

A deep breath.

Although we're just out of winter, it's Ireland, it's damp, cold and wet. Not a great combination if you are one of the many who lives with a respiratory condition, never mind the current global pandemic on top of that.

¹Respiratory diseases are extremely common in Ireland and is the second most common reason for admission to acute general hospitals. While lung problems are the most common reason for people to attend their GPs. Undiagnosed lung disease is also very common in Ireland with a recent study showing that 1 in 7 Irish people, with no history of lung disease, have evidence of airflow obstruction on breathing tests indicating possible COPD or asthma.

²Ireland has the fourth highest prevalence of asthma in the world today with almost half a million people affected. Out of Ireland's 18 and over population, 7.1 per cent have asthma. 18.9 per cent of 13- to 15-year-olds have asthma, with an alarming 38.5 per cent of teens from the same age bracket reporting wheezing.

Air pollution is a contributing factor to illnesses for all of us, but in particular those of us living with a respiratory condition. The air we breathe is our new frontier. It isn't new to care about it as we've been tackling air pollution in Ireland for decades. From the smoke fuel ban in the 1990s, to the smoking ban of 2000s, to the most recent private members bill - The workplace ventilation bill - brought before the Dáil in December of 2021.

Ensuring we have a healthy environment to live and work in is paramount. The social distancing and mask wearing rules for covid-19 aided in preventing a much greater demand being put on our health services. There is plenty of debate on the continued merits of these policies, which were recently lifted and so we watch and wait to see how we collectively move through the next few weeks and see where we land.

³The majority of respiratory diseases are managed totally in the community. Others are managed between hospital services and community while a smaller number are managed largely by specialist respiratory hospital services.

Support services are always under pressure especially in recent months. The numerous societies for the many respiratory conditions are working to support people living with these often times debilitating conditions. In 2020 The Asthma Society of Ireland put forward their [strategic plan for 2020 – 2025](#) to stop deaths from asthma.

Education is key to managing and living with a respiratory condition. Is the patient taking their medication (if needed) in a timely manner, are they using the medical device to dispense their medication correctly? Are they getting to see their community nurse or GP when they need to? Is their medical device kept clean and sanitised? Are they getting the latest best practice information on their condition? This list is endless and no doubt the answer to these questions is "Yes of course"!

¹ [Column: Why is lung disease so prevalent in Ireland? · TheJournal.ie](#)

² [Ireland has fourth highest prevalence of asthma in world - Independent.ie](#)

³ [Chapter-2-Overview.pdf \(irishthoracicsociety.com\)](#)

So, while COVID-19 keeps mutating and keeping the world on its toes, we still have to continue to treat and help those who are living with a respiratory condition. We do know that according to a ⁴NICE statement, that during this pandemic, nebuliser therapy is a safe option, ensuring your patients receive a reliable and effective therapy irrespective of their age and medical condition.

We know that it is important to differentiate bioaerosols – released by the patient – and medical aerosol generated by a nebuliser. The ISAM COVID-19 guidance paper stated: “Medical aerosols from nebulization derive from a nonpatient source (the fluid in the nebulizer chamber) and have not been shown to carry patient-derived viral particles. Concerns of medical aerosol becoming contaminated in the lungs before exhalation are not supported by evidence. Consequently, when a droplet in the aerosol coalesces with a contaminated mucous membrane, it will cease to be airborne and, therefore, will no longer be part of an aerosol. In fact, aerosol administration has been reported to reduce generation of bioaerosols⁵.

Here at Oxygen Care, we have a number of solutions that support respiratory health and airway management from the PARI range. They are a manufacturer of medical devices for all aspects of respiratory therapy. PARI continuously invest in development of their products and solutions and they are the global brand market leader in the respiratory device segment for cystic fibrosis.

The [PARI Velox](#) device is a light fast mobile nebuliser device that is based on vibrating membrane technology. It is suitable for treatment of acute or chronic diseases of the airways, such as COPD or Asthma. While the [eFlow[®] rapid](#) has been developed especially for CF and efficient antibiotic therapy. The low-pressure in the medication chamber ensures that also viscous drugs (e.g. Tobramycin) can be nebulized in a good and stable way. The electronic inhalation rapid system is capable of exceptionally fast inhalation times for all age groups. It is virtually silent allowing for discreet, portable treatment of a wide range of drugs including antibiotics with high viscosity.

The [PARI Boy Classic](#) can be used to treat conditions such as COPD, bronchiectasis, asthma, cystic fibrosis and bronchitis. Treatment times are under 5 minutes, and the nebuliser compressor comes complete with a [PARI LC SPRINT Nebuliser](#) for the treatment of patients aged 4 and over. Our [PARI Sinus](#) inhalation system generates a vibrating aerosol to deliver medication directly to the inflamed nasal sinuses for the most efficient therapy. While the Physio Assist airway management system [Simeox](#) airway flow provides effective and comfortable airway clearance for patients suffering from chronic lung diseases (such as Cystic Fibrosis, Bronchiectasis, COPD) with lung congestion and difficulty mobilising their mucus.

To learn more about our airway management and respiratory solutions call us today on 01 2769700. Or check our website www.oxygen-care.com

⁴ <https://www.nice.org.uk/guidance/ng168/resources/covid19-rapid-guideline-communitybased-care-of-patients-with-chronic-obstructive-pulmonary-disease-copd-pdf-66141907467973>

⁵ https://www.paediatriche-pneumologie.eu/fileadmin/pdf_Dokumente/2020/Statement_Asthma_und_COVID-19_F.pdf