

August 2017

# Asthma Link

Newsletter of Asthma Waikato | Te Ha Ora Huango

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with breathing difficulties*

## From the Manager

A lot has happened since our last newsletter and we are excited to welcome two new staff members. Elyse is our new Respiratory Nurse Educator attending to all respiratory education, and Tania is our Respiratory Support Worker, managing all the referrals and bookings to ensure that all the admin runs smoothly, as well as offering a friendly, welcoming face to clinic visitors.



There have been some changes on the Board too. We have sadly farewellled Robert Bull this month, who has stepped down from the role of Board President. A huge thank you to Robert for his input into Asthma Waikato, particularly during the last year as he helped steer us through times of much change and transition. Grant Horan will take over as acting President until the AGM. With this in mind we are on the look out for someone to take on the role of President permanently so if you are interested or know someone who might be interested, please get in touch with us.

Asthma Awareness month is coming up and the whole of September will be known as "Breathe Better September". We will be raising awareness with our sticker campaign again, on the lids of take-away coffees and also on prescription bags from pharmacies. Could you help raise funds and awareness for us in any way? Perhaps hold a mufti day at work or school for a gold coin donation or hold a bake sale at work to raise money, maybe sell some unneeded things around your house and donate a portion of the profit to Asthma Waikato?

As always we are here to help so get in touch if you would like to find out more.

*Sheryl Long, Operational Manager*

# A Vehicle Upgrade



Jeff de Leeuw, Managing Director GJ Gardner Homes and Sheryl Long, Manager Asthma Waikato.

We are very excited to have been able to upgrade our vehicles. With the kind and generous support of Winger Suzuki, we now have two smart looking Suzuki Celerios. GJ Gardner Homes have very generously provided the support to enable the cars to be sign written and the sign writing design was completed by a local business, BlackPear. We are very grateful for this generous support to upgrade our previously aging fleet to these new cars to ensure the safety of our staff out there on the roads. Jeff de Leeuw, Managing Director GJ Gardner Homes Hamilton states, "With Asthma affecting 1 in 7 children in NZ we all know someone affected by this. Health and well-being is very important to us at GJs and we like to think that we are doing our bit to help raise public awareness. We are proud to support the charitable work being done in our community and feel this goes hand in hand with our commitment to building healthy homes for families here in the Waikato."

## New Staff Brings a New Edge and New Understanding to Our Service



### Meet Elyse

Hi, I'm Elyse and I was born and bred in the Waikato. At the young age of nine months old, I was diagnosed with asthma, and have been living with it ever since. I have a varied background as a Registered Nurse and this, coupled with my first-hand experience of respiratory illness, makes me incredibly excited to have landed my dream role as an Educator for Asthma Waikato. My experience growing up with asthma has made me understand how important it is to teach both children and adults how to manage their asthma effectively, and I look forward to using my skills as a Registered Nurse to improve the health of others.



### Meet Tania

Hi, I'm Tania and I am really excited about joining the team here at Asthma Waikato. I am very familiar with how respiratory illness can effect families having raised two out of my four children with asthma. I am dedicated to making a difference and passionate about working within a team helping individuals and families deal with asthma.

## Family Feedback

"Thank you so much for your time, advice and support. I am thrilled to advise that since we met with you, my daughter Alyssa's asthma has improved 100%. I am also pleased to advise that my whole family are now fully informed and have been supporting Alyssa's asthma plan! As a family we feel a lot more confident in the way we manage asthma in our household! Thank you from the bottom of our hearts for your work, you are very much appreciated!"

*The Watarawi whanau in Tokoroa*



Alyssa Watarawi

## Save the Dates!

### Asthma Waikato AGM

**Date:** September 27th 2017 | **Time:** 11 am

**Speaker:** Heather Burden, Advanced Care Planning

**Venue:** Juke Box Diner Conference Room, 11 Railside Place, Dinsdale

**Notes:** Light lunch provided | **RSVP** to Sheryl: 07 838 0851, sheryl.long@asthmawaikato.org.nz

**BOOK**

**NOW**

### SPIROMETRY COURSE

25TH & 26TH OCT 2017  
9AM-4PM

**GO TO OUR WEBSITE FOR MORE DETAILS**

[www.asthmawaikato.org.nz](http://www.asthmawaikato.org.nz)

# What is a Turbuhaler?

(Some information from Asthma and Respiratory Foundation NZ)



## Question...

- Q:** Is your inhaler device right for you?
- Q:** Are you able to inhale correctly?
- Q:** Are you obtaining the full dose with each inhalation?
- Q:** Have you had your inhaler/device technique checked with a health professional?

**Your inhaler technique should be checked 6 monthly or whenever your inhaler device has changed - your asthma nurse can help you do this with practice tools that make a noise indicating correct inhalation.**

The Turbuhaler is the most common dry powder inhaler used in New Zealand. It has no propellant or carrier added to the medicine. You will hardly notice any powder in your mouth. The recommended age of use is 5-7 years through to adult.

### Turbuhaler 1st use preparation

Before using a turbuhaler for the first time you need to prepare the turbuhaler for use. 'PRIME' your turbuhaler, this only needs to be done when used for the very first time.

1. Unscrew and lift off cover
2. Hold the inhaler upright, do not hold the mouth piece
3. Turn the grip as far as it will go in both directions, you will hear a click!
4. Perform this step twice
5. You are now ready to take your first dose of medication

### Turbuhaler device technique

1. 'Twist' - Unscrew and remove the cover. Hold the turbuhaler upright. Twist the grip.
2. 'Click' - Twist the grip back in the other direction until you hear a click. Your turbuhaler is now loaded with one dose of medicine (one dose is a tiny amount of fine powder).
3. 'Breathe Out' - Breathe out, away from the turbuhaler, as much as able. Do not blow directly into the turbuhaler.
4. 'Breathe In' - Place the mouth piece in your mouth and form a seal with your lips. Breathe in deeply.

### Turbuhaler dose indicator

If your turbuhaler has a dose counter you can see how many doses you have got left. When you see the dose indicator turn red it is time to get a new turbuhaler. Some turbuhalers may not show number of doses but they will all have an indicator window displaying red when running low.

### Some common mistakes when using the turbuhaler

- Not holding the inhaler upright when priming
- Covering the air inlets with lips
- Breathing in through the nose instead of the mouth
- Shaking the inhaler to see how much is left
- Storing inhaler in a damp environment with the cap off



## Tips to Help Clear Phlegm from Your Lungs

Due to the damage which occurs in the lungs of people with chronic conditions such as COPD, bronchiectasis and emphysema, large amounts of sputum (phlegm) can be produced. It is very important to clear this sputum every day to avoid infection. The active cycle of breathing can help with this.

First, establish and practice - **Breathing Control**

- Find a relaxed position.
- Your upper chest and shoulders should be relaxed.
- Place one hand on your tummy between your lower ribs and navel, and the other on your upper chest.
- Breathe in through your nose, you should feel your tummy move out as you breathe in and your upper chest should stay still
- Breathe out gently through your lips, your tummy will move in as you breathe out

Now you have established Breathing Control, practice the **Active Cycle of Breathing**

① Breathing control > ② 3 or 4 deep breaths > ③ Breathing control > ④ 3 or 4 deep breaths > ⑤ Breathing control > ⑥ Huff\* and cough to clear

\*A huff is a small breath in and a fast breath out through an open mouth (like you do to clean a spot off glass). Huffing is more effective than coughing to clear phlegm.

**Asthma  
+ Respiratory**  
FOUNDATION NZ

**Breathe  
Better  
September**



Asthma and Respiratory Foundation NZ

**BALLOON  
DAY**

As we approach National Breathe Better Awareness month and Balloon Day, Friday 8th September, it seems timely to think about what better breathing means. Obviously, for those without respiratory illness, the simple act of breathing is largely a subconscious activity that barely gets a second thought. It's not until a cold or respiratory virus comes along that suddenly the lungs get some appreciation for the hard work they do all day. Did you know that an average person breathes in around 11,000 litres of air every day? Older children and adults usually breathe about 12-20 times per minute. That's 17,000-30,000 breaths per day – or more! And that's just when the body is at rest.

But for many, breathing is something that is definitely not taken for granted and is very much a conscious and exhausting activity, peppered with wheeze, breathlessness and cough. Asthma puts 26,000 children in hospital every year and COPD (Chronic Obstructive Pulmonary Disease) affects more than 200,000 New Zealanders. To understand how a person with COPD feels try this:

- Take a deep breath in
- Now let out only half of it
- Now continue to breathe at that level only.

Feeling puffed?

And did you know these things?

- 1 in 7 children have asthma in NZ
- 63 people die from asthma every year – that's more than one a week!
- Respiratory illness affects more than 700,000 people in NZ and is the 3rd leading cause of death.

So everybody knows somebody who has respiratory illness. Please donate and help Asthma Waikato keep on helping the people of the Waikato. To donate visit our website <http://www.asthmawaikato.org.nz/page/how-to-donate/> for a list of all the ways you can donate.

*Thank you to everyone who helps Asthma Waikato, in particular our Primary Supporters:*



*Kiwis of all ages are dying from asthma each year!*  
You can help save their lives by supporting us to educate and prevent this happening...



DONATE NOW

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