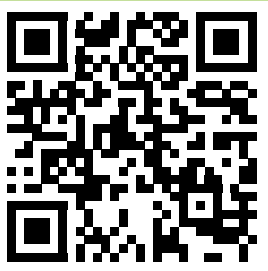


Exploring air pollution with CYP and families in clinic

1. Pre-consultation

At home
Hospital website
Hospital phone systems
Text messaging
Appointment reminders
Invitation letter to routine regular reviews

Travel to hospital
Car park: messaging on idling
:
:
:
Waiting room
Posters/screens/noticeboards
Patient registration forms



Daily Air Quality Index

3. Post-consultation

Pharmacy
Posters/screens/noticeboards
Labels on medication
:
:
:
Travel home

At home
Send the patient information via email or text
:
:
:
Include a section on air pollution advice in the clinic letter



Global Action Plan 'Actions on air pollution' checklist

2. Consultation

Setting the scene

Show curiosity: Understanding the context and the patient experience

One size does not fit all: Make it developmentally appropriate, relatable and individual.

Keep an open mind: Your patients may know more than you.

Prepare: Look at the patient's address. Some hospitals have linked patient postcodes to air quality levels, or you could look on Google Maps to see if they live on a main road, near industry or next to a park.

Model behaviours: Have plants in clinic or leave your bike helmet visible.

History and examination

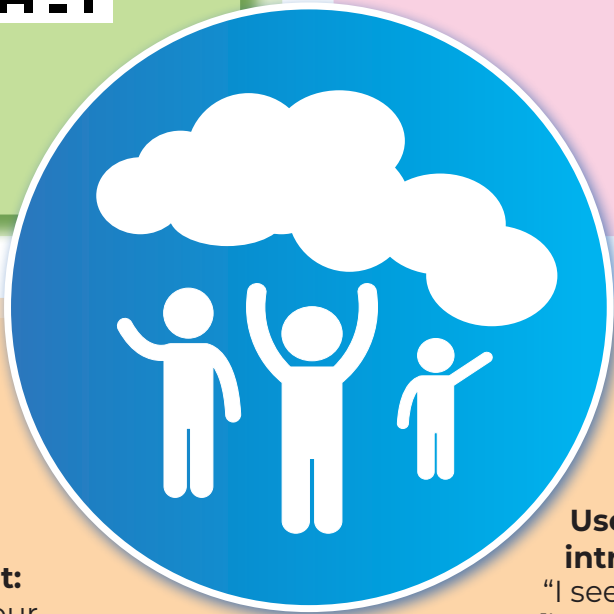
Tease out symptoms and signs that may be caused/exacerbated by air pollution

Start a conversation about transport:
For example "How did you travel to your appointment this morning?"

Be specific about potential triggers:
"Do you notice a change in your chest symptoms when you're around traffic or fires?"
"Do you find your allergies/eczema change when you're inside your home/when you go away?"

Show you understand where they live and delve deeper:
"I can see you live on [insert name] road. That looks like it might be a bit busy at rush hour. Does that affect your breathing at all?"

Make asking about housing matter of fact:
"Who lives together at home? Can you tell me more about your house – is it rented/private owned? Do you have any concerns about mould/damp/ventilation?"



Use visual cues to introduce activity:
"I see you're wearing a [insert team] football shirt! Do you play at school/college? It's great for your physical and mental health! Do you do any other activity?"



RCPCH Air Pollution Companion

Management plan

Incorporate achievable goals in the plan

Acknowledge that air pollution might be contributing to their health problem and **talk through some potential solutions together** – you could use a checklist to help guide this conversation.

Use specific details from the history to tailor the plan: "You mentioned that [child]'s breathing is worse in the house. This leaflet lists lots of potential triggers; could you try keeping a diary to see whether anything seems to set off [his/her] symptoms?"

Give advice that is within their sphere of influence:
"It's great that you already walk to school. Did you know that even by walking on the side of the pavement away from the cars, it reduces your exposure to air pollution?"

Signpost to resources:
"Did you know there's an air quality index – a bit like a weather forecast?" Show the young person the Daily Air Quality Index (DAQI) on their phone.

This resource is not comprehensive but aims to start conversations.

Made by the RCPCH Clean Air Fund partnership team in collaboration with RCPCH &Us Climate Changers and the RCPCH Clean Air Network