact right out of the park."



Wellington City Councillor,
Stephanie Cook.



Jon McKain,
Phoenix FC footballer.

Biking to Breathe

The Asthma Foundation's Education Services Manager, Robyn Ingleton and two other keen cyclists cycled 99km from Kerikeri to Kaitaia on 5 May to raise funds to buy a new nebuliser for a local infant with grave respiratory problems.

Robyn cycled with respiratory nurses Marlene Sexton and Lia Desmond from Kaitaia Maori health provider, Te Hauora o Te Hiku o Te Ika.

The trio also raised awareness of respiratory conditions.

Robyn says that "I really enjoyed the sense of accomplishment at the end. The smiles on the faces of my fellow riders. Yay! We have done this. And the fantastic support of Marlene and Lia's work colleagues at Te Hauora o Te Hiku o Te Ika. And, of course, Te Wairua and his whanau."

"When Te Wairua's whanau were presented with a new nebuliser for their boy after the race, Te Wairua's mother spoke and expressed the whanau's gratitude to Marlene, Lia and the Asthma Foundation for all the care and love they had received since Te Wairua was born."

Describing the hard slog involved Robyn says: "There were some pretty gnarly hills. In my head I had imagined a nice, flat or at most undulating ride. Therefore the hills were a bit of a surprise, but of course what goes up has to come down so there were some very enjoyable fast downhill – exhilarating downhill in fact. Much nicer downhill than I experience in Wellington because many of our downhill are very windy.

"So much for the winterless north – it was cold and windy. I suppose I was expecting near on perfect conditions for riding in – clear blue sky, not too hot and no wind. We had planned to change into our Asthma Foundation tee shirts to ride into Kaitaia but it was too cold for me to take my bright orange jacket off!"

Robyn also organised a raffle, which was drawn on 31 May and raised further funds through a movie night at the Empire, in Island Bay, Wellington (The film was the Blind Side, starring Sandra Bullock).



A Balloon Day 2010 balloon decorating contest at Hawea Flat School in Wanaka revealed some serious talent.

Asthma Foundation Chief Executive Jane Patterson says: "Robyn didn't just do the ride with on-line fundraising, she went the whole way with a fundraising movie and a raffle. It was nice to see that she got a lot out of being part of this fantastic initiative."

From the Bike to Breathe fundraising page on www.fundraiseonline.co.nz:

"Te Wairua Robson-Pure is a 1 year old boy who was born at 26 weeks gestation. He has had a complicated start to life and this has placed a lot of new and at times frightening challenges, not only on his parents but also his 3 siblings.

"Te Wairua is on home oxygen 24 hours a day and using a nebuliser which is on loan from Whangarei Base Hospital which is noisy and wakes the other tamariki in the home.

"He uses the nebuliser approximately 6 times a day on a good day! This includes some of his other medication which is taken via a nebuliser too. We would love to take the financial burden of this cost off this Whanau and purchase this unit for them."

Cough free is definitely the way to be

continued from page 3

Parents and carers must get their child or whomever along to a health professional as soon as they can."

"As one parent said 'stop counting, do something!' We see one new child diagnosed with bronchiectasis [irreversible lung scarring] at least every two weeks. This means the child will have recurrent chest infections lifelong with a shortened life. While we can help treat, but not cure, how much better it would be to prevent the disease occurring altogether" said Starship Hospital respiratory specialist Dr Cass Byrnes.

"If every child with a wet cough of more than five weeks duration was seen and treated by their health practitioner or clinic, we could prevent the lung scarring that follows."

The Foundation's Maori Reference Group praised the film saying that it was very practical, reassuring and catered to different audiences.

"It speaks to Maori. It speaks to health professionals and it speaks to whanau trying to keep their tamariki safe. The case study on the film sends out a warning too, it shows you how bad things can get if you ignore a persistent wet cough," said the chair of the group, Gilbert Taurua.

- The Foundation's 2010 Respiratory Educators Conference will investigate the many causes of wet cough. See story page 7 (bottom).

Keeping warm

Dr Bob Hancox, Medical Director, the Asthma Foundation.

Just as winter starts to bite, we have again been reminded of the importance of keeping our homes warm. A new report from the Housing, Heating and Health Study at the University of Otago in Wellington has found that more effective home heating can reduce the time that children with asthma take off school.

The latest research is based on the extension of a 2008 study. In that study, efficient heating in the form of a heat pump, wood pellet fire, or in-built flued gas fire was installed into about half of a total 409 homes where a child with asthma lived. The respiratory health outcomes from these homes were compared with those for children who lived in homes without such heating. In the 2008 study, children from the homes with the new heating had fewer asthma symptoms and fewer visits to a doctor or pharmacist. The latest report follows up with the children's schools to find out the number of days that they were absent over the winter terms. Children from the heated homes had 20 percent fewer days off school over the term than those from homes without heating. That is, on average nearly two days less. Although we do not know whether these absences were because of asthma or other illnesses, the evidence strongly suggests that improved heating is good for our respiratory health.

Free, S., Howden-Chapman, P., Pierse, N., Viggers, H. More effective home heating reduces school absences for children with asthma. *Journal of Epidemiology and Community Health* 2010;64:379-86

The homes with the new heaters were 1.1 degree warmer than the other homes, although the average temperature only rose to 17 degrees Celsius – still less than the minimum temperature recommended by the World Health Organisation (18 degrees). However, the houses were really cold (lower than 10 degrees) a lot less of the time. Levels of nitrogen dioxide, a pollutant associated with unflued gas heaters, were also reduced.

This report is the latest from a very impressive programme of research done by the He Kainga Oranga/Housing and Health Research Programme. The first author of this report is Sarah Free who wrote this report as part of her Masters degree in Public Health. She now works at the Home Energy Advice Centre in Wellington as an advisor on household energy efficiency. The Home Energy Advice Centres offer free and impartial advice on heating and insulation and other energy efficiency improvements. They can be contacted on 0800 388 588 (Canterbury, Wellington and Auckland regions) or through their website: www.energyadvice.org.nz. More information and links to the ECCA Energywise website can also be found on the Asthma Foundation website at www.asthmafoundation.org.nz.

People who come from much colder countries are often surprised at how cold our houses are. Most of our houses do not have adequate insulation. Perhaps this is because our climate is generally mild and New Zealanders have tended to regard heating and insulation as optional extras rather than necessities. It does get too cold in winter and we need to do better (I know, I live in Dunedin!) We now have the evidence that having a warm and dry house is not just a luxury, it is important for our health and that of our families.

Our annual Respiratory Educators Conference will be held at the Michael Fowler Centre in Wellington this year on 9 and 10 September.

The conference, themed "*Cough, cough, coughing. All ages, many causes*", will investigate a number of the many causes of persistent cough and aims to raise awareness among health professionals that a chronic wet cough is not normal at any age – its presence should trigger a search for underlying cause(s).

Presentations will be made on practical ways for delegates to help New Zealanders manage their chronic wet cough patients. Current trends and research will be explored and speakers will include doctors, nurses and allied health professionals – all nationally or internationally recognised experts in their field.

Respiratory Educators is open to all health professionals with an interest in working with New Zealanders with respiratory conditions.

You can register or find out more at our website at www.asthmafoundation.org.nz, or for more information email: conference@asthmafoundation.org.nz

Feathers let imagination take flight

The feathers flew at the Novadown Fashioned Feathers Wearable Arts Show in Dunedin during Asthma Awareness Week in early May, showcasing what the public and a number of leading designers can do with feathers, down, fabric and heaps of imagination.

Held at the Otago Museum, finalists strutted their stuff before a judging panel that included fashion designer Margi Robertson from Nom*d and the Chief Executive of the Asthma Foundation, Jane Patterson. The show was followed by an auction of designer garments to raise money for the Foundation.

The overall winner and winner of the fashion category, Aahmes Quince, entered a garment that reflected on the effect asthma can have on people's lives and was made in memory of her father's first wife.

"The fact that my Father's first wife died of asthma meant that there was always a sense of sorrow that my father never managed to suppress," says Quince. "It was like a ghost of memory; it haunted him and my older brothers."

Margi was taken aback by the workmanship and creativity that went into all of the public entries.

"I actually thought people would come out wearing duvets so I was stunned by what I saw," she said on the night. "I was amazed by the creativity and the standard of all the pieces – the workmanship was exceptional."

Margi believed that Quince was the clear winner. "Her piece was just breathtaking. The thought and creativity that went into it as well as the detail and skill made it stand out from the beginning and made the piece a clear winner in my eyes."



From left: Judges Sue Smail from Dunedin fashion store Arthur Barnett, alongside Margi Robertson, designer for label Nom*d and Jane Patterson, our Chief Executive.

The second runner up on the night was Sarah Louise MacDonald who created a 19th Century-inspired period garment. The winner of the creative art section, previous overall winner Senorita Awesumo, made a vibrant rainbow creation inspired by on a creature from Maori legend.

Fashioned Feathers began in 2006 as a way for Novadown to raise money for charity and align their quality bedding with fashion and creativity. The quirky idea was so popular, Novadown says, that established and aspiring designers flocked to be involved.

The partnership with the Asthma Foundation reflects Novadown's involvement in the Sensitive Choice programme, which helps shoppers identify companies that are committed to reducing asthma and allergy triggers.

The auction of donated garments from established Kiwi designers such as Ketz-Ke, Michelle Yvette, Jane Sutherland and Basquesse raised much needed funds for the Asthma Foundation.



Fashion and overall award winner Angels or Ghosts by Aahmes Quince.



Respiratory News / Respiratory Health

Profile:

Teresa Chalecki – Manager Asthma Canterbury

Teresa Chalecki took up the position of Manager of Asthma Canterbury earlier in the year.

Teresa is a Registered Nurse with over 25 years experience. She has worked extensively for DHBs and community based NGOs particularly in medical and aged care services. She is on the Canterbury DHB's hospital advisory committee.

Teresa says she works closely with Christchurch Hospital's respiratory services, and local PHOs to ensure Asthma Canterbury's services are aligned with other such services in the region and to help close the gaps in service delivery and availability.



Asthma Canterbury Manager,
Teresa Chalecki RN.

The first steps to a healthy and happy home this winter

Everyone is entitled to and needs a warm, dry and pollution free home, especially children with asthma.

Research by the University of Otago has shown that insulation and good heating help children with asthma stay healthy, which reduces the number of days they take off school and how many doctors' visits they make.

However, it is estimated that about a million homes in New Zealand are not healthy for the people that live in them.

Do not despair though! You can take a few simple steps to keep your home warmer, drier and pollution free.

The first, (cheaper) line of defence:

- Insulate your curtains; they will retain so much more heat.
- Put in draught strips around doors and windows.
- To keep your home dry, air it on fine days.
- Extract damp air from kitchens and bathrooms.
- Avoid drying washing inside, it makes the air damp.
- Never ever smoke inside.
- When dusting use a damp cloth.

If you're renovating:

- Insulate your ceiling and under your floor.
- Heat pumps, pellet fires and flued gas heaters are healthy sources of heat, while unflued gas heaters are not.

For more information: www.energywise.govt.nz



Our congratulations to June and Sam Jackson, Asthma Foundation kaumatua who were made MNZM (Members of the New Zealand Order of Merit) in the recent Queen's Birthday Honours.

Respiratory Health

101 things that you may not know about spacers

(Yeah, okay, maybe not quite 101).

If you use a Metered Dose Inhaler (MDI) a spacer can help you treat your asthma much more effectively and with fewer side effects.

Spacers are advantageous because:

- When using a spacer up to 50 percent more medicine enters the lungs.
- Less medicine gets left in your mouth and throat. This reduces the side effects of hoarseness or thrush in your mouth and throat from preventer medicine.
- Spacers are a small, more convenient alternative to a nebuliser. Studies have shown that spacers work just as well as nebulisers in acute asthma.
- Spacers with masks can help very young children inhale their medicine.

Using your spacer.

- Before you use a spacer for the first time, you must prime it. This is simply washing it to reduce the amount of static electricity in your spacer so that the medicine does not stick to the sides.
- Shake the inhaler well (holding it upright).
- Fit the inhaler into the opening at the end of the spacer.
- Seal lips firmly round the mouthpiece (or place the mask so it seals around the nose and mouth).
- Press the inhaler, once only.
- Take 1 to 6 slow breaths in and out through your mouth. Do not remove the spacer from your mouth between breaths.
- Remove spacer from your mouth.
- Repeat these steps for further doses.

Cleaning and priming your spacer

- Wash the spacer with warm water and dishwashing liquid.
- Do not rinse.
- Drip dry.

Spacers versus nebulisers

A Cochrane Review of spacers versus nebulisers in acute asthma care done in 2006 concluded that outcomes were not sufficiently worse for spacers. (The Cochrane Reviews is an internationally peer-reviewed medical database with best practice information on it).

Thirty one clinical trials were indexed up until January 2006 involving 642 adults and 479 children for over two years in either a hospital (perhaps inpatient) or community setting.

No significant difference was measured in hospital admissions, Peak Expiratory Flow Rate (PEFR) or Forced Expiratory Volume 1 Rate (FEV₁).

Among children with spacers and MDIs, however, shorter stays in emergency departments, less deterioration in blood gases and lower pulse rates after treatments were recorded.

The conclusion of the study also stated that “spacers could be substituted for nebulisers to deliver beta-2 agonists [relievers] in acute asthma.”

This apparent neutrality from a scientific point of view and the fact that spacers are smaller and more portable, less expensive and faster to use gives them an advantage.

Our Education Services Manager Robyn Ingleton says nebulisers have their place with some respiratory conditions, but generally recommends using a spacer, especially for asthma.



15 year old Alex Fafeita from Masterton has achieved many things despite having bad asthma. Among other sporting feats, he in 2008 and last year won the Men's 16 hammer throw at the New Zealand championships. He is in the top three in the country (for his age and sex) for discus. The Asthma Foundation arranged for a number of asthma stories like Alex's to be told in the media for Asthma Awareness Week.

Alex is a true (young) renaissance man. He is a keen musician too.

Respiratory Health



GASP rolls out to Asthma Societies

A number of the Asthma Foundation's affiliated Asthma Societies will shortly start using the GASP asthma assessment tool (Giving Asthma Support to Patients).

GASP provides a guideline based process to help an asthma educator work with a patient. The evidence suggests that using the tool improves patient outcomes by reducing hospital and emergency GP presentations.

Asthma Hawke's Bay has piloted the use of the tool and the other societies using it have done training. GASP is being rolled out to societies that employ Registered Nurses (some don't and work mainly with COPD patients).

The Foundation helped a team from the Auckland-based PHO Harbour Health, led by respiratory programme manager, Wendy McNaughton, develop GASP.

Assessing your potential home with a residential rating tool

The Asthma Foundation strongly supports the important work being done by the Green Building Council, BRANZ and research consortium Beacon Pathway to develop the Residential Rating Tool.

The tool will help homeowners decide what improvements to make to their home, and help buyers compare the energy efficiency and comfort of their potential investments.

An online self assessment type tool, the hope is that the Residential Rating tool will create a common language for talking about home performance, and that it will create a framework for future government housing initiatives.

The rating tool should be available soon and we will keep *A and R News* readers informed.

GASP is scheduled to be used by these societies at this stage:

Asthma Society Northland,
Whangarei (09) 434 3202

Asthma and Respiratory Management Bay of Plenty,
Tauranga (07) 577 6738

Asthma and Respiratory Services Waikato Inc,
Hamilton (07) 838 0851

Asthma Hawke's Bay,
Napier (06) 835 0018

Tu Kotahi Maori Asthma Trust,
Lower Hutt (04) 939 4629

Asthma Marlborough,
Blenheim (03) 579 1609

Asthma Canterbury,
Christchurch (03) 366 5235

Otago Asthma Society,
Dunedin (03) 471 6167.

