

## Quality Improvement in Asthma Will Decrease Carbon Footprint and Improve the Future of Our Children

**A R Gatrad\***

*Consultant Paediatrician and Professor of Paediatrics and Child Health, Universities of Birmingham, Wolverhampton and Kentucky, USA*

**\*Corresponding Author:** A R Gatrad, Consultant Paediatrician and Professor of Paediatrics and Child Health, Universities of Birmingham, Wolverhampton and Kentucky, USA.

**Received:** September 09, 2024; **Published:** September 17, 2024

- Nationally the NHS is responsible for 8% of greenhouse gas emissions of which 13% are from asthma inhalers.
- Pressurised pMDIs (metered dose inhalers) need a propellant. This is Hydrofluorocarbon which is thousands of times more powerful than CO<sub>2</sub> as a greenhouse gas.
- Seventy percent of inhalers we use are pMDIs (metered dose inhalers).

### Action to take

- As there is evidence that asthma is an inflammatory process, emphasis should be on steroid inhalers which would improve control and obviate the use of frequent rescue treatment with  $\beta$  agonists.
- Salmol has a lesser carbon footprint than ventolin.
- Change to powdered inhalers where appropriate for children over the age of five. Here there is no propellant.
- Around 50% of children in the UK have poorly controlled Asthma, largely resulting from a poor technique. Education should include long deep breaths for MDIs and short sharp inhalation for powdered inhalers.
- Consider using combination inhalers.

**Food for thought:** Glaxo Smith Kline the pharmaceutical giant estimates that 73 million inhalers are discarded in the UK every year - the carbon foot print is that of an average family car going round the world 86000 times!!!

**Volume 13 Issue 10 October 2024**

**©All rights reserved by A R Gatrad.**