

MONTHLY NEWSLETTER



MARCH | 2025

SUPPORTING KIDNEY HEALTH: INSIGHTS FOR HEALTHCARE PROFESSIONALS

March is all about kidney health, with [World Kidney Day](#) shining a spotlight on the impact of chronic kidney disease (CKD). [Over seven million people in the UK are living with CKD](#), making early diagnosis and effective management so important.

We're committed to helping healthcare professionals stay informed and equipped to support patients with kidney disease. Our [Chronic Kidney Disease Course](#) provides in-depth training on recognising symptoms, treatment pathways, and best practices for patient care.

Want to deepen your expertise in kidney health? [Explore our courses today.](#)



NO SMOKING DAY: THE BEST TIME TO QUIT IS NOW

12th March marks No Smoking Day – a reminder of the long-term health effects of smoking and the undeniable benefits of quitting.

Did you know that within just 20 minutes of stopping, your heart rate and blood pressure begin to drop?

- ✓ After 12 hours, carbon monoxide levels in your blood return to normal.
- ✓ After three months, lung function and circulation significantly improve.
- ✓ After one year, your risk of coronary heart disease halves.

It's never too late to quit. Share this information with your patients, it might just be the gentle nudge they need to take that first step.

WORLD KIDNEY DAY: RAISING AWARENESS

On 13th March, we marked World Kidney Day – a chance to shine a light on the impact of kidney disease.

We shared some helpful insights on our LinkedIn page as part of the awareness day. If you haven't seen it yet, you can still take a look here: [World Kidney Day Post](#).

SPRING CLEAN YOUR SKILLS: UPDATED COURSES NOW LIVE!

A fresh season calls for fresh knowledge! We've updated our Spirometry, COPD, and Asthma courses to align with the latest guidelines and research. Now is the perfect time to refresh your skills and ensure you're providing the most up to date care. Take a look at our full course portfolio today.

THE FIRST DAY OF SPRING: A SEASON FOR HEALTH

Spring arrived on 20th March, bringing lighter days and a greater chance to encourage patients with long-term conditions to spend more time outdoors. Even a gentle walk can help strengthen the heart, improve circulation and ease symptoms like breathlessness and fatigue.



MOTHER'S DAY: HONOURING EVERY MUM

Mother's Day falls on 30th March this year, and we're taking a moment to recognise all the different kinds of mother figures who shape our lives. From mums-to-be and those who have raised us, to the people who step into nurturing roles and the mums we carry in our hearts, this day is for them.

UPCOMING WEB SEMINAR: THE BTS/SIGN/NICE ASTHMA GUIDELINES MADE SIMPLE

Our next web seminar takes place in January, and will cover what the new asthma guidelines mean for children and young people.

- **Date:** Monday, 28th April, 1pm.
- **Speakers:** Bev Bostock & Viv Marsh

Join us for a practical, expert-led session breaking down the latest BTS/SIGN/NICE asthma guidelines for adults and children. Stay ahead of the latest updates in respiratory care. [Register here to secure your spot.](#)

STAY CONNECTED!

Stay connected with us for more events, courses, and community updates!

Warm wishes,

The Rotherham Respiratory Team

✉ enquiries@rotherhamrespiratory.com

🌐 rotherhamrespiratory.com

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