

The background of the slide is a dense, overlapping pattern of various tropical leaves in shades of green. The leaves include large, heart-shaped monstera leaves, smaller pointed leaves, and some with distinct patterns like spots or stripes. The overall effect is a lush, naturalistic texture.

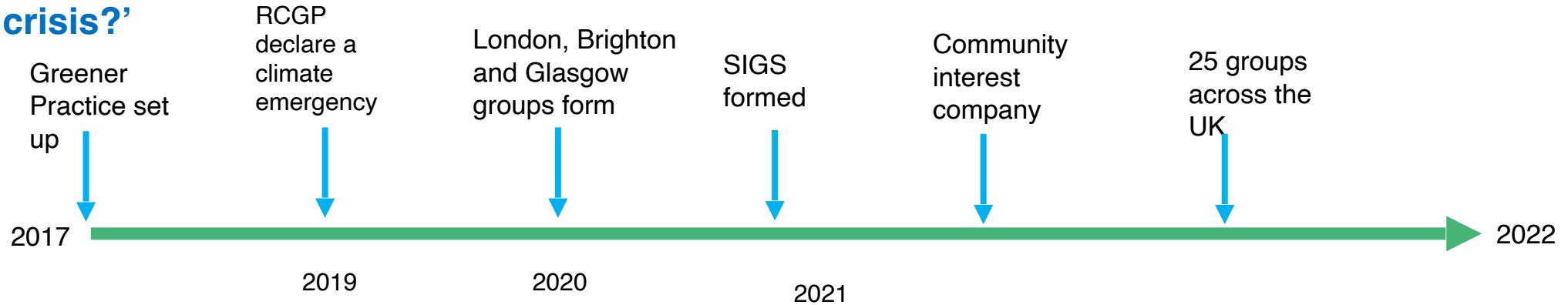
Greening Your Practice

Caribbean Responders' Course

Dr Honey Smith, Co-chair of Greener Practice

'How can we get our professional community engaged with action on the climate crisis?'

Thinking time:
Lots of questions!

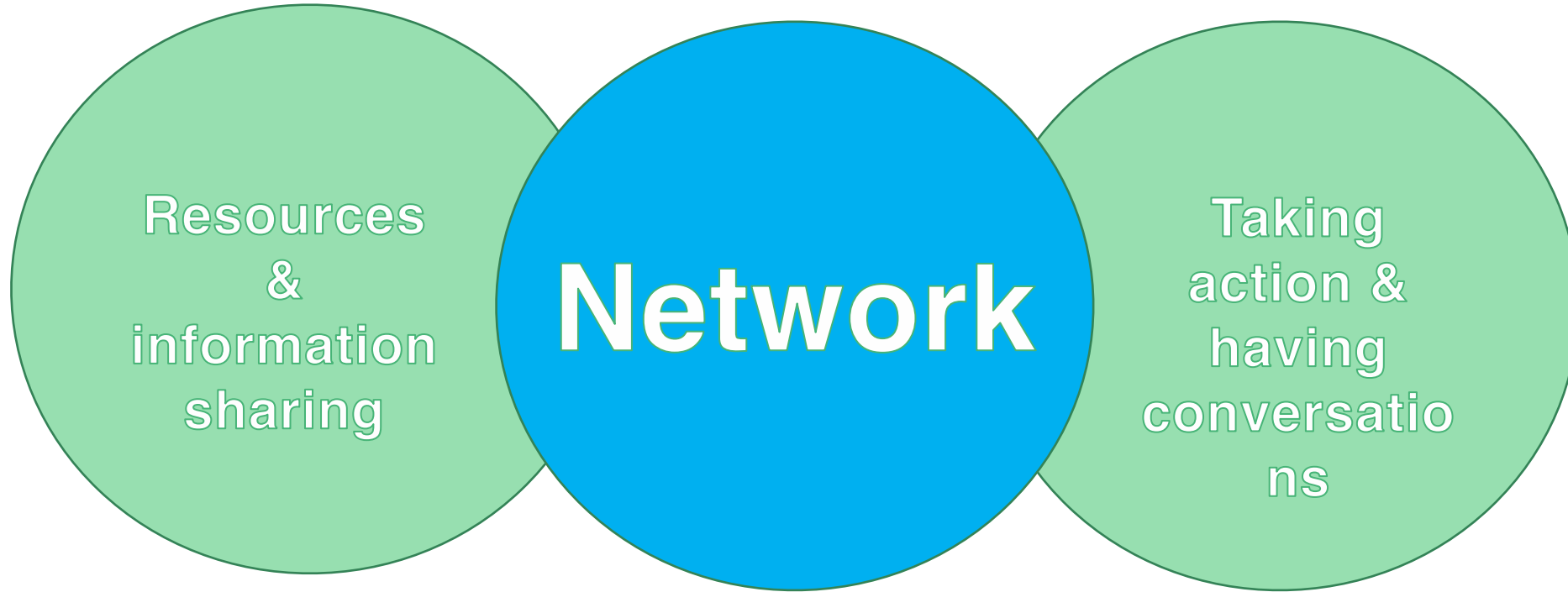


Greener Practice

Local
groups

Creating
partnership

§



National
voice

One stop
shop

Greatest health threat or greatest opportunity?

Without action on climate change...

Air pollution

both contributes to, and is made worse by warming.

It now causes

1 in 8

of all deaths globally.

Each year, coal plant emissions in Europe lead to

18,200

early deaths, and cost an estimated

€42.8 billion

Flooding

will become more severe.

Obesity

is related to unhealthy diets, often high in red meat, and increasing car use.

One estimate for 2030 puts the number displaced in 4 US coastal areas at

12 million

THE GLOBAL CLIMATE & HEALTH ALLIANCE

If we act on climate change...

Creating and protecting

green spaces

reduces air pollution and so can prevent diseases like asthma, pneumonia, heart attacks and stroke.

Sustainable diets

has many benefits for physical and mental health, and reduces heat island effect.

Active travel
(walking & cycling)

could help to prevent many of the 3,200,000 early deaths caused by physical inactivity every year.

Planetary boundaries

Global warming

Air quality

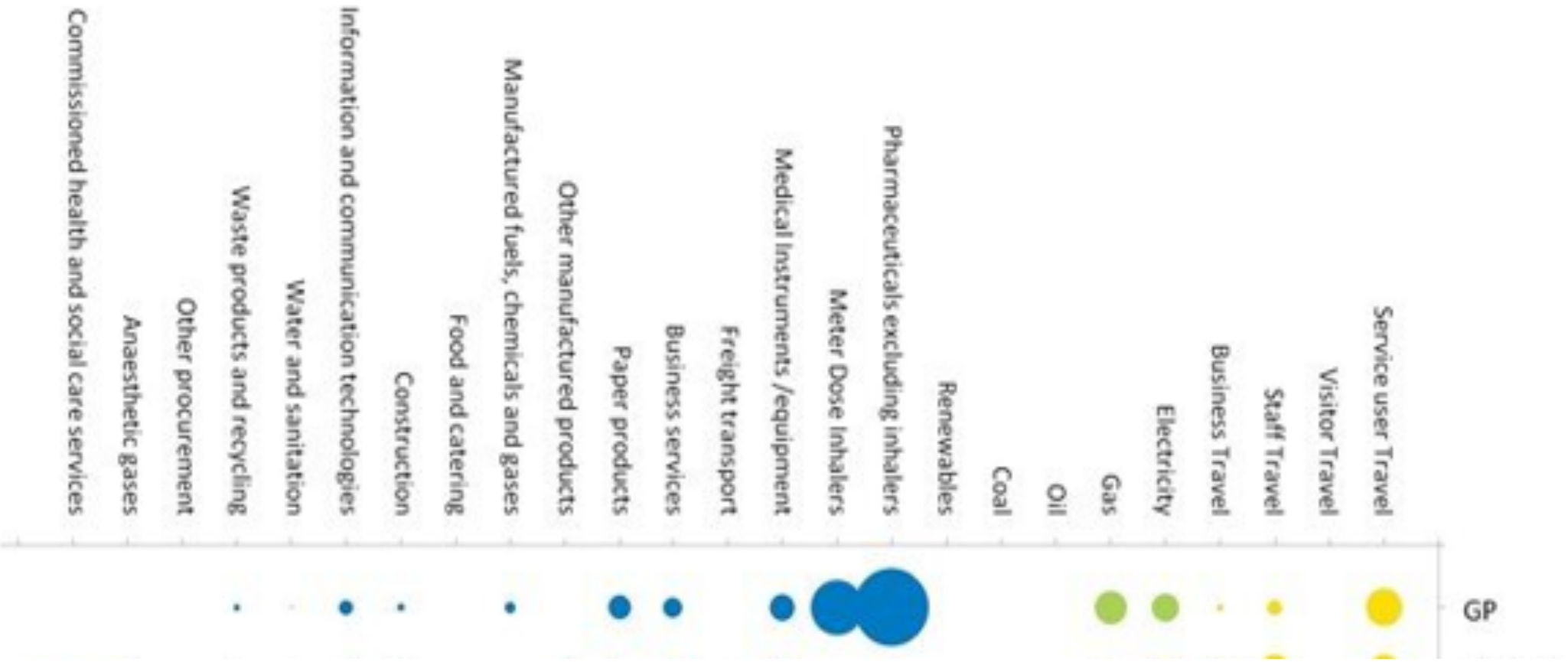
Water supply and quality

Land usage and soil quality

Biodiversity

Ocean health

Carbon Hotspots in General Practice



Non-clinical decarbonisation

- <https://seesustainability.co.uk>
- www.greenerpractice.co.uk

Principles of Sustainable Clinical Practice

Dr Frances Mortimer, Centre for Sustainable Healthcare

- 1. Disease prevention and health promotion
- 2. Patient education and empowerment
- 3. Lean service delivery
- 4. Low carbon healthcare options

The most impactful actions in the clinical realm

- High quality, low carbon asthma care
- Reducing medication prescribing
- Reducing over-diagnosis and over-investigation
- Streamlining care
- Low carbon alternatives



175 miles – London to Sheffield



Source: www.4mat.com



4 miles – London to... another bit of London



MDIs generally have a carbon footprint about 40 times that of their DPI counterparts

Low
Carbon,
Excellent
Asthma
Care

Reducing SABA over-reliance

Inhaler technique

Personalised asthma action plans

Inhaler type

How to Reduce the Carbon Footprint of Inhaler Prescribing

A Guide for Healthcare Professionals in the UK

Reviewed and endorsed by the NHS England and NHS Improvement Inhaler Working Group and Asthma UK and the British Lung Foundation



Low carbon, excellent asthma care

www.greenerpractice.co.uk

Reducing medication prescribing



Evidence-based disease prevention - what we do best!



Supporting healthy living - diet, exercise (active travel), stress reduction, green prescribing etc



Structured medication reviews, deprescribing



Reducing medicines wastage

Anticholinergic Burden

- High anticholinergic burden associated with a number of significant adverse health effects
- Especially falls, cognitive decline, increased mortality
- ACB score 3+ considered high risk



Reducing Anticholinergic Burden

- Pharmacy technician does ACB score for patients on 10 or more medications
- Pharmacy technician highlights any ACB score of 3+
- Doctor / pharmacist discusses risks with patient and explores plan to reduce medication as appropriate
- IT tool in development



Show Me Your Meds (Please) Dr Deb Gompertz

- Pilot identifying 40 patients with non-adherence
- 39 medications stopped
- 35 new diagnoses of cognitive impairment
- 1667kg CO2 saved
- £3529 saved in deprescribing
- Massive ongoing waste prevented



Reducing over- diagnosis and over- investigation

Choosing Wisely [https://
www.choosingwisely.org](https://www.choosingwisely.org)

RCGP Overdiagnosis group

“What matters to You” conversations,
Atul Gawande’s questions

Advance care planning

Streamlining Care

Remote consulting?

Care closer to home

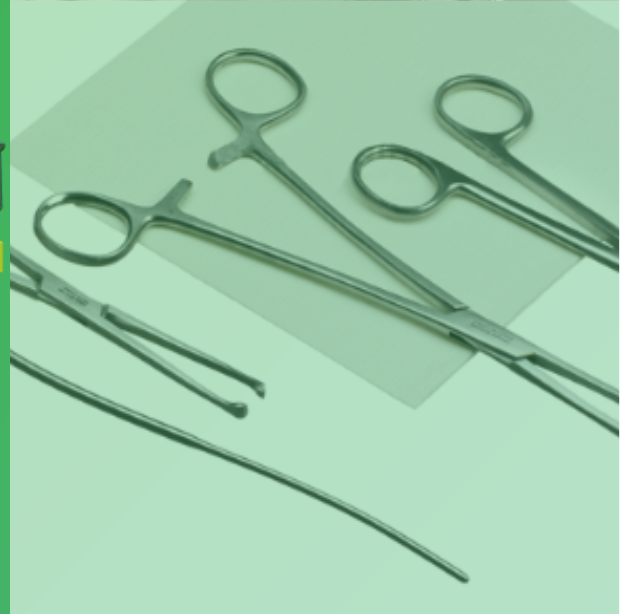
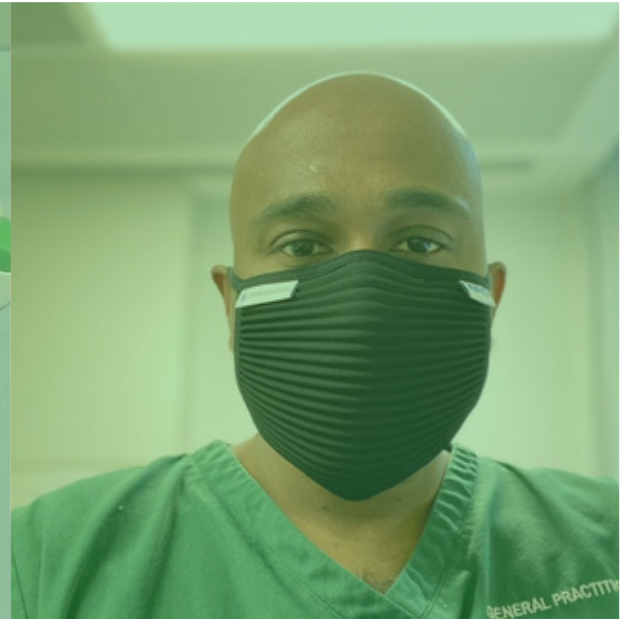
Use of IT

Holistic, patient-centred approach

Focus of a Sustainable QI project?

Low carbon alternatives

- DPIs as first line where possible
- Reusable PPE
- Reusable surgical instruments
- Refillable sharps bins



Sustainable Quality Improvement

- Consider the social, environmental and financial impact of an intervention
- Apply SusQI principles to any QI project
- <https://www.susqi.org/step-by-step-guide>
- Examples at www.greenerpractice.co.uk
- Asthma QI toolkit
- Share the learning!

Form a group!

- Powerful way to support each other
- Share ideas, resources, local initiatives
- Economies of scale
- Work collaboratively with other agencies



Thanks for listening!

- www.greenerpractice.co.uk
- @GreenerPractice
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**Greener
Practice**