



Link to  
RightBreathe  
website

# Great green respiratory care!

Involve patients in all care decisions - the greenest inhaler is the one the patient can use.

## Optimise disease control - well controlled disease, irrespective of inhalers used, has the lowest carbon footprint

- Check adherence to respiratory disease guidance
- Offer structured annual reviews & written care plans
- Prioritise clinically unstable patients:
  - frequent exacerbations
  - COPD/asthma patients - excessive rescue medications (steroid tablets, antibiotics) or SABA inhalers
  - Asthma patients on stand-alone LABA devices
  - sub-optimal use of inhaled steroid preventer inhalers
- Widen respiratory care - smoking cessation, pulmonary rehabilitation (COPD patients) and vaccinations

## Optimise inhaler use - Climate Care = Healthcare, so can you make respiratory care greener?

- Match inhaler type to inspiratory flow rate and ability to operate it.
  - DPI devices have the lowest carbon footprint and are first choice where possible
  - They are likely suitable if patients can inhale through their mouth 'quick and deep', (see [NICE decision aid](#)) however...
    - Frail/elderly patients are less likely to be able to manage a DPI and...
    - Younger children should continue with a pMDI + spacer (and face mask) as needed.
    - Offer patients the option to change back if needed.

Consider

- Offering a combination inhaler (if concerned about DPI use during exacerbations, pMDIs + spacers still suitable).
- Aligning device type so that patients only have one technique to learn.
- Rationalising number of 'puffs' needed e.g. one dose of 200mcg BD rather than two doses of 100mcg BD. Fewer puffs needed! Prescriptions last longer! Carbon footprints are reduced!
- Avoiding inhalers with the worst global warming potential e.g. Symbicort pMDIs & Flutiform pMDIs.

## Think 'lowest carbon footprint' for salbutamol pMDIs if needed

Prescribe Salamol® by brand (and avoid Ventolin Evohalers®!)

## Reduce waste/make inhaler disposal as green as possible

Help patients to know:

- How many doses their devices contain - so they can use them till empty
- To return used/unwanted inhalers to community pharmacies for disposal (or recycling if available). This prevents environmental greenhouse gas release and reduces landfill.

Please check the Dorset Formulary for recommended prescribing options and main 'green inhaler prescribing support pack' with DPI conversion advice.