



GREENER RESPIRATORY HEALTHCARE

Promoting practical action that can help to reduce the environmental impact of respiratory healthcare



Calendar of action



<p>Use our Greener Respiratory Pathway to identify a greener approach to respiratory care.</p>	<p>Watch and share this short film that explains what makes a school asthma friendly.</p>	<p>Take public transport - walk, run or cycle to work. Make your commute greener!</p>	<p>Read this article on reducing indoor and outdoor air pollution in PCRS healthcare services.</p>	<p>Meet with your practice team to discuss implementing a carbon reduction plan.</p>	<p>Tune into our greener healthcare podcast* on the impact of air pollution.</p>	<p>Contact your local MP or councillor about greener healthcare in your area.</p>
<p>Listen to our series on smoking cessation, with podcasts covering VBA and top tips.</p>	<p>Subscribe to the Greener NHS bulletin for inspiration on how to green your practice.</p>	<p>Read this policy paper on the need for a national inhaler recycling scheme.</p>	<p>Plan a charity event or fundraising challenge for a green good cause.</p>	<p>Join <i>PCRS In Conversation</i> to explore health inequalities and childhood asthma.</p>	<p>Watch this case study from Dr Kat Parker on switching patients from MDIs to DPIs.</p>	<p>Learn how the carbon footprint of respiratory care can be assessed and reduced.</p>
<p>Hear about Frome Medical Centre's ongoing work to make its building more sustainable.</p>	<p>Browse our tobacco dependency resources to support your patient's to quit.</p>	<p>Watch Dr Steve Holmes share a whole practice approach to Greener Healthcare.</p>	<p>Use this clean air tool to create your personalised plan to avoid and reduce air pollution.</p>	<p>Avoid single-use containers by staying hydrated with a reusable water bottle or cup.</p>	<p>Introduce Meat Free Mondays at your practice. One day a week can make a world of difference.</p>	<p>Use our guide to identify actions you can take to deliver greener respiratory healthcare.</p>
<p>Watch our webinar to find out what works when it comes to virtual wards and rehab.</p>	<p>Visit the Greener Practice website to learn more about sustainability in primary care.</p>	<p>Listen to our podcast* to hear a patient's perspective on air quality and respiratory disease.</p>	<p>Read our top tips to help you make the case for greener healthcare.</p>	<p>Learn about PCRS' position on respiratory data and digital care.</p>	<p>Find out how you can start to build the case for a School Street near you.</p>	<p>Read about the key findings of an evaluation of virtual wards in the south east region.</p>
<p>Complete our online module* on pollution and climate to learn about its impact on health.</p>	<p>Read our guide to help you to do better in treating tobacco dependency.</p>	<p>Help others to make their practice kinder and greener - share this digital calendar or print this copy.</p>	<p> Smoking cessation</p>	<p> The 5Rs</p>	<p> Pollution & climate</p>	<p> Virtual care</p>
			<p> Sustainability & carbon reduction</p>	<p> Schools & CYP</p>	<p> Greener healthcare</p>	

*Exclusively available to PCRS members

We are grateful to Chiesi for the provision of a grant to support the activities of the PCRS Greener Respiratory Healthcare campaign. The campaign has been solely organised by PCRS and Chiesi has had no input in the content.





Use this calendar to identify practical steps you can take to make your respiratory healthcare greener – either in the short term or the long term. This resource enables you to take a ‘small steps of change’ approach to achieving greener healthcare around a busy practice environment. Take part in the challenge as an individual or with your practice team.

Looking to develop your greener practice further? Visit our website for the latest resources: pcrs-uk.org/campaign/greener-healthcare

GREENER RESPIRATORY HEALTHCARE: CALENDAR THEMES



Smoking cessation

Tobacco products aren't just a threat to health, their production has serious environmental consequences, including deforestation. By supporting smoking cessation you are playing a crucial role in reducing this environmental impact.



The 5Rs: Reduce, Reuse, Reprocess, Renewable, Recycle

Adopting the 5Rs can help us to minimize waste, conserve resources, and lower our environmental impact at home and at work.



Pollution & climate

Air pollution and climate change are closely linked - pollutants worsen air quality and contribute to global warming - with significant implications for respiratory health.



Virtual care

Using remote consultation and virtual monitoring where appropriate ensures that people make only essential trips to give and receive care, which ultimately reduces carbon emissions.



Sustainability & carbon reduction

Energy-efficient designs, renewable energy use, and waste reduction strategies can be implemented to lower carbon emissions and make healthcare services and premises more sustainable.



Schools & CYP

Air pollution affects children more severely than adults, it worsens asthma, and increases the risks of allergies. By supporting clean air and asthma initiatives for schools you can help reduce the impact of pollution on their health.



Greener healthcare

The climate crisis is a health crisis. While it can feel like an overwhelming issue - we can all take practical actions to reduce our own environmental impact and that of the care we deliver.

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