

# Respiratory Nurse & Educator Stories

Asthma NZ respiratory nurse & educator voice Q+A – Genesis Suaalii, Jen Stevens & Silvia Mackie

## Memorable Moments | Can you share a story or moment from this quarter/period that stood out to you?

**Genesis:** A moment that stood out to me was when I was conducting a home visit to do an asthma education session for a young Māori girl with poorly controlled asthma. The whanau had invited me in, and together with her parents, sister, grandmother and cousin, we all sat around their kitchen table while I shared education and tips for managing asthma. What was beautiful about this moment was seeing the whanau all come together to learn for the betterment of not only her health but in hopes of sharing what they had learnt with other family members. They were listening intently, sharing stories and asking questions. This reminded me of why this work matters and how it can bring families together to learn about how they can be greater directors of their own health.

## Client Impact | Describe a time when you saw a noticeable change in a client's understanding, confidence, or health management. What do you think made the difference?

**Jen:** I recently visited an older gentleman at his home to educate him and his wife about how to live well with COPD. I asked the gentleman to demonstrate how he used his inhaler (Ellipta). He had incorrect technique, which is not an uncommon finding, but does contribute to poor respiratory health outcomes. We know that about 80% of patients are not using their inhalers correctly and Asthma NZ works hard to change this. I then demonstrated correct inhaler technique when the wife said, "wow nobody has ever showed us how to use it". After I had demonstrated, I ensured his technique was now correct, asking him to repeat the steps. When I followed up with the couple four weeks after my visit, the gentleman informed me that his COPD had been much better managed, and we agree this was likely due to now using his device correctly.

## Cultural Responsiveness | How have you adapted or maintained your education or approach to better meet the needs of Māori, Pasifika, or other diverse communities?

**Genesis:** Family and the sense of community is a very important aspect in Māori and Pasifika cultures, especially in terms of health and well-being. Taking this into account in my practice to better meet their needs means at all opportunities, involving other family members or whanau in the education discussion where possible and taking in their feedback. By actively listening to their feedback, I can shape my approach in a way that builds trust and rapport. For example, when doing an education session and listening to what the parents or siblings understanding of asthma is, it not only involves them in the discussion but helps the process to become whanau led, which takes into account the concepts of whanau from the Te Whare Tapa Wha model or family from the Fonofale model of health.

## Collaboration and Community | Have you worked with any other services, whānau, or community groups that enhanced your impact?


**Silvia:** I've worked with GPs, Community nurses and pharmacists to support better asthma care across the Wellington region. This includes organisations such as Enable who came to speak at the Wellington COPD support group. I also took cupcakes into Wellington and Hutt ED departments and introduced Asthma NZ services. I am in the process of setting up regular contact with key stakeholders within the Wellington region.



# Patient Stories




Alani & Mum - Jessica

 Alani's story shows why ongoing support matters.


At just four years old, Alani has faced repeated hospital visits and struggles with asthma that's still not well controlled. Living in a semi-rural area, her mum reached out to Asthma NZ for help, wanting to better manage her daughter's health. Through regular online education and check-ins, Alani's parents are now more confident in recognising early warning signs and understanding medications, but they continue to need guidance to navigate this complex journey. As Alani's family keeps working towards better asthma control, your donations ensure they have free, expert support right there with them, every step of the way.



Judy

 Judy (pseudonym), a 42-year-old who moved to New Zealand from the Philippines, found her asthma spiralling out of control after arriving here, despite not needing medication for many years overseas. Her GP prescribed Symbicort, but she was never shown how to use her inhaler correctly and spent two years unknowingly using it with a spacer. Frustrated by how asthma was limiting her life, Judy reached out to Asthma NZ for help.

Through an online education session, she learned the correct inhaler technique for the first time, gaining knowledge and confidence to manage her health. Within weeks, she reported fewer symptoms and felt happier with her breathing. Six months later, Judy had reduced her medication use, avoided hospital visits and steroids, and was confident managing her asthma—allowing her to take fewer sick days and rejoin social activities. Your donations made this possible, helping people like Judy regain control and live fuller lives.

 Lukas (pseudonym) was 17 and in high school when he first met up with Asthma NZ, struggling to manage his asthma on his own. Of Pacific heritage, Lukas had been prescribed Breo, but he disliked the taste and stopped using it, relying instead on his reliever inhaler and using it 54 times in just four weeks. When asthma is well controlled, people should not be using more than 2-3x puffs of their reliever inhaler per week. During his session with one of our Respiratory nurse educators, they discussed the dangers of overusing his reliever and how different inhalers work to keep airways healthy, and we encouraged him to visit his GP for a review.

At follow-up, Lukas shared that he had been prescribed Symbicort AIR, describing it as "life changing." With his asthma now under control and a clear action plan for managing flare-ups, Lukas was able to rejoin his local indoor netball team and pick up his saxophone again—activities he had dearly missed while his asthma was poorly managed. Your support helps young people like Lukas get back to doing what they love.



Lukas

# DONATE NOW

## HELPING MORE KIWIS BREATHE EASY

**This donation model shows how your support drives real change**

**When you give, you help someone:**

**Take part in family and community without fear**

**Return to school or work with confidence**

**Sleep peacefully throughout the night**

Last year, our nurses supported 2,500+ people in homes, schools & workplaces.

Respiratory health is the 3rd largest cause of death in New Zealand.

### One-off Donation

#### What Your Support Helps Deliver

♥ Donation	💬 What It Funds
<b>\$50-\$100</b>	Example: One-on-one asthma education session in school or community environment.
<b>\$100-\$200</b>	Example: An in home whānau visit in a high-need household
<b>\$200-\$250</b>	Cost of supporting a family for 1 year
<b>\$500</b>	Cost of supporting one family for 1 year and training a health professional in asthma education

### The Power of Regular Giving

Monthly giving is one of the easiest ways to help Kiwis breathe easier.

For as little as the cost of a coffee each month, you can help a child stay out of hospital, support a whānau to manage asthma confidently, or ensure an elderly person gets the care they need at home.

Your regular donation helps ensure people living with asthma and COPD get consistent, life-changing support when they need it most.

**Become a champion for breathing with a regular donation today.**

There is an asthma attack every 2.5 minutes in NZ

Asthma and COPD cost the NZ economy almost \$1.4b every year

### Major Donations & Bequests

Thinking about making a donation of \$1,000 or more?

Your donation can help someone breathe easier, stay out of hospital, and live life to the fullest. Your gift could mean a child gets the medication they need, a kaumātua has a nurse visit them at home, or a family learns how to manage asthma and avoid emergencies. It could help train health professionals, provide lifesaving equipment, or bring free GP visits into communities that need them most.

You can choose where your donation goes, ensuring your gift helps in the way that matters most to you.

You might also consider leaving a bequest to Asthma NZ. This is a powerful way to create a lasting impact, ensuring future generations get the support they need to live well with asthma and COPD.



## WAYS TO GIVE

### Would you like to support our mission to help Kiwis breathe easy?

As a registered charity, all donations over \$5 are tax deductible, with a tax credit of up to 33.3% of your donation.

#### You can choose to donate via

##### One-off Donation - Make a secure one-off contribution

- Direct deposit  
Account Name: Asthma New Zealand Inc  
Bank Account: 12 3011 0420362 00  
Reference: Donation [your name]
- Online donation with a credit card [www.asthma.org.nz/donate](http://www.asthma.org.nz/donate)

##### Regular Giving - Monthly contribution

- Setup an automatic payment with your bank.
- Contact our amazing team at Asthma NZ -with the details of your donation including the amount, date, and your name. This helps us ensure it's allocated as intended and allows us to issue a receipt for your records.  
Email - [angelab@asthma.org.nz](mailto:angelab@asthma.org.nz)

##### Major Donation & Bequests

- If you're considering making a major donation or leaving a bequest to help Kiwis live well with asthma and COPD, please get in touch with us on how you can make a lasting difference.

As a valued supporter, you'll receive updates on the impact of your donation — including stories from our frontline nurses, new initiatives, and the lives your support is helping to change.

# Asthma NZ Leadership Team

**CEO - Claire Beard**

## **Board Members**

Scott Green - Chairperson

Dr. Julie Blamires

Yong Shan Zhao

Emma-Kate Greer

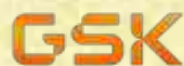
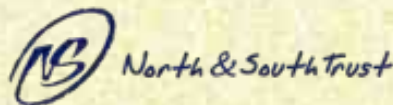
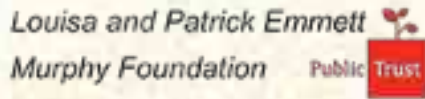
Greg Lay

Aravind Subramanian

**Clinical Director - Dr Amy Chan**



# Thank You to Our Funders



Estate of Ernest Hyam Davis & The Ted and Mollie Carr Trust  
NR & JH Thompson Charitable Trust

# Statement of Financial Performance

## Asthma New Zealand Incorporated For the year ended 31 March 2025

	NOTES	2025	2024
<b>Revenue</b>			
Donations, koha, bequests and other general fundraising activities	1	289,014	30,771
General grants	1	652,962	579,598
Government service delivery grants/contracts	1	324,534	319,409
Membership fees and subscriptions	1	269	3,591
Revenue from commercial activities	1	58,113	76,649
Other revenue	1	45,764	42,928
<b>Total Revenue</b>		<b>1,370,656</b>	<b>1,052,946</b>
<b>Expenses</b>			
Expenses related to fundraising	2	26,664	8,428
Employee remuneration and other related expenses	2	744,925	914,983
Expenses related to commercial activities	2	228,834	209,304
Other expenses related to service delivery	2	33,914	62,701
Other expenses	2	144,947	158,701
<b>Total Expenses</b>		<b>1,179,284</b>	<b>1,354,117</b>
<b>Surplus/(Deficit) for the Year</b>		<b>191,372</b>	<b>(301,170)</b>

## Statement of Financial Position

Asthma New Zealand Incorporated  
As at 31 March 2025

	NOTES	31 MAR 2025	31 MAR 2024
<b>Assets</b>			
<b>Current Assets</b>			
Cash and short-term deposits	3	353,524	68,711
Debtors and prepayments	3	33,589	40,166
Inventory	3	-	4,395
<b>Total Current Assets</b>		<b>387,113</b>	<b>113,272</b>
<b>Non-Current Assets</b>			
Property, Plant and Equipment		80,979	206,919
<b>Total Non-Current Assets</b>		<b>80,979</b>	<b>206,919</b>
<b>Total Assets</b>		<b>468,092</b>	<b>320,191</b>
<b>Liabilities</b>			
<b>Current Liabilities</b>			
Creditors and accrued expenses	4	42,083	24,513
Employee costs payable	4	23,057	19,238
Deferred Revenue	4	68,496	123,651
Goods and services tax		(1,828)	7,877
<b>Total Current Liabilities</b>		<b>131,807</b>	<b>175,278</b>
<b>Total Liabilities</b>		<b>131,807</b>	<b>175,278</b>
<b>Total Assets less Total Liabilities (Net Assets)</b>		<b>336,285</b>	<b>144,913</b>
<b>Accumulated Funds</b>			
Accumulated surpluses or (deficits)	5	336,285	144,913
<b>Total Accumulated Funds</b>		<b>336,285</b>	<b>144,913</b>



The above statement of financial position should be read in conjunction with the accompanying statement of accounting policies and notes to the performance report and the independent auditor's report.

# Statement of Cash Flows

## Asthma New Zealand Incorporated For the year ended 31 March 2025

	2025	2024
<b>Cash Flows from Operating Activities</b>		
<b>Operating receipts (money deposited into the bank account)</b>		
Donations, koha, bequests and other general fundraising activities	289,014	30,771
General grants	597,807	645,481
Government service delivery grants/contracts	324,345	319,166
Membership fees and subscriptions	269	891
Gross sales from commercial activities	66,102	68,785
GST received	76,809	81,755
Other cash received	45,856	45,655
<b>Total Operating receipts (money deposited into the bank account)</b>	<b>1,400,202</b>	<b>1,192,503</b>
<b>Operating payments (money withdrawn from the bank account)</b>		
Payments related to public fundraising	(12,126)	(8,731)
Employee remuneration and other related payments	(741,106)	(914,983)
Payments related to commercial activities	(213,530)	(188,285)
Other payments related to service delivery	(32,071)	(65,183)
GST paid	(81,495)	(71,375)
Other payments	(34,301)	(43,913)
<b>Total Operating payments (money withdrawn from the bank account)</b>	<b>(1,114,629)</b>	<b>(1,292,471)</b>
<b>Total Cash Flows from Operating Activities</b>	<b>285,574</b>	<b>(99,967)</b>
<b>Cash Flows from Other Activities</b>		
<b>Receipts from other activities</b>		
Receipts from sale of property, plant and equipment	6,087	157,117
Receipts from other activities	19,424	103,667
<b>Total Receipts from other activities</b>	<b>25,511</b>	<b>260,784</b>
<b>Payments from other activities</b>		
Payments to acquire property, plant and equipment	(6,998)	(173,189)
Payments for other activities	(19,274)	(129,300)
<b>Total Payments from other activities</b>	<b>(26,272)</b>	<b>(302,488)</b>
<b>Total Cash Flows from Other Activities</b>	<b>(761)</b>	<b>(41,705)</b>
<b>Net Increase/(Decrease) in Cash</b>	<b>284,813</b>	<b>(141,672)</b>
<b>Bank Accounts and Cash</b>		
Opening cash	68,711	210,383
Net change in cash for period	284,813	(141,672)
Closing cash	353,524	68,711



The above Statement of Cash Flows should be read in conjunction with the accompanying Statement of Accounting Policies and Notes to the Performance Report and the independent auditor's report.