

Ventolin Evohaler pMDI to dry powder salbutamol or Salamol pMDI

This project aims to reduce the carbon footprint of salbutamol pMDI inhalers by safely switching patients to the lowest carbon option.

By far this is a dry powder inhaler

The carbon emissions for each inhaler are as follows (kg CO₂e per inhaler):

- | | |
|-----------------------------|-------|
| • Ventolin Evohaler pMDI: | 28.26 |
| • Salbutamol pMDI (generic) | 25.24 |
| • Salamol pMDI | 11.95 |
| • Salamol Easibreathe pMDI: | 12.08 |
| • Airomir Autohaler pMDI: | 9.72 |
| • Salbumin Novolizer | 3.75 |
| • Ventolin Accuhaler | 0.583 |
| • Easyhaler salbutamol | 0.62 |

(Ref PrescQipp data pack)

To compare, let's look at the Global Warming Potential (GWP) of each inhaler. Each inhaler is equivalent to driving a family car from Taunton to-

- | | |
|-------------------------------|---------------------------------|
| • Ventolin Evohaler pMDI: | Royal Tunbridge Wells 175 miles |
| • Salamol pMDI: | Gloucester 75 miles |
| • Easyhaler salbutamol 100mcg | another part of Taunton |

Clearly if a patient can confidently use a dry powder, then either an Easyhaler Salbutamol, Salbulin Novolizer or a Ventolin Accuhaler would be first choice.

If patient must have a pMDI.....

Remember that patients with a prescription for generic salbutamol may receive any brand depending on the pharmacy choice. Using this project, you can choose to make any of the following switches:

- Ventolin or generic salbutamol to Salamol pMDI

Please note at this point that breath actuated versions Salamol Easibreathe and Airomir Autohaler are available but are significantly more expensive. If co-ordination is a problem, a DPI may be a solution.

NB: The Volumatic spacer device is compatible with Salamol pMDI. The Babyhaler spacer is only compatible with Ventolin Evohaler.

The process

Create a list of all patients aged 6+ with asthma with repeat prescriptions for Ventolin Evohaler pMDI and generic salbutamol pMDI.

Consult patients.

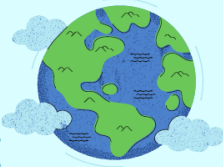
Contact all patients on list with explanation of change and Patient Information Leaflet.

Patient Information Leaflet: [Change to Salamol](#)

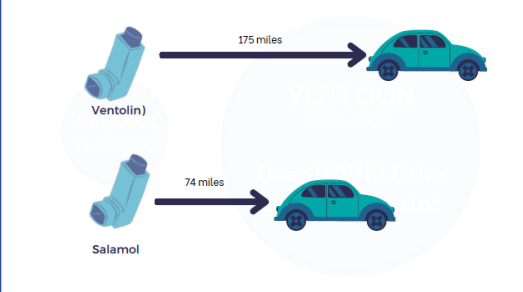
DO YOU USE A RELIEVER (BLUE) INHALER?

Aerosol spray inhalers (pressurised metered dose inhalers) use propellant gases to deliver medication to the airways. These propellants are powerful greenhouse gases which contribute to climate change. Some aerosol spray inhalers have a lower carbon footprint than others even though they contain the same medicine. Salamol and Ventolin contains the same medicine: salbutamol. They work in the same way and have the same number of doses. However, Salamol has a lower carbon footprint than Ventolin because it contains less propellant gas.

In order to reduce the carbon footprint of our patients' salbutamol inhalers we are changing the prescription to Salamol. This will not affect your asthma care. You may however notice a change in the taste of the inhaler. This is normal.



Greener Practice
Reviewed and approved by NHS England and Improvement inhalers working group



WHAT ELSE CAN I DO TO HELP THE ENVIRONMENT?

Make sure your asthma is well controlled and you know how to use your inhaler. **Having well controlled asthma is the best thing you can do for yourself and the planet.** If you have asthma and are using 3 or more reliever inhalers a year, this may suggest your asthma is not well controlled. Please speak to your GP practice to book an asthma review.

Return used inhalers to the pharmacy so they can be disposed in an environmentally safe way.

Speak to your health care professional to ask if you are suitable for a dry powder inhaler. These inhalers do not contain any greenhouse gases and so have a much lower carbon footprint.

As this is a like-for-like switch, a face-to-face appointment may not be necessary.

TIP: If available you could give a “reply once” option to opt out by certain date – remember to remove these patients from the list

AccuRx SMS Salamol suggestion

We're asking you to change your Salbutamol (blue) inhaler prescriptions from the Ventolin (or generic) to the Salamol brand inhaler. Salamol inhalers contains the same medicine (salbutamol) and are the same type of inhaler as Ventolin (generic) inhalers, but they have a much lower carbon footprint. The new inhaler may taste different. This is normal. For more information watch this video

<https://player.vimeo.com/video/759534661?h=aa530d0ca0&bit.ly/3RJhWgf> or read this leaflet

For a reminder of how use your inhaler, see <https://www.asthmaandlung.org.uk/living-with/inhaler-videos>

AccuRx SMS opt out:

To opt out of this change, please contact [reception by DD MMM.]

OR

To opt out of this change, please reply "NO" to this message.

Letter template

Changing salbutamol inhaler to Salamol

Dear Patient,

As part of our practice commitment to provide excellent care and protect our planet, we are reviewing the prescriptions for some inhalers, and asking patients to try inhalers with less HFA propellant, a very potent greenhouse gas.

Which of my inhalers does this affect?

This affects your reliever (blue) inhaler, which you use only when you have symptoms. You may know it as your salbutamol inhaler, or by the brand-name Ventolin. Your pharmacy may dispense a salbutamol inhaler with a different brand name. It appears on your medication list as either of the following:

- Ventolin Evohaler 100microgram/ dose
- Salbutamol CFC-Free Inhaler 100microgram/ dose

Why are we asking you to change?

Your reliever (blue) inhaler is a metered dose inhaler, sometimes called an aerosol spray inhaler or a 'puffer.' This contains a propellant gas in the canister which is a powerful greenhouse gas that contributes to climate change. The Ventolin inhaler has more than twice the carbon footprint of the Salamol inhaler, even though it delivers the same medication, using the same type of device at the same dose. This is because the Salamol inhaler uses less propellant gas.

- Ventolin Evohaler = 28.26kg CO₂e emitted per inhaler
- Salamol = 11.95 CO₂e emitted per inhaler

How will my prescription change?

The World Health Organisation has said that climate change is the greatest risk to health in the 21st century. We want to prescribe inhalers that release less greenhouse gases, to reduce the impact on climate change. From now on, all prescriptions we issue for blue reliever inhalers will be for the lower carbon footprint Salamol inhaler.

What do I need to do?

Salamol contains the same medication as Ventolin and is used in the same way. So, you can continue using your inhaler in exactly the same way. Finish the doses in your current inhaler before starting your new Salamol inhaler.

Some people notice a change in the taste of the inhaler, and this is normal. You can learn more with this <https://bit.ly/3RJhWgf>.

Please return all inhalers and other medications to pharmacies, where they will be sent for clinical incineration. This is much better than disposing of them in household waste as if they end up in landfill the propellant gases are released into the atmosphere contributing to climate change.

For a reminder of how to use your inhaler, see <https://www.asthmaandlung.org.uk/living-with/inhaler-videos>

Remember, if you need to use your reliever (blue) inhaler 3 or more times per week, this means your asthma may not be well controlled – so please make an appointment to speak to a healthcare professional.

What if I don't want my prescription to change?

To opt out of this change, please [contact reception and let them know].

Many Thanks,

[Practice Name/ Lead Clinician Name]

Follow up

Send a follow-up SMS to all patients 4-6 weeks after the change to encourage any patients having issues to get in touch.

Measure your impact

Visit https://openprescribing.net/sicbl/11X/carbon_salbutamol/

Recommended spacer devices compatible with Salamol



A2A Spacer (Clement Clarke International Ltd) 1 device



AeroChamber Plus Flow-Vu Anti-Static (Trudell Medical UK Ltd) 1 device

















EasyChamber Spacer (TriOn Pharma Ltd)



Volumatic (GlaxoSmithKline UK Ltd)

Appendix 1 Comparison of all SABA devices

Short-acting beta-2 agonist (SABA)

Inhaler brand name	Inhaler image	Carbon footprint	Active ingredient(s)	Type of inhaler
Airomir® Autohaler® 100 micrograms BA-pMDI		medium CO ₂ 	Salbutamol	SABA - reliever
Bricanyl® Turbohaler® 500 micrograms DPI		low CO ₂ 	Terbutaline	SABA - reliever
Easyhaler® Salbutamol 100 micrograms DPI		low CO ₂ 	Salbutamol	SABA - reliever
Easyhaler® Salbutamol 200 micrograms DPI		low CO ₂ 	Salbutamol	SABA - reliever
Salamol® Easi-Breathe® 100 micrograms BA-pMDI		medium CO ₂ 	Salbutamol	SABA - reliever
Salamol® CFC-Free inhaler 100 micrograms pMDI		medium CO ₂ 	Salbutamol	SABA - reliever
Salbulin® Novolizer® 100 micrograms DPI		low CO ₂ 	Salbutamol	SABA - reliever

Ventolin® Accuhaler® 200 micrograms DPI			Salbutamol	SABA – reliever
Ventolin® Evohaler® 100 micrograms pMDI			Salbutamol	SABA – reliever

For more information go to

<https://www.greenerpractice.co.uk/information-and-resources/information-for-patients/inhalers/>

<https://greeninhaler.org/>