

Barwon South West Regional Respiratory Newsletter

May 2010
Issue 5

Welcome to the first edition of the Barwon South Western Regional Respiratory Coordinator's Project newsletter for 2010.

The year is well under way with first term school holidays and Easter well in the past already. We are all back in full swing with Pulmonary Rehabilitation programs, Asthma Education and Respiratory Health Care.

Maybe now is a good time to think about updating or extending our knowledge by enrolling in one of the excellent Lung Health Promotion Centre courses at The Alfred or make plans to attend a Professional Development day or conference offered by AAREA, Asthma Foundation, PCP's and other health services in our region.

Notes from the BSW Regional Respiratory Update Seminar held in Hamilton in September 2009 will no longer be available on the WDHS website link but they will still be available on DVD from WDHS Education Centre if anyone wishes to obtain a copy.

It is also **Flu vaccination** time again. Now is the time to encourage people who are in the high risk categories in our communities and us as health professionals, to have the Flu vaccination. See 'Media Statement' item below concerning Flu vaccine and young children.

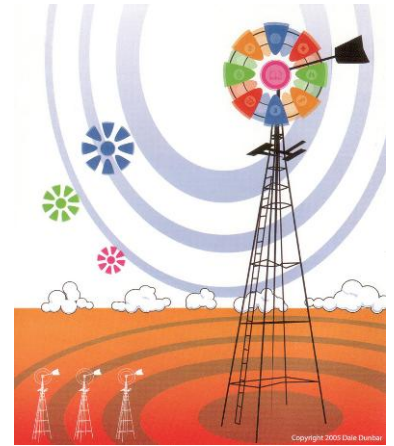


In this edition we have an article on Spiriva® by Dr Andrew Bradbeer and information on upcoming courses and conferences for 2010. If you have an article of interest or wish to discuss any issues or problems you may be experiencing in your role as Respiratory Health professionals please email me on the following address:

robyn.beaton@wdhs.net

Regards, Robyn.

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Seasonal Flu Vaccine and young children

A media statement was released by the Department of Health and Ageing on 23 April 2010 advising GP's and immunisation providers to suspend the seasonal flu vaccine to children five years and under pending further investigation 'following an apparent spike in the number of children in WA experiencing fever and convulsions'.

The statement advises that 'people over the age of five years can continue to be vaccinated against seasonal influenza as per usual'. It further advises that it is safe to have the swine flu vaccine'.

The statement further advises that "it is expected that the dominant flu this winter season will be swine flu and the specific Panvax vaccine is available free for all Australians"

All adverse events following immunisation should be reported to the Therapeutic Goods Administration (TGA).

CMO media release - 23 April 2010

Keep up to date with this issue on the following website:

http://www.healthemergency.gov.au/internet/healthemergency/publishing.nsf/content/health-swine_influenza-index.htm

View the last edition of this e-newsletter online:

there is now a link to previous editions of the BSWRR newsletter on the WDHS website. To access this simply go to www.wdhs.net then click on Our Services / BSW Regional Respiratory Project.



Updates and Resources:

2010 - The Year of the Lung

2010 has been declared The Year of the Lung.

The excellent website designed and maintained for this campaign on <http://www.yearofthelung.org> advises that “hundreds of millions of people around the world suffer each year from treatable and preventable chronic respiratory disease; acknowledge that lung health has long been neglected in public discourse; understand the need to unify different health advocates behind one purpose; express the urgency for increased awareness and action on lung health.”

According to the website -The aim of the overall campaign is to” raise awareness about lung health among the public, initiate action in communities worldwide, and advocate for resources to combat lung disease including increased investment in basic, clinical and translational research worldwide. A key initiative is to begin to build a social movement for greater public awareness and policy action”.

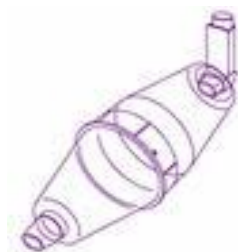
On the website you will find:

- The latest news updates
- Lung news
- Fact sheets
- Twitter news
- Forthcoming events –World Asthma Day 4 MAY 2010
- How to get involved by –becoming a Partner, a Supporter or Develop local activities.

Spacer Information:

Attention Respiratory Educators:

Single and multi use spacer list available from The Lung Health Promotion Centre at the Alfred. Special prices are available to respiratory educators when ‘quantities’ are ordered. Please contact lunghealth@alfred.org.au if you would like a copy of the list.



Lung Foundation - Better Living with COPD - A Patient Guide:

Please note slight price rise to \$10.00 + P/H of this excellent handbook for patients (and health professionals)



Better Living with Chronic Obstructive Pulmonary Disease

Funded by the Australian Lung Foundation, this new booklet has been developed for people with COPD and their families, carers and health professionals involved in the care of people with COPD.

Cost \$10.00 +p/h

To order, go to the following link:

www.lungfoundation.com.au

Farewell Ev Thuma

Ev Thuma, Asthma/Respiratory educator at Western District Health Services, Hamilton has resigned from her position as Respiratory Educator after a dedicated service of some 36 years, many of which were devoted to educating children and adults about their *respiratory condition and its management*. We thank Ev for her many years of service and wish her well in her retirement where she plans to indulge in her passion for cooking and painting at this stage. Farewell and thankyou Ev.

Asthma information packs for patients and parents.

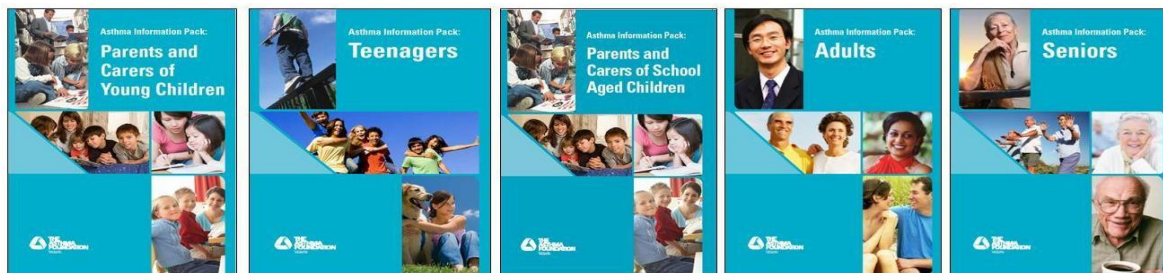
The Asthma Foundation of Victoria has excellent resource kits available for Parents of young children, teenagers, adults and seniors. To order your free Asthma Information Kit please contact the Asthma Foundation of Victoria's HelpLine at advice@asthma.org.au or call 1800 645 130.

-Small quantities of the kits are free. Larger quantities as per the order form.

<http://www.asthma.org.au/>

New Asthma Information Packs Available!!

The Asthma Foundation of Victoria has made available new Asthma Information Kits. These kits contain all relevant information and resources to assist you in understanding asthma and making informed decisions.



To order your free Asthma Information Kit please contact the Asthma Foundation of Victoria's HelpLine at advice@asthma.org.au or call 1800 645 130. To find out more [click](#)

THE ASTHMA CHILD AND ADOLESCENT PROGRAM ACAP)

The **Asthma Child and Adolescent Program** will provide information and training for schools (**and preschool staff from June 2010**) to learn about asthma management and how to respond in an emergency. This program will also provide information for parents and support adolescents to improve their asthma self-management.

How to book a Free Staff asthma education session?

As part of the Asthma Child and Adolescent Program (ACAP), the Asthma Foundation of Victoria offers a FREE staff education session to all Victorian Schools. This is a 1-hour session and can be held in your school at your convenience.

To organise a staff asthma education session in your school, please complete and return the education session request form below, contact the ACAP team at the Asthma Foundation of Victoria on (03) 9326 7088 or 1800 645 130 or email schools@asthma.org.au

Article of interest

Dr Andrew Bradbeer, specialist Respiratory and Sleep physician, *Regional Respiratory Medicine*, Hamilton, has kindly given permission for the publication of the following article on Spiriva® which he posted on his blog in January this year and I thought it may be of interest to other readers of this newsletter.

Can Spiriva® Save Lives?



Image source: www.pharmaceutical-technology.com/projects/ro...

Tiotropium (Spiriva®) is almost universally prescribed for treatment of chronic obstructive pulmonary disease. It has been demonstrated to improve lung function (better spirometry, less air trapping) and health-related quality of life, and to reduce the frequency of exacerbations and hospitalizations in studies that compared use of tiotropium to placebo.

But can it save lives?

To date, several interventions in particular clinical settings in patients with COPD have been demonstrated to improve survival. These include; smoking cessation; use of supplemental oxygen in patients with persistent and profound hypoxaemia (low blood levels of oxygen); use of non-invasive ventilation in patients with ventilatory failure (high levels of carbon-dioxide in the blood; and even lung volume reduction in a very select group of patients. An analysis of data collected in the previously-published [UPLIFT](#) trial was [released in the Blue Journal in mid-November](#), and suggests that tiotropium used regularly may be added to this list.

This was an interesting study. Two groups of patients (totaling 5993 patients) with COPD were randomized to receive either tiotropium or placebo. They were allowed to take any other inhalers except anticholinergics, and were even allowed to smoke (30% of them were smokers). Many patients discontinued the drug (44.6% in the placebo arm and 36.2% in the treatment arm) but continued in the study over its four year duration, and then a 30 day follow up period, during which tiotropium was stopped and ipratropium (Atrovent ®) administered. .

During the 1440 days of the treatment period, 411 patients died while receiving placebo and 381 while receiving tiotropium (Hazards ratio (95% CI) 0.84 (0.73-0.97) p-0.016). If those in the two groups who discontinued treatment were included there was still a significant difference (491 vs 430, HR 0.87 (0.76-0.99), p-0.034). However, the follow-up period was a particularly bad one for those in the tiotropium group. During that period, 16 patients from the tiotropium group died, as opposed to only four from the placebo group. Six of those 'tiotropium group' deaths were patients who had remained on the medication right up until the end of the study – raising the question of whether withdrawal of the medication may have been harmful. By the end of the follow-up period, the survival difference was not statistically significant.

In a sub-group analysis it seemed as if smoking status at baseline might be a significant differentiator. Not too much was made of this in the discussion, but certainly for those patients still smoking there was no difference in risk of death between the two groups (medication vs placebo).

I think that the study design was a bit messy, including smokers and non-smokers and with a real hotch-potch of other inhalers in play. In this regard, however, it can certainly claim to be like real life. This recently-published new analysis of old data from the UPLIFT study gives us even more reason to prescribe tiotropium, and encourage our patients to remain on it.

Andrew

POSTED BY RRM WEB LOG AT [FRIDAY, JANUARY 01, 2010](#)  

LABELS: [COPD](#), [SPIRIVA](#), [TIOTROPIUM](#)

The Regional Respiratory Medicine (RRM) blog is informative and interactive and your responses and comments are welcomed. The address is <http://regionalmedicine.blogspot.com> From here there are links to the website where you can sign up to receive their monthly newsletter or download patient information pertaining to respiratory and sleep disorders and you can even sign up to follow Dr. Bradbeer on twitter.

AAREA Training Planner 2010 (VIC)

Victorian PD Day: Geelong

DATE: 10th May 2010

TIME: 9.00am -3.30 pm

VENUE: The Geelong Conference Centre
Adams Court
Eastern Park
Geelong VIC 3220



FEES: AAREA Members: \$55.00, Non-members: \$120.00

ENQUIRIES: Judy Wicking **Mb: 0407 562 097** Chelsea Gielen **Mb: 0407 156 051**

Booking form and program available at <http://aareducation.com/AnnouncementRetrieve.aspx?ID=28711>

2 Day Respiratory Symposium –

23rd - 24th October 2010 Canberra:

Here's an idea! *Why not consider a trip to Canberra in the school holidays. Take the family. They can attend the famous 'Floriade' festival which runs from Sat 11th September – Sunday 10th October 2010 while you attend the 2 day Symposium The Respiratory Symposium has been scheduled during the school holidays to facilitate this possibility.*

Conferences and course dates:

The Alfred Lung Health Promotion Centre Courses for 2010

Visit The Lung Health Website for enrolment details and
EARLY BIRD RATES.

www.lunghealth.org

Course	Dates 2010
Asthma Educator's Course (\$650)	14 – 16 July 10 - 12 November
Presenting & Educating With Confidence (\$240)	17 July 13 November
Smoking Cessation Facilitators Course (\$550)	9 - 10 June 20 – 21 October
Using Positive Psychology For Life & Work (\$240)	24 June
Paediatric Respiratory Update (\$240)	3 June
Asthma Management Update (\$240)	21 July
Non Invasive Ventilation (NIV) Acute Management (\$240)	4 June
Respiratory Clinical Update (\$240)	29 July
Respiratory Course (\$875)	21 – 23 April / 26 – 27 May 15 – 17 Sept / 27 – 28 Oct
Managing COPD – There IS something you can do! (\$480)	26 – 27 August
Spirometry Principles & Practice (General \$660 / Public Hospitals & Universities \$520)	24 – 25 May 12 – 13 August 4 – 5 November
Introduction to Spirometry Workshop (1/2 day) (\$120)	23 July

www.web links

National Asthma Council
www.nationalasthma.org.au

Pharmaceutical Society of Australia
www.psa.org.au

Asthma Victoria
www.asthma.org.au

Global Initiative for Asthma
www.ginasthma.com

Lung Health Promotion Centre
www.lunghealth.org

Australian Lung Foundation
www.lungfoundation.com.au

Cochrane Library Centre
www.nicsl.com.au/cochrane

Global Initiative for COPD
www.goldcopd.com

Asthma & Resp Found of NZ
www.asthmanz.co.nz

Asthma Research Online
www.astharesearch.org.au

Bird health for e-chambers
Birdhealthcare.com

* All course fees are GST inclusive

For further information or to register for a course, please contact the Lung Health Promotion Centre at The Alfred on (03) 9076 2382, email lunghealth@alfred.org.au or visit www.lunghealth.org.

2011 Asthma Foundations National Conference

08-Mar-2011

The 2011 Australian Asthma, Allergy and Anaphylaxis Conference will be held from Tuesday 8th to Thursday 10th March, 2011 at The Sebel, Albert Park Melbourne, hosted by the Asthma Foundation of Victoria.

As indicated in the Conference title, the scope of the 2011 national Conference conducted by the Asthma Foundations has been broadened to encompass the areas of asthma, allergy and anaphylaxis. The 2011 Conference will be for all professionals who have an interest in or care for people with these conditions. Over three days, the 2011 Conference Program will explore the latest in the diagnosis, management and education of asthma, allergy and anaphylaxis through presentations from keynote speakers and interactive practical workshops.

If you would like to be on the mailing list for further information about the 2011 Australian Asthma, Allergy and Anaphylaxis Conference you can register your interest by sending an email to conference@asthma.org.au or call Garry Irving at the Asthma Foundation of Victoria on (03) 9326 7088
NSW 2250

Reminder

Previous newsletters and presentations from the BSW RR Update seminar held in September are still available on the following website
<http://www.wdhs.net/services/BSW%20Respiratory.html>

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