

Four Steps to 'greener' asthma and COPD adult care

The NHS is responsible for **5%** of the UK's total carbon footprint. To help combat climate change, the NHS has made a commitment to be **carbon neutral by 2040**. Every specialty has its part to play to help achieve this target. Here are some ways that improving asthma and COPD care can help contribute to a more sustainable health care service.

1 Achieve good control of symptoms

Poor disease control can lead to increased use of inhalers, increased use of healthcare services and unplanned hospital admissions.

At annual review:

- check inhaler and spacer technique
- ensure patients know **when and how to use their medications**: better use of preventers will decrease need for relievers
- refer patients who smoke to smoking cessation services

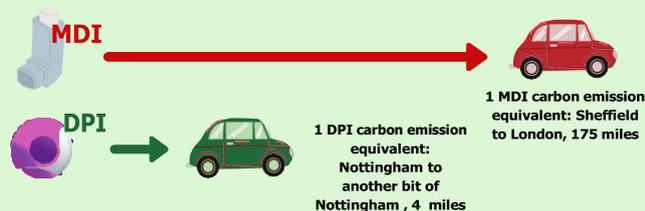
2 Check your patient's adherence to treatment

The 'greenest' inhaler is one that the patient can and will use effectively and as prescribed. **Keeping patients healthy and safe is the priority.**

- Might your patient benefit from a combination inhaler?
- Check how many inhalers (relievers vs maintenance) your patient is being issued per month
- In asthmatics, more than two SABAs a year may indicate poor control

3 Consider a dry powder inhaler when initiating inhaled treatment

- MDIs contain a propellant that is a **greenhouse gas, contributing to climate change**
- DPIs do not contain this harmful gas
- NICE recommends the use of greener inhalers to help meet NHS carbon reduction targets



If an MDI needs to be switched to a DPI, this should be in consultation with the patient.

	Link to greener inhalers - APC website		Link to Notts APC website Asthma Guidelines
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Which patients may be suitable for a DPI?

Prescribe DPI if	Prescribe MDI if
Spacer device not required	Spacer device required
Patient can perform a hard, deep breath (over 2-3 seconds)	Patient can breathe in slow and steady (over 4 -5 seconds)
Dexterity and coordination issues with MDI	Dexterity and coordination issues with DPI
Patient will benefit from a dose counter on inhaler	Paediatric patient (however - some DPIs are licensed in over 12 years old)

4 Encourage patients to return inhalers

Empty, part used or unused inhalers and cartridges should be **returned to pharmacies** so that they can be safely disposed of.