Sailor the Puffer Fish educates kids at 77 schools in the North Island

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We’d love to hear from you!
Send comments, questions, ideas or your stories to marketing@asthmaandrespiratory.org.nz
In April we held the New Zealand Respiratory Awards, which celebrated the success of inspiring New Zealanders living with a respiratory condition, as well as recognising the important role that the media plays in respiratory education. Some incredible personal stories came out of the night, and it’s these accounts that really inspire us at the Foundation to work harder, work as one, and to never give up.

I personally don’t have asthma but I know what it’s like to struggle to breathe. Over 18 years ago, I was involved in a very serious accident which resulted in me lying on the side of the road. Blood was filling up my lungs and I couldn’t breathe. This created a huge amount of fear, and I felt helpless and alone.

That fear of not getting air and not being able to breathe freely is still with me every day. For those who have a respiratory condition or have been in that place where you’re struggling to breathe, I get you and understand what it’s like.

Change can happen from a single incident, and I wouldn’t be here today if it wasn’t for that accident, which is now one of my biggest motivators at the Foundation.

Respiratory strategy
The Foundation launched the country’s first ever respiratory strategy in November 2015, which has enabled us to have great dialogue with government. After Budget 2016 in May, Health Minister Jonathan Coleman announced to the media that chronic respiratory diseases are now a priority for health research.

New website
I’m also very pleased to announce that a few months ago, we launched our new website. A lot of time was spent behind the scenes in getting it together and now, it is user-friendly, easy to navigate and has some interesting personal stories from people around the country. If you haven’t done so, please check it out at asthmaandrespiratory.org.nz.

We’ve also developed a research portal, which is a knowledge centre for healthcare workers. Pulling together research from all around the world, it’ll be the go-to place for anyone wanting to know more information about respiratory health.

Raising awareness
Our busiest time of year in terms of raising awareness for asthma will start in August.

Asthma Awareness Week is between 29 August – 4 September and Balloon Day takes place on 2 September.

We’re also excited to announce a new campaign called Breathe Better September, which is focussed on all respiratory conditions. See page 15 to find out how you can get involved.

Finally, the Foundation’s new slogan is, “Better breathing, better living”, which is all about you. It is so important to us to keep hearing and sharing your stories, which is how we can create change and increase awareness. Do you have a personal story to share? What motivates you?

John Wills
Chief executive
Asthma and Respiratory Foundation NZ
The inaugural Respiratory Media Awards was held in Wellington in April, which recognised the important role the media plays in respiratory education.

The Achievers Awards ceremony took place on the same evening at Te Papa and highlighted the importance of working together to fight respiratory disease in New Zealand. The evening was hosted by Foundation Ambassador and TV presenter Erin Simpson, and we heard from previous Achiever winner Nicole Doriguzzi, who spoke of her adventures of helping street dogs in Chile, despite battling asthma and cystic fibrosis.

Chief Executive John Wills also unveiled the new Foundation brand and website, and spoke of the change it represents for our work moving forward.

Guests were also treated to a surprise kapa haka performance by the incredibly talented Te Tira Whakaau, from Wainuiomata High School.

It was clear how moved the audience was after hearing stories from the amazing Achievers winners, such as Cody Forbes Award for Courage winners, Davis Herniman and his mum Regina Walker.

We are proud to have been able to bring together inspiring everyday Kiwis, outstanding journalists and some of the top people in the healthcare community to raise awareness of respiratory disease in New Zealand. Thank you to everyone who helped us celebrate the 2016 New Zealand Respiratory Awards!

New Zealand Respiratory Awards 2016
The Respiratory Achievers Awards takes place every two years to celebrate the success of New Zealanders who have achieved great things in spite of their respiratory condition.

“It’s so good to see the lives of these people being celebrated here.”

~ Professor Michael Baker, University of Otago
Here are the 2016 winners

Respiratory Achievers Awards
- Asthma 5 – 12 years old
  Jaide Campbell
- Asthma 13 – 18 years old
  Josh Marker
- Asthma adult
  Holly Pittar
- COPD
  Pauline Mohi
- Other respiratory conditions
  Emily Arps
- Cody Forbes Award for Courage
  Davis Herniman and Regina Walker

Respiratory Media Awards
- Print and online media category
  Cate Broughton – Tough road for asthma boy
- Radio category
  Laura Bootham – High rates of respiratory disease a national scandal
- Television category
  Fleur Revell-Devlin and Mark Devlin – Asthma survey cracks down on early diagnosis
- Health industry media category
  Virginia McMillan – Asthma study highlights unequal outcomes for Māori children

It’s awesome to acknowledge all the people who are out there really working hard to control their asthma.

– TJ Ranga, Tu Kotahi Māori Asthma Trust

It’s just one of the most moving events.

– Dr Prudence Stone, The Smokefree Coalition
In New Zealand, one in seven kids take medication for asthma, and research shows that entering school with the disease can result in low reading achievement. This can be quite debilitating and we want all kids to be confident, healthy and participating fully at school.

Every year, we run Dance4Asthma to raise the profile of asthma in our communities in a fun and positive way.

Dance4Asthma ran in term 2 this year, encouraging schools to put together a dance video to the 2016 Dance4Asthma song and post it on YouTube.

Dancing is a fun and creative way to keep active and fit, which is especially important for people with asthma. Now in its fifth year, the 2016 Dance4Asthma involved more than 40 schools helping us raise awareness through dancing. These schools received free Dance4Asthma packs that included balloons and asthma resources.

**Lorde joining the Team**

We were excited to have Kiwi singer Lorde donate her song Team to the Dance4Asthma campaign. Ambassador Erin Simpson and professional dancer and choreographer Allister Salaiavao from the Prestige dance crew stepped forward to judge the competition.

**Congratulations to the following winners**

- Ranui Primary School (Primary school category)
- Tawa Intermediate (Intermediate school category)
- Central Hawke’s Bay College (Secondary school category)

These three winning schools each received a $1000 cash prize to spend on items, such as technology and educational materials.

A huge thank you to all schools who participated and encouraged their students to get involved and be active.
Nationwide bronchiolitis support group

Melissa is the mother of James (5) and Amelia (2) who both have had bronchiolitis. Melissa has endured much heartache in witnessing her son James be hospitalised 10 times from the condition before he reached the age of two. These were extremely frightening experiences for the whole family, as James’ intense laboured breathing and very low oxygen levels resulted in hospital stays lasting four to five days.

Due to James’s frequent bouts of bronchiolitis, Melissa and her husband Ian decided the best course of action was to isolate him from social environments where he would be exposed to viruses. They kept him at home until he was three years old, when they felt his body was developed enough to cope with more exposure.

However, Melissa felt socially isolated after having to stay home for three years keeping James safe. She decided to help others in a similar situation by connecting with them and providing the support that she would have benefited from greatly.

So in May 2015, Melissa created the Facebook support page Bronchiolitis & Child Respiratory Support Group NZ, for parents and caregivers of children who suffer from bronchiolitis and other respiratory conditions.

It has been my privilege to see humanity at its best with people supporting each other when they most need it.  

– group member Sarah Toplis

If you would like to join the group, search for Bronchiolitis & Child Respiratory Support Group NZ on Facebook.
1 in 6 people live with a respiratory illness. It is the third leading cause of death, and costs the country $5.5 billion per annum. These statistics are only getting worse.

**Action needs to be taken now.**
Breathe Better September is a national movement for Kiwis to show their support. We believe everyone has the right to breathe better. Do you?

“**Everyone deserves the right to breathe better!**”

**Make your voice heard by signing our photo petition.**
Get a piece of paper or turn this one over, write: “Breathe Better September”, take a photo holding it up and send it to: marketing@asthmaandrespiratory.org.nz

[Website link: breathebetterseptember.co.nz]
Did you know

1 in 7

Children struggle to blow up a balloon?

Help us raise awareness

Asthma Awareness Week
29 August - 4 September 2016
Health professionals

Improving respiratory health for Pacific peoples

Api Talemaitoga is a Fijian GP working in Auckland and Christchurch, with over 28 years’ experience in medicine here and Fiji. He has a keen interest in respiratory issues for Pacific peoples living in New Zealand, and exploring solutions on how to improve their conditions.

About seven per cent of New Zealand’s population is Pasifika and the community is growing. However, they face a huge amount of inequality in terms of their health outcomes and receiving health care. “Pacific peoples experience persisting disparities in health outcomes, higher rates of chronic disease and risk factors for health, and lower access to quality health services,” Api says.

“Despite a First World health system, Pacific peoples in New Zealand do not receive the full benefits from this. They suffer from the twin burdens of non-communicable diseases and infectious diseases, and nowhere is this better represented than in respiratory health,” Api says.

About seven per cent of New Zealand’s population is Pasifika and the community is growing. However, they face a huge amount of inequality in terms of their health outcomes and receiving health care.

Health literacy

Api explains that while Pasifika are good at getting the treatment for their health condition, their health is not improving. They are being given the same therapies as other groups, yet have very different outcomes.

“This is where the health literacy discussion comes in. When we are explaining the treatment or the advice, we need to ‘language’ it in a way that we feel understood by someone who perhaps has a lower education level.” Api checks for patient understanding by asking them to repeat back what he has told them.

Cultural aspects also come into play. Pacific peoples respect doctors to such a great degree that they don’t want to waste their time. Because of this they are unlikely to ask questions if they don’t understand anything.

Community engagement

Pasifika cultures are collectivist societies and so community engagement is incredibly important.

The Ministry of Health recommends that programmes need to be designed by and for Pacific peoples, using culturally appropriate content and delivery methods, and which are offered in community gathering places.

For example to quit smoking, telling a Pacific person to call Quitline will not work. Health initiatives need to involve places of gathering such as the church, and get leaders such as church ministers and their wives on board in order to be effective, Api says.

Models of care

New models of care, activities and interactions within communities need to be implemented with a Pacific focus, Api says. “We’re lucky to be working with Pacific PHO and Alliance Health Plus Auckland to set up [these] community programmes.”

People in Pacific communities face a cost barrier to picking up medical prescriptions from the pharmacy. The community programmes use the assistance of nurses and community health workers to follow up...
whether people got their prescription, and how they can help if they didn’t.

“We’ll also be working with the pharmacy within the practice, to try and bridge some of that complex gap,” says Api. “The model of care work is well-known in the communities out there. We just need to ask the communities that we live and work in, and they’ll tell us how it’s done.”

Pacific workforce

It’s also important to have more Pacific peoples working in healthcare. There is an urgent need to grow the size and experience of the Pacific health workforce so that respiratory health services better reflect the communities they serve, Api says.

While seven per cent of New Zealand’s population is Pacific, only three per cent of the Pacific population is employed in the regulated health workforce. To encourage young Pasifika to enter the health workforce, an Auckland college offers students an extra period of science to enable them to get through to university level.

An increase in Pacific health workers will mean more people who are best placed to deliver care that works and is easy to access.

This article is based on Api’s insightful and thought-provoking presentation at the New Zealand Respiratory Conference 2015.

For the first time, the conference will be held at the exciting new venue of the Pullman Hotel in Auckland, with an exceptional line-up of speakers not to be missed!

The conference will feature well-known local and international speakers in the fields of respiratory and allergy health, including Professor Innes Asher, Professor Jeroen Douwes, Professor Richard Beasley, Associate Professor Cameron Grant and keynote speaker Stefano R Del Giacco.

The theme is ‘Today’s Research, Tomorrow’s Practice’, where we will discuss, debate and focus on ways to bridge the gap between what we know and what we do, resulting in practical and current information to implement in everyday practice.

Delegates will gain an understanding of how asthma and allergies can be addressed and treated with the most up-to-date, best practice guidelines.

New Zealand Respiratory Conference Date: 24 – 25 November 2016 Location: Pullman Hotel in Auckland Early bird rate: $390 inc GST

For any queries contact Catherine Davenport on catherine@limeandsoda.co.nz or 09 214 7440.

Hurry, the early bird rate closes 24 August. Visit nzrc2016.com now to register!

The Asthma and Respiratory Foundation NZ is pleased to announce we have joined forces with Allergy NZ to bring you the New Zealand Respiratory Conference 2016.

Keynote speaker from Italy

This year we are pleased to have keynote speaker Stefano R Del Giacco, Assistant Professor of Medicine and of Allergy and Clinical Immunology at the University of Cagliari in Italy, present at the conference. His research interests include asthma and allergy and autoimmune diseases, with a particular focus on psychological aspects of asthma, asthma and allergy in sports practice, and on the role of allergy in asthma.
International research

Physical activity found to decrease risk of mortality in COPD

Any amount of moderate to vigorous physical activity can reduce the risk of mortality after hospitalisation for chronic obstructive pulmonary disease (COPD), according to a new study.

The research, published in *ERJ Open Research*, significantly adds to the mounting evidence that physical activity should be used to monitor and treat patients with COPD.

Patients with COPD can be hospitalised if they experience an acute exacerbation of their symptoms. Rehospitalisation and death rates are high following any initial hospitalisation and in addition, hospitalisations due to severe exacerbations of COPD account for up to 70 per cent of the healthcare costs associated with COPD. It is crucial that healthcare professionals can identify patients at a high-risk of re-admission.

Researchers studied health records of 2370 patients from Kaiser Permanente Southern California who were hospitalised for COPD for one year, looking at exercise as a vital sign which was self-reported in the clinic as a measure of physical activity and monitoring deaths from all causes within that time frame.

The results found that patients who were active had a 47 per cent lower risk of death in the 12 months following a COPD hospitalisation, compared to inactive patients. Patients who were active but at insufficient levels still maintained a 28 per cent lower risk of death, compared to inactive patients.

The authors concluded that monitoring levels of physical activity with a simple exercise "vital sign", could help healthcare professionals identify, monitor and treat those patients at a high risk of death following hospitalisation.

Lead author, Dr Marilyn Moy, Assistant Professor at Harvard Medical School, commented: “We know that physical activity can have a positive benefit for people with COPD, and these findings confirm that it may reduce the risk of dying following hospitalisation for an acute exacerbation. The results also demonstrate the importance of routinely assessing physical activity in clinical care to identify high-risk patients as part of a larger strategy to promote physical activity in this highly sedentary population.”

Depression may hamper COPD treatment

Many people with chronic obstructive lung disease (COPD) also suffer from depression, and a new study finds this problem can impact their treatment.

With a prevalence of 17 - 44 percent, depression remains one of the most common, yet least recognised and under-treated, comorbidities among patients with COPD, University of Maryland researchers say.

COPD is the third leading cause of death in the US. More than 11 million Americans have been diagnosed with depression, but an estimated 24 million may have the disease but be unaware of it, statistics say.

The researchers obtained Medicare administrative claims data and assessed a five percent random sample of Medicare beneficiaries (average age 68 years) from 2006–2012.

Adherence was based on the number of prescriptions filled. Presence of depression was defined as at least one diagnosis code on at least one inpatient claim, or at least two outpatient claims during the study period.

Of the 31,033 beneficiaries meeting inclusion criteria, 20 percent were diagnosed with depression following COPD diagnosis. Average monthly adherence to COPD maintenance medications was low, peaking at 57 percent in the month following first fill, and decreasing to 25 percent within 6 months.

This is the first study to look at how depression affects adherence to COPD treatment, the researchers said of their study, which appears in Annals of the American Thoracic Society.

Article courtesy of: newsmax.com
No need to feel breathless

Four years ago, Pauline Mohi from Christchurch was living each day with shortness of breath and constant coughing. She thought it was normal and part of growing old but eventually found out she had chronic obstructive pulmonary disease (COPD). We talk to Pauline and Teresa Demetriou from the Asthma and Respiratory Foundation NZ about COPD.

Symptoms
Before Pauline was diagnosed with COPD she describes her symptoms as, “Absolute shortness of breath and constant coughing. I thought the breathlessness was part of growing old. I had also tried every cough medicine in the chemist but none of them worked.”

Teresa, the education services manager at the Foundation says, “Other symptoms of COPD include difficulty breathing – especially with exercise – and the presence of phlegm, bronchitis and wheezing. It’s important for anyone experiencing any of these symptoms to get a check-up at their doctor.”

Causes
Pauline says: “COPD was unfortunately caused by myself through smoking years ago.” When she was first told she had COPD she was in disbelief, as she hadn’t smoked in 25 years.

“Smoking is the most common cause of COPD, however some people can develop COPD from being exposed to air pollution, dust or chemicals. This includes being exposed to second-hand smoke for long periods of time,” says Teresa.

Diagnosis
Pauline probably wouldn’t have gotten her symptoms checked by the doctor if it wasn’t for the persuasion from people she was working with. “I would have kept on putting up with it for some time. Other than being breathless, I was reasonably healthy. I thought, ‘Oh gosh, I am not very fit.’”

Pauline was also not used to seeking professional health advice. “I just never had to go to the doctor – I was never unwell,” she says.

COPD is often undiagnosed and so 200,000 (or 15 per cent) of the adult population may be affected

“The condition can be diagnosed through a simple lung function test, known as spirometry. We recommend people aged 35 or over who smoke, or who have previously smoked, to ask their doctor about having a spirometry test done,” says Teresa.

Management
To manage her COPD, Pauline first completed pulmonary rehabilitation for eight weeks. The rehabilitation is an exercise and education programme for people with chronic respiratory diseases like COPD.

When the doctor first suggested the programme to Pauline, she thought, “If I’m breathless, why are you telling me to go to an exercise class? That’s ridiculous.”

If I’m breathless why are you telling me to go to an exercise class, that’s ridiculous.

To her and many others, it didn’t make any sense. She says for this reason she hears time and again that many people don’t go to the classes. But now, after completing the rehabilitation, Pauline is an advocate. “It’s changed my life in many ways.

“It’s not easy to start off with, you’re just so breathless you think, ‘This is crazy’. You just need to get past that point and keep persisting. I’m much healthier now and can breathe a lot better than four years ago.”

For further information about COPD, visit asthmaandrespiratory.org.nz.
Sensitive Choice®
Wash those triggers away

If you or a loved one has asthma and/or allergies, follow these simple laundry and bedding tips to reduce triggers in your home environment.

1 Keep your home dry
Many houses in New Zealand are notoriously damp and cold, making them harder to heat and difficult to rid of harmful triggers, such as mould. To prevent mould and dampness, it’s important to keep your indoor environment healthy and dry. As the weather permits, dry your clothes outside on the washing line. During wet weather, hang your clothes in an area of your house, such as a closed-off conservatory, that prevents moisture from entering inside. When using a clothes dryer, make sure the vent is connected to the outside.

2 Banish those allergens
House dust mites are the most common allergen source in New Zealand’s humid climate. Most of the allergen comes from the mites’ faecal pellets, with their body fragments also contributing. To get rid of dust mites, wash sheets and pillowcases weekly in water hotter than 55°C. This will kill the mites and wash away the allergen they produce. Hot tumble drying of washed items for 10 minutes after they are dry will also kill them. Dry cleaning is not as effective as although it will kill house dust mites, it won’t remove their allergens.

3 Reduce exposure to dust mites
A significant amount of exposure to house dust mites comes from your bed. All mattresses harbour dust mites, so it’s incredibly important to cover your mattress, quilt and pillows with mite-resistant cases. These are an efficient way of keeping the dust mites inside mattresses and stopping the food supply from entering into mite colonies. Keep in mind they do need to be washed regularly, and a full encasement is better than a cover.

4 Use treated bedding and underlays
It’s important to use bedding that has been treated with an antimicrobial product. The bedding is treated during manufacturing to provide continuous protection against the growth of bacteria, mould, mildew and fungi. Look for antibacterial products, such as Microban, Ultra-Fresh®, Sanitized® or HealthGuard®, which are better choices for people with asthma and allergies.

5 Avoid fragrances
Fragrances can be an allergen for some people. Ideally, if you’re allergic to fragrances you should know which fragrances to avoid. If you don’t, your doctor is the best point to start, and you may be referred to an allergist for skin-prick testing. People with sensitive skin should avoid laundry products with strong fragrances as these can be a common skin allergen. Also, make sure not to overload the washing machine, as clothes in an overly full machine are not rinsed well.

Earthwise
Back in 1964, in a garden shed in Orini, New Zealand, the Earthwise story began. There was a simple purpose then, to create products that are better for people, and for the world they live in. That purpose still exists today and is delivered through a broad range of natural cleaning products, made by passionate, caring Kiwis who understand the symbiotic relationship between the wellbeing of people, and their environment. The incredibly popular range of Earthwise household cleaning products is highly effective and gentle on the planet, without compromising on quality of performance.

Earthwise Fragrance Free Laundry Powder is a plant and mineral-based formula suitable for top loaders, front loaders and hand washing. It has no added fragrances, which means it is suitable for sensitive skin types. This low-suds formula is concentrated so only a small amount is required to leave your clothes fresh and clean. It’s safe for grey water and septic tanks and contains biodegradable surfactants – a gentler choice for you and the environment.
News

Refreshed brand and website

In April we launched the Asthma and Respiratory Foundation NZ's revamped website, where you’ll find the latest research, useful resources, personal stories and health management advice in a user-friendly and mobile-friendly format. If you haven’t done so yet, check it out: asthmaandrespiratory.org.nz.

We have also moved away from the name ‘Asthma Foundation’ to ‘Asthma and Respiratory Foundation NZ’ to better reflect all the areas of respiratory health that we cover. If you need a copy of our new logo, email marketing@asthmaandrespiratory.org.nz.

A warm welcome to Chloe

Chloe Bodley has recently joined the Foundation as Manager Office Support. Chloe provides efficient and effective office management and administration services to the Foundation. She is responsible for providing high level executive support to the chief executive and board and implementing operational policies and procedures to contribute to the smooth operation of the Foundation.

Chloe has extensive office management experience and a strong background in recruitment. Most recently she held the role of Business Support Manager at Medicare First Ltd in London. Chloe holds a BBS with a double major in Human Resource Management and Marketing.

Entertainment™ book

The Entertainment™ book has many exclusive offers and discounts from the finest restaurants, cafes, attractions, activities, retailers and hotel accommodation. The book is available for use in the following locations around the country:

- Wellington and Manawatu
- Auckland
- Waikato and Bay of Plenty
- Christchurch, Canterbury and Nelson
- Dunedin, Invercargill and Queenstown

Purchase a book and choose for 20 per cent of your membership fee to be donated to the Foundation. To order visit entertainmentbook.co.nz/orderbooks/10973x3.

Auckland Home Show

The Auckland Home Show will return in September at the ASB Showgrounds. More than 500 exhibitors will showcase their latest products, services and trends in renovations, building, furnishing, home improvements and outdoor living. The Asthma and Respiratory Foundation NZ and Sensitive Choice® will have a stand, so come and see us to have a chat and get tips on asthma and allergies.

Date 7 – 11 September 2016
Location ASB Showgrounds, Greenlane, Auckland

Farewell Melanie-Jean

Melanie-Jean has been with the Foundation for one year as Executive Assistant. She provided support to board advisory groups and senior administration support to the wider team. Melanie-Jean has decided to return home to Auckland. Thank you for all your hard work, your bright and cheerful attitude will definitely be missed!

Breathe Better September

Date 1-30 September

On the back of Asthma Awareness Week and Balloon Day, we will launch a new campaign called Breathe Better September.

Breathe Better September is a national movement for Kiwis to show their support and raise awareness of respiratory conditions.

We believe everyone has the right to breathe better. Do you? Make your voice heard by signing our photo petition.

Get a piece of paper and pen, write “Breathe Better September”, take a photo of yourself with the sign and upload it on our site to show your support. Go to breathebetterseptember.co.nz.

Asthma Awareness Week

Dates 29 August – 4 September
Balloon Day 2 September

Help us raise awareness of asthma – send us your photos, share your story, post a pic on our Facebook page or hold your own fundraising event.

Have you seen the posters in the middle of this edition of Keeping in Touch?

Put them up on your wall at work or ask your local shop to put it up on theirs! Email marketing@asthmaandrespiratory.org.nz to receive a free pack for Asthma Awareness Week and Breathe Better September!
Malachi’s story

Malachi Douds Nanapoy is a six-year-old boy from New Plymouth who has serious asthma. In the past he frequently ended up in hospital and developed pneumonia during the winters. Malachi and his family were struggling to manage from crisis to crisis, with no proper asthma plan in place.

Malachi now has an asthma plan which he and his family follow. Through the guidance of their asthma nurse, Sharani from Taranaki Hospital, they have become more aware of how to manage Malachi’s asthma more effectively. He only had one hospital visit in 2015, which is a big improvement from recent years.

“As a family we are becoming more educated and able to manage without escalating to a crisis. Bouts of breathlessness and coughing are recognised earlier and the plan is actioned,” Malachi’s grandmother Vicki says.

For people with asthma like Malachi, having an asthma action plan to follow is incredibly important. A plan in place means families and caregivers will know what to do in the event of an asthma emergency, how to recognise asthma signs and what action to take. By following the steps on the plan, families like Malachi’s can take preventative measures to avoid being rushed to hospital.

The Asthma and Respiratory Foundation NZ provides asthma action plans for children and adults for free.

In the last year the Foundation has given out 3180 Adult Self-Management plans and 5000 Child Asthma Plans.

Because there is no government funding for this resource, we urgently need your help to raise enough money to keep delivering asthma action plans to families with asthma, and keep children and adults out of hospital.

Help us with a generous donation of $60 to provide 50 asthma action plans, or surprise us!

Fill out the donation slip below for a one-off donation or a monthly pledge.

Yes! I want to ensure vulnerable patients like Malachi have access to a valuable resource to help manage and control their asthma.

Yes, I want to support better respiratory health for New Zealanders!