

## Air pollution toolkit for GPs and Practice Nurses

Air pollution can be damaging to everyone's health, especially for children with asthma. In the UK every year it causes 20,200 respiratory and cardiovascular hospital admissions and up to 36,000 deaths.

NHS North East London, together with Global Action Plan, have designed resources and training to provide you with the tools to talk to families and support children with respiratory conditions and **reduce their exposure to air pollution**.

The materials have been co-designed with local children, families and health professionals and can be found on our website: [www.eastlondonhcp.nhs.uk/air-pollution](http://www.eastlondonhcp.nhs.uk/air-pollution). You can also find the resources on EMIS.

**We're asking you to watch the short 8-minute online training video and share information regarding air pollution with children, young people and their families, to help make them understand how they can reduce their exposure. The resources are helpful for everyone, not just those with asthma.**

All north east London Boroughs are named air quality management areas, meaning they have high levels of air pollution. Out of the 10 places in the UK with the highest number of deaths related to air pollution, 7 of those are in north east London.

Our **Air Pollution and You checklist** is a simple way for children and families to see what actions they can take to help reduce their exposure to air pollution.

The Air Pollution and You checklist can be saved on your desktop and send to patients by text message.

The table below sets out the resources available to you as a professional, and those available to your patients and their families.

There is also pre-written copy and links that you can share in clinical updates, patient text messages or your website.

Many thanks in advance for undertaking the training and sharing these resources with your patients and their families.


If you have any questions regarding the resources available, please contact: [nelondon.teamchildhealth@nhs.net](mailto:nelondon.teamchildhealth@nhs.net)

## Air Pollution & You


Air pollution can worsen asthma symptoms including coughing, wheezing and breathlessness. The actions below can help:

- 1



Discover the side streets

Use quieter roads and paths to keep away from heavy polluting traffic.
- 2


Leave the car behind

Encourage your whole family to walk, cycle and scoot more - air pollution can be higher inside a car than outside.
- 3


Check the pollution forecast

Sign up at [AirText.info](http://AirText.info) to get air pollution alerts sent to your phone.
- 4


Turn the engine off

If you do need to use a car, ask the driver to turn the engine off when the car isn't moving.
- 5


Keep the air clean inside too

Use fragrance free and low-chemical cleaning products. Stop air pollution collecting in your home by using extractor fans and opening windows away from busy roads.

For more information on how air pollution can affect your health, and how to reduce your exposure, visit [www.cleanairhub.org.uk/tower-hamlets](http://www.cleanairhub.org.uk/tower-hamlets)

## Resources available

Resources available for children and their families	
Item	Link
Air Pollution webpage NHS North East London	<a href="http://www.eastlondonhcp.nhs.uk/air-pollution">www.eastlondonhcp.nhs.uk/air-pollution</a>
Air Pollution and You checklist	<a href="#">Downloadable PDF</a>  Checklist to share with patient and families with easy graphics to help understand the simple actions they can take to avoid air pollution
airTEXT	Sign up for free air pollution messages via text or email <a href="http://www.airtext.info/signup">www.airtext.info/signup</a>  Air pollution forecasts for Greater London, including air quality, UV, pollen and temperature
Resources available for GPs and practice nurses	
Air Pollution training video	<a href="http://www.youtube.com/watch?v=6W7oDZ_2VL8">www.youtube.com/watch?v=6W7oDZ_2VL8</a>  Recorded presentation from Dr Rachel Parker to learn more about the impacts of air pollution on health
Air Pollution post training survey	<a href="http://www.surveymonkey.co.uk/r/NELairpollution">www.surveymonkey.co.uk/r/NELairpollution</a>  Complete this short 2-minute survey to let us know what you learnt from the training video
Stop smoking support letter	<a href="#">Downloadable PDF</a>  To send to families regarding the impact of smoke on asthma
Housing support letter	<a href="#">Downloadable PDF</a>  To send to local authorities, housing associations or landlords regarding the impact poor housing condition is having on a patients health
Other videos on Air Pollution and Asthma	<a href="http://www.cleanairhub.org.uk/mobilising-health-professionals">www.cleanairhub.org.uk/mobilising-health-professionals</a>  For more in depth information on Air Pollution and Asthma, see videos from experts in this field, Professor Grigg and Professor Holgate
Air Pollution webpage NHS North East London	<a href="http://www.eastlondonhcp.nhs.uk/air-pollution">www.eastlondonhcp.nhs.uk/air-pollution</a>  Includes air pollution posters and screensavers
Air Pollution and You checklist	<a href="#">Downloadable PDF</a>
Greater London Authority High air pollution alerts	<a href="mailto:AirqualityLondon@london.gov.uk">AirqualityLondon@london.gov.uk</a>  Sign your practice up to receive an email on high air pollution days (3-8 times per year)

## Communications to share with staff, patients and their families

You can copy and paste the below information for your clinical updates, patient text messages or your practice website.

### Patient text – this copy length is within the character limit for eTexts

Air pollution is in the air that we breathe in, there are lots of different types of pollution in the air around us and it can be damaging to everyone's health. Take a look at the simple checklist to see what actions you can take to help reduce yours and your family's exposure to air pollution: <https://bit.ly/3ByO29E>. More information on the impacts of air pollution can be found on the NHS North East London website: [www.eastlondonhcp.nhs.uk/air-pollution](http://www.eastlondonhcp.nhs.uk/air-pollution)

### Clinical update or staff newsletter

Air pollution can be damaging to everyone's health, especially for children with asthma. Out of the 10 places in the UK with the highest number of deaths related to air pollution, 7 of those are in north east London.

NHS North East London have an [Air Pollution and You checklist](#) that was co-designed with children, their families and health professionals. It's a simple way for children and families to see what actions they can take to help reduce their exposure to air pollution, and improve symptoms like coughing, wheezing and breathlessness.

The Air Pollution training video provides health care professionals with helpful information regarding the impacts air pollution has on a person's health, so you can have confident conversations with families about the risks of air pollution and what steps they can take to help reduce their exposure. For more information and to download the Air Pollution training video visit the NHS North East London air pollution [webpage](#).

### Practice website

Air pollution is in the air that we breathe in, there are lots of different types of pollution in the air around us and it can be damaging to everyone's health.

Take a look at the simple [Air Pollution and You checklist](#) to see what actions you can take to help reduce yours and your family's exposure to air pollution, and improve symptoms like coughing, wheezing and breathlessness.

More information on the impacts of air pollution can be found on the NHS North East London [website](#).

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