

# The Clean Air Academy

“How to Use” Guide

2025



## 1.0 Introduction

Welcome to the Clean Air Academy, an educational platform focused on the negative impacts of air quality on health. Our mission is to provide accessible resources for healthcare professionals and the public, fostering a well-informed community equipped to tackle environmental challenges.

## 2.0 Health Professionals and Air Quality

Health professionals should understand air quality and its impacts on patient health because poor air quality is linked to a range of serious health issues, including respiratory diseases, cardiovascular problems, and adverse effects on mental health.

By being aware of the sources and effects of air pollution, healthcare providers can better assess and manage conditions exacerbated by environmental factors. This knowledge empowers them to educate patients about preventive measures, advocate for healthier environments, and contribute to public health initiatives aimed at reducing pollution. Ultimately, integrating air quality awareness into medical practice can lead to improved patient outcomes and a more holistic approach to health care.

## 3.0 Getting Started

### Registration:

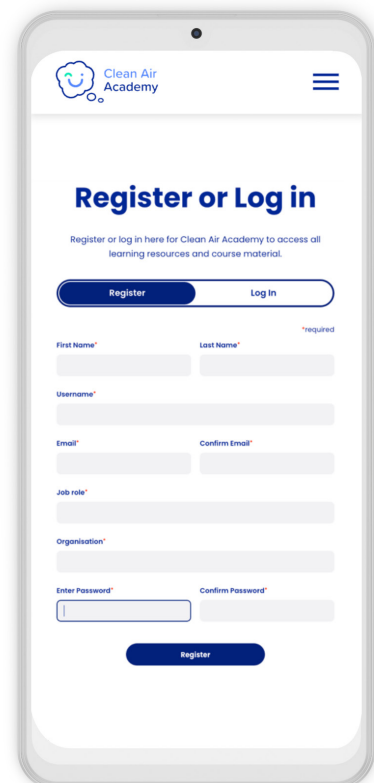
- To use the Clean Air Academy, you must register at [www.cleanairacademy.org.uk](http://www.cleanairacademy.org.uk). This process takes just a few minutes.
- Once registered, you'll have immediate access to all content.
- Any data submitted during the registration process will not be shared with third parties.

## 4.0 Course Structure

The Clean Air Academy offers a comprehensive course consisting of seven modules. Each module takes approximately 10 minutes to complete, and you can finish them at your own pace.

### 4.1 Recommended Progression

- Modules 1-4: General understanding of air pollution.
- Modules 5-7: Focus on specific health conditions.



The image shows a mobile application interface for the Clean Air Academy. At the top, there is a logo with a smiley face and the text 'Clean Air Academy' and a hamburger menu icon. The main heading is 'Register or Log in'. Below this, there is a sub-heading: 'Register or log in here for Clean Air Academy to access all learning resources and course material.' There are two buttons: 'Register' and 'Log In'. The form fields are: 'First Name\*' and 'Last Name\*' (with a '\*required' note), 'Username\*', 'Email\*', 'Confirm Email\*', 'Job role\*', 'Organisation\*', 'Enter Password\*', and 'Confirm Password\*'. A 'Register' button is at the bottom.

## 4.2 Modules Overview

### Module 1: Air Pollution & Health

Nine lessons exploring the connection between air pollution and health.

### Module 2: What is Air Pollution?

Six lessons detailing types and sources of air pollution.

### Module 3: How to Reduce Air Pollution

Nine lessons on actions to mitigate indoor and outdoor pollution.

### Module 4: Talking about Air Pollution with Patients

Ten lessons on the NHS's role and how healthcare professionals can communicate effectively.

### Module 5: Respiratory Health

Eight lessons on how air pollution affects respiratory health.

### Module 6: Child Health

Ten lessons focusing on air pollution's impact on children's health.

### Module 7: Maternal Health

Ten lessons discussing the risks of air pollution during pregnancy.

### Resources

Healthcare professionals can access resources on air pollution and its impact on health. These materials can be shared with patients, providing them with actionable solutions to mitigate the effects of air pollution on their well-being.

These resources can also be printed and displayed prominently around the clinic to enhance visibility for patients. By strategically placing them in waiting areas, examination rooms, and other high-traffic spots, healthcare professionals can ensure that patients have easy access to important information. This approach not only raises awareness about air pollution and its health effects but also encourages meaningful discussions and enables patients to take proactive steps toward improving their health.

### Course Progression

To monitor your course progression, simply click on the "Profile" icon located in the top right corner of the screen. This will direct you to a detailed overview of your progress, allowing you to track completed modules and any modules that may need your attention. It's a great way to stay organised and ensure you're on track with your learning goals.

## Resources

Access resources relating to air pollution and the effect it has on our health. This information is easily accessible to enable you to provide your patients with actionable solutions.



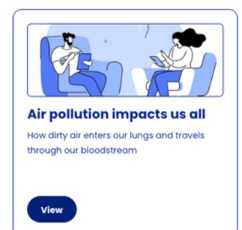
**How does air pollution damage my health**  
Health conditions that air pollution can cause

[View](#)



**How air pollution affects you from birth to death**  
Steps we can take to clean the air and protect our health

[View](#)



**Air pollution impacts us all**  
How dirty air enters our lungs and travels through our bloodstream

[View](#)



**Air pollution & health issues in children**  
Providing practical solutions that can help protect your child(ren)

[View](#)

## 5.0 Completion and Certification

At the end of each module, you will find a quiz to reinforce learning.

Upon finishing the course, a Certificate of Professional Development from the Federation of Royal Colleges of Physicians (RCP) will be available for download.

## 6.0 Frequently Asked Questions

### *General Questions*

#### **What is the Clean Air Academy?**

An online platform for healthcare professionals focusing on air quality and pollution prevention.

#### **Who can join?**

Healthcare professionals and students interested in air quality and health are welcome.

#### **Is there a fee?**

No, the course is free.

#### **Do I need to complete all modules at once?**

No, modules are self-paced and can be completed in multiple sittings.

### *Technical Support*

#### **What if I encounter technical issues?**

Contact our support team via the "Contact Us" section on the website.

#### **What devices can I use?**

The platform is accessible on desktops, tablets, and smartphones.

#### **How do I enrol?**

Create an account and click the "Get Started" button to begin.

## 7.0 Course Content Insights

**Monitoring Air Quality:** Use resources like KentAir ([kentair.org.uk](http://kentair.org.uk)) and the Defra UK Air Pollution Forecast.

**Patient Communication:** Balance advice with empathy. Recognise that not all patients can make immediate changes.

**Addressing Air Pollution in the UK:** Understand that air pollution is a significant issue, even if levels are lower than in some countries.

**Supporting Patients:** Advocate for those in difficult situations by communicating with local authorities when necessary.

## 8.0 Conclusion

The Clean Air Academy provides an invaluable resource for healthcare professionals to enhance their understanding of air pollution and its health impacts. By engaging with our modules, you can contribute to a healthier environment for your patients and community.

