



# Asthma

Improving care **and**  
protecting planetary health

Why am I here?  
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Proper use of preventer inhalers is the best way to manage asthma and the best way to protect your health longer term.

As it happens, preventer inhalers **also** have a much lower carbon footprint than reliever inhalers.

We're starting to raise awareness of this and consider what comes next so that we can improve patient care while also improving our care for the planet.

# Asthma basics

- Asthma is well controlled by regular use of a “preventer” inhaler (“brown one”). The reliever inhaler (“blue one”) will then only be needed 3 x a week
- However, many people use their reliever inhalers far more, at least 3 as often.
- This shows they’re not using their “preventer” inhaler enough.
- And means they’re more at risk of becoming seriously unwell with their asthma.

What should  
GP be doing  
differently

- Video –. (at approx. 22min)
- Demonstrates the difference between preventer inhalers and reliever inhalers
- <https://us02web.zoom.us/rec/share/YmLvE87HOMfEe1XwgUxhplHczBkTi7W-4B6QSS6IMsEA9L9iqLmrIJT8f44TsGA.-5JVqSZ7510ZHhVB>



# The other potential win...

Inhalers are GPs single biggest carbon footprint

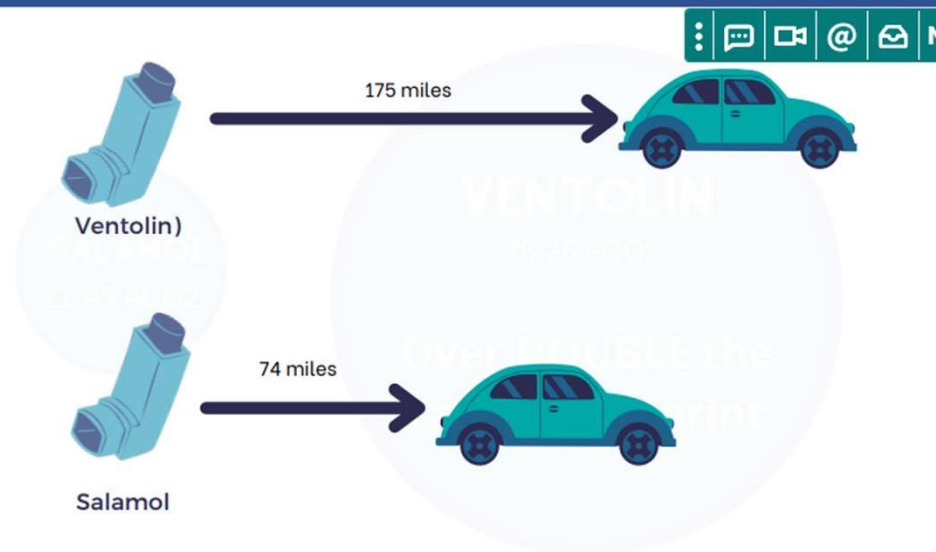
We can reduce the carbon footprint

- If asthma is better controlled (as fewer inhalers are used overall)
- If the type of inhalers are switched
  - Dry power inhalers (DPI) have a lower carbon footprint than Metered dose inhalers(MDI)
  - Certain Brands have lower carbon footprint (e.g. Salamol vs Ventolin)
  - New inhaler guidance for GP with carbon footprint info coming soon

# DO YOU USE A RELIEVER (BLUE) INHALER?

Aerosol spray inhalers (pressurised metered dose inhalers) use propellant gases to deliver medication to the airways. These propellants are powerful greenhouse gases which contribute to climate change. Some aerosol spray inhalers have a lower carbon footprint than others even though they contain the same medicine. Salamol and Ventolin contains the same medicine: salbutamol. They work in the same way and have the same number of doses. However, Salamol has a lower carbon footprint than Ventolin because it contains less propellant gas.

In order to reduce the carbon footprint of our patients' salbutamol inhalers we are changing the prescription to Salamol. This will not affect your asthma care. You may however notice a change in the taste of the inhaler. This is normal.



## WHAT ELSE CAN I DO TO HELP THE ENVIRONMENT?

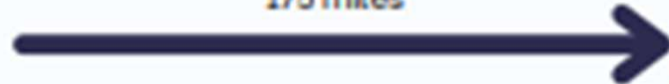
Make sure your asthma is well controlled and you know how to use your inhaler. **Having well controlled asthma is the best thing you can do for yourself and the planet.** If you have asthma and are using 3 or more reliever inhalers a year, this may suggest your asthma is not well controlled. Please speak to your GP practice to book an asthma review.

## The equivalent car CO<sub>2</sub>e tailpipe emissions of each type of inhaler :



Metered dose inhalers (MDI)

175 miles



London to Sheffield (**28kg** of CO<sub>2</sub>e/inhaler)



Dry powder inhalers (DPI)

4 miles



London to ... another bit of London (**<1kg** of CO<sub>2</sub>e/inhaler)

We want to take patients with us on this journey: how can we do this?

- Gather a group of interested patients who have asthma or care for someone who does
- Invite them to join PRG for this project
- Spend time sharing information with PRG and patients before deciding on any changes, & before planning or making any changes. [Co-creation.]
- Share info with patients – texts, leaflets, website, displays, mailouts.
- Take a team approach





Any  
questions?

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# Possible next steps

There are several projects we could do to improve care including..

- Reviewing pts with high reliever use
- Reviewing pts with low preventer use
- Switching pt's reliever (with their consent)
- Reviewing pts who get inhalers but don't have a formal asthma diagnosis
- Improving inhaler technique
- Asking pts to return all inhalers to pharmacy

Requires team approach – including patients, Patient Support, Nurse & pharmacy teams