

# Clean Air Teaching Session - Frequently Asked Questions



## 1. How can you monitor air quality in your specific area?

- Air Aware is a great, free resource developed for the London Boroughs of Newham, Hackney, and Tower Hamlets (Air Aware)
- Defra UK Air Pollution Forecast (UK Air Defra)
- Most local councils will have an air pollution monitoring webpage or links to resources

## 2. How do I tell my patients about the recommended changes in behaviour without alienating them?

- There is always a balance to advice that we give patients, and changes in behaviour relating to air pollution are no exception. It could be quite easy to tell every patient to sell their car, cycle everywhere and immediately replace their gas cooker and boiler.
- Many people do not have the power, money or resources to necessarily change their situation in these examples. Many families feel tied to their cars because of the school run or commuting. In many instances it is worth choosing your battles, giving some simple advice and pointing them in the direction of more information, but also crucially listening to feedback from the patients on their situation.

## 3. Are there any initiatives to address poor housing ventilation in Tower Hamlets or nationwide?

- Camden have an excellent resource regarding indoor air pollution and ventilation: ([Improving Indoor Air Quality](#))

## 4. What monitor is used by Dr Sinead Milwood in the Youtube video?

- While Global Action Plan do not particularly recommend any one portable/handheld air pollution monitor vs another, Dr Milwood uses the Plume Flow 2. [Flow, by Plume Labs:](#)
- Air pollution monitors vary significantly in their price, and this tends to be reflected in their level of scientific accuracy.
- For an individual or small group however, many of the 'personal' sized monitors give a good indication of air quality, they are relatively affordable and extremely portable.

## 5. How can I be made aware of episodes of high air pollution?

- The London Mayor's office recently launched an alert system for healthcare professionals across the city which will empower health professionals to learn more and inform their patients. Read more here: [Mayor launches UK's first targeted air quality alert for healthcare professionals | London City Hall](#)