Alexander Wilkinson

BM BCh, MRCP (Respiratory), MA (Cantab), PGCME, FHEA

alex.wilkinson2@nhs.net

Career Profile

Consultant Respiratory Physician and member of the Medical and Chemicals Technical Options Committee (MCTOC) of the Montreal Protocol, with expertise in reducing healthcare's environmental impact and inhaled medicines. Widely published work on inhaler sustainability and healthcare decarbonisation, with extensive experience leading technical assessments and multidisciplinary international collaborations.

Committed to delivering high-quality patient care while advancing environmentally sustainable healthcare.

Key Qualifications

Dundee University	Postgraduate Certificate of Medical Education 2008-2010
RCP(L)	Membership of the Royal College of Physicians 2008
Oxford University	Bachelor of Medicine and Surgery, Green College. 2002 – 2005
Cambridge University	Medical Sciences (with Ma in Neuroscience) 1999-2002

Selected Publications

Wilkinson, A, Woodcock, A. The environmental impact of inhalers for asthma: A green challenge and a golden opportunity. *Br J Clin Pharmacol*. 2022; 88(7): 3016-3022. doi:10.1111/bcp.15135

King J, Woodcock A, Anzueto A, **Wilkinson AJK**, Janson C, Henderson R, Fulmali S, Plank M. Decarbonising Respiratory Care: The Impact of a Low-Carbon Salbutamol Pressurised Metered-Dose Inhalers. Allergy. 2025 Nov 6. doi: 10.1111/all.70141.

Janson C, **Wilkinson A**, Hisinger-Mölkänen H, Alcázar Navarrete B, Beeh KM, Lavorini F, Kankaanranta H, Pritchard J, Suppli Ulrik C, Bansal A, Lähelmä S, Lehtimäki L. How to move towards more sustainable asthma care in Europe: an expert opinion paper. Breathe (Sheff). 2025 May 13;21(2):240229. doi: 10.1183/20734735.0229-2024.

Vartiainen V, Woodcock AA, **Wilkinson A**, Janson C, Björnsdóttir U, Haahtela T, et al. Thoughtful prescription of inhaled medication has the potential to reduce inhaler-related greenhouse gas emissions by 85%. *BMJ Open Respiratory Research*. 2024;11:e001782. https://doi.org/10.1136/bmjresp-2023-001782

Wilkinson AJK, Anderson G. Sustainability in Inhaled Drug Delivery. Pharmaceut Med. 2020 Jun;34(3):191-199. doi: 10.1007/s40290-020-00339-8.

Tirumalasetty J, Miller SA, Prescott HC, et al. Greenhouse Gas Emissions and Costs of Inhaler Devices in the US. *JAMA.* 2024;332(12):1017–1019. doi:10.1001/jama.2024.15331

Frances Mortimer, Jennifer Isherwood**, Alexander Wilkinson**, and Emma Vaux Sustainability in quality improvement: redefining value Future Hosp J June 2018 5:88-93; doi:10.7861/futurehosp.5-2-88

Vartiainen V, Janson C, Hisinger-Mölkänen H, Lehtimäki L, **Wilkinson A.** Trends in inhaler use and associated carbon footprint: a sales data-based study in Europe. *BMJ Open Respiratory Research*. 2025;12:e002424. https://doi.org/10.1136/bmjresp-2024-002424

Janson C, Maslova E, **Wilkinson A**, Penz E, Papi A, Budgen N, Vogelmeier CF, Kupczyk M, Bell J, Menzies-Gow A. The carbon footprint of respiratory treatments in Europe and Canada: an observational study from the CARBON programme. Eur Respir J. 2022 Aug 10;60(2):2102760. doi: 10.1183/13993003.02760-2021.

Wilkinson AJK, Braggins R, Steinbach I*, et al.* Costs of switching to low global warming potential inhalers. An economic and carbon footprint analysis of NHS prescription data in England BMJ Open 2019;9:e028763. doi: 10.1136/bmjopen-2018-028763

Wilkinson A. et al. Greenhouse gas emissions associated with asthma care in the UK: results from SABINA CARBON. European Respiratory Journal 2021 58:OA76; DOI: 10.1183/13993003

Wilkinson, A.J.K., Anderson, G. Sustainability in Inhaled Drug Delivery. *Pharm Med* **34**, 191–199 (2020). https://doi.org/10.1007/s40290-020-00339-8

Since 2015 I have worked for East and North Hertfordshire NHS Trust as a specialist registrar and, since 2018, as a consultant. My subspecialty clinical interests include infection and I am COVID medical response lead and TB lead for the trust.

Prior to this I was a respiratory trainee in the East of England region. In 2014-15 I performed a comprehensive quality improvement project on smoking cessation services and training. For this work I received the 2016 RCP Excellence in Patient Care Award for a specialty trainee.

Employment

In 2008-2009 I spent a year working in General Medicine and Tuberculosis Teule Hospital, Muheza, Tanzania. I worked in a very resource-poor environment treating a host of tropical diseases, treating many cases of TB and HIV/AIDS. I also witnessed the impacts of undernutrition on health and gained insights into global health, issues relating to access to medicines and the effects of climate change on vulnerable patients.

Member of the Medical and Chemicals Technical Options Committee (MCTOC) of the Montreal Protocol. Contributed to successive technical assessments relating to metered-dose inhalers and medical aerosols.

I was a member of the NHSE/I inhaler experts working group where I co-authored the greener practice guide "How to Reduce the Carbon Footprint of Inhaler Prescribing; a guide for Healthcare Professionals in the UK".

Leadership roles

I have lectured regionally, nationally and internationally on the environmental impact of inhalers, at regional conferences, lectures for the RCGP and at the Respiratory Drug Delivery Europe conference.

I have served on the British Thoracic Society council as the under 35 member, on their Education and Training Committee and the Specialist Trainees' Advisory Group, which I chaired before my consultant appointment. I organised educational sessions on breathlessness and pulmonary physiology at the Summer BTS Conference. I am co-author of their latest guide on sustainable respiratory care (in development).

Interests

Outside work I love spending time with my three children. I hold a half blue in athletics and enjoy swimming, cycling, running, playing music, and competing in the occasional triathlon.
