



Cardio-Respiratory

# Tūwhitia te hopo!



- Te whāriki is a frame work used in NZ early childhood education.
- The core principles and strands are, on reflection, have been relevant throughout our advocacy process.
- Education is key

[https://www.ruahinekindergartens.org.nz/cms\\_images/default/13\\_original.jpg](https://www.ruahinekindergartens.org.nz/cms_images/default/13_original.jpg)

# Weekly Zoom Meetings

- Peer support
- Management of Covid 19
- Telehealth
- CR and PR exercise groups
- DHB Back log
- PPE access





**COPD Management**

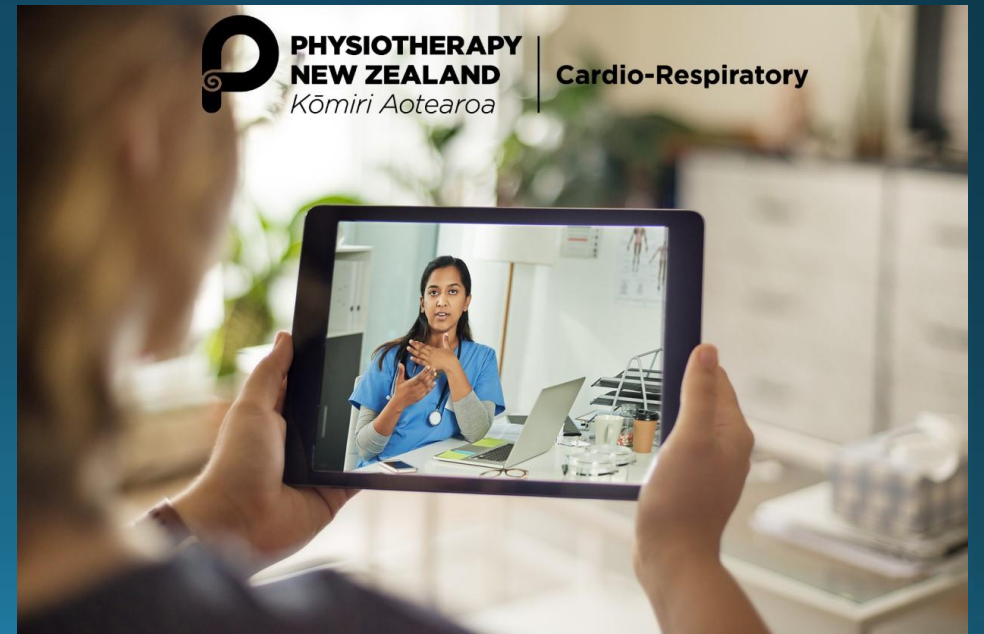


**COVID-19 Recovery**



**Breathing**







# The Long Covid

Presented by Fy Dunford and Kate Shelver.

Fy has 30+ years of predominantly hospital-based employment both in the UK and NZ and offers a current perspective of physiotherapy practise in the acute clinical in patient, community and rehabilitation environments. Fy has been supporting the CRSIG Committee, advocating on our behalf for our collaborations with the Ministry of Health this year. In her life outside of physiotherapy Fy is an active Mum to a busy family and competitively sings in an a-capella singing chorus and quartet, which facilitates a healthy work/life balance.

Kate has been a physio for nearly 20 years and worked for Taranaki DHB for the past 17 years having had a few years in private practice initially. Currently she is the clinical lead for musculoskeletal outpatients as well as the physio on the persistent pain team. Kate's experience is purely pain and musculoskeletal based so the CRSIG is brand new territory for her.



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# COVID-19 Patients

Are you experiencing any of the following?

- More breathless than usual
- Things more effortful than before
- Feeling weaker
- Getting tired more easily
- Managing to get less done
- A persistent cough

A cardio-respiratory physiotherapist can help with:

- Management of respiratory conditions
- A focus on functional activities
- Strengthening programmes
- Helping restore fitness levels
- Ways to manage fatigue

Ask your GP to refer you to a Cardio-Respiratory Physiotherapist



PHYSIOTHERAPY  
NEW ZEALAND  
Kōwhiri Aotearoa  
—  
Cardio-Respiratory



J.K. Rowling ✓

@jk\_rowling



Please watch this doc from Queens Hospital explain how to relieve respiratory symptoms. For last 2 weeks I've had all symptoms of C19 (tho haven't been tested) & did this on doc husband's advice. I'm fully recovered & technique helped a lot.

[youtu.be/HwLzAdriec0](https://youtu.be/HwLzAdriec0) via @YouTube



Doctor Sarfaraz Munshi at Queens Hospital UK a...  
UK hospital Doctor Sarfaraz Munshi describes a vital breathing technique for corona virus ...  
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11:20 PM · Apr 6, 2020



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**Suzanne McFadden**

Suzanne McFadden is the editor of LockerRoom, dedicated to women's sport, and a writer on the America's Cup.

**COVID-19**

# Could hands-off physio be the new normal?

<https://www.newsroom.co.nz/covid-19/could-hands-off-physio-be-the-new-normal>





## **Guidance for the rehabilitation of people with or recovering from COVID-19 in Aotearoa New Zealand**

June 2020

<https://www.health.govt.nz/publication/guidance-rehabilitation-people-or-recovering-covid-19-aotearoa-new-zealand>

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-information-specific-audiences/covid-19-personal-protective-equipment-workers/personal-protective-equipment-use-health-and-disability-care-settings>

## **COVID-19**

## **Respiratory physiotherapy guidelines for managing patients with COVID-19 infection**

4 SEPTEMBER 2020

The role of respiratory physiotherapy in managing patients with COVID-19

For other procedures where physiotherapists may be exposed to respiratory secretions a risk assessment is required and these procedures include:

- Cough generating procedures (e.g. coughing and huffing during treatment).
- Positioning/gravity assisted drainage techniques and manual techniques (e.g. expiratory vibrations, percussion, manual assisted cough) that may trigger a cough and the expectoration of respiratory secretions.
- Any mobilisation or therapy that may result in coughing and/or expectoration of respiratory secretions.

## Guidance for undertaking a risk assessment.

For each patient care episode, the physiotherapist must first risk assess the situation and determine whether Contact and Droplet Precautions or Contact and Airborne Precautions should be adhered to. The following should be considered in the risk assessment:

- Need for face to face intervention
- Type of intervention
- Likelihood of repeated forceful coughing and respiratory secretions
- Proximity of therapist to patient of <1 metre
- Duration of intervention.



## PPE requirements during respiratory physiotherapy (including the use of aerosol generating procedures) for patients not diagnosed with COVID-19

Standard and Transmission-based Precautions should be followed for all patient care activities; this includes any medical procedure or intervention where exposure to blood and body fluids, including secretions or excretions, may occur.

Organisational guidance should be followed on how to put on and take off PPE safely including disposal of PPE. Hand hygiene should always be performed before putting on, and after taking off PPE.

# Research Opportunity



## **Experiences of Physiotherapists in Aotearoa New Zealand to the COVID-19 pandemic 2020**

*How prepared were physiotherapists during the Aotearoa New Zealand COVID-19 pandemic response in the year 2020?*

Primary Aim: To investigate the **experiences** of physiotherapists both professionally and personally during the initial response to the pandemic in Aotearoa New Zealand March-June 2020, and in particular those who managed patients at risk of and/or with COVID-19.

Secondary Aim: To investigate the **experiences** of physiotherapists both professionally and personally during the second pandemic in Aotearoa New Zealand from August onwards in 2020, in particular those who managed patients at risk of and/or with COVID-19.

## Principles

- Wakamana-creating and acting on our own ideas –Poster, social media, AGP position statement
- Kotahitanga- opportunity to learn and grow-there were many!
- Whānau tangata- creating a space to belong with regular opportunity to connect
- Ngā hononga- relationships with each other and our networks, zooms, collaboration for projects and guidelines
- <https://tewhariki.tki.org.nz/>

## Strands

- Mana atua- taking care, being resilient, regular connections, mentorship, supervision
- Mana whenua- connection, respect, aroha
- Mana Tangata- contribution-creating and sharing IP, guidelines, team work
- Mana reo – communication, education
- Mana aotūroa – challenging, problem solving and learning



# What we did well

- Declare our capacity and commitments early
- A meeting for the meeting, plan, have notes of responses.
- Look at the research both for and against the argument
- Use Twitter. Responsibly!
- Reviewed ARfNZ COPD guidelines as part of our normal SIG workload,
- Upskilling or access to platforms for training

# What did we learn?

- Value of mentorship and supervision
- Pick your battles Use of language /risk assessment
- Know your strengths and work from your strengths
- Tiring, frustrating, information overload- take time to take care of ourselves and each other
- Sprints, relay races and Marathons

# Take homes

- Get together
- Build Trust and communicate
- List knights and mobilise.
- Gather evidence and filter
- Share IP
- Have a strategy for meetings.
- Rest, take care of your self and each other
- **Kia kaha, Kia māia, Kia manawanui**



# Resources for the management of Covid 19

- AHP Leader Podcast from Rachel Moses

[https://www.youtube.com/channel/UCb722uXfgXJpegA\\_d-ApBUg](https://www.youtube.com/channel/UCb722uXfgXJpegA_d-ApBUg)

The Long Covid Course, Darren Brown

[https://members.physio-pedia.com/course\\_tutor/darren-brown/](https://members.physio-pedia.com/course_tutor/darren-brown/)

Long COVID physio, Darren Brown

<https://open.spotify.com/show/oVf6xdztQkhtt2FAngegtD>