Sustainable Healthcare – Why Bother?

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Frome Medical Practice
Healthcare Carbon Emissions

- Worldwide healthcare is the 5\textsuperscript{th} largest emitter of carbon
- UK around 5\% of all traffic on our roads is health and care related
Primary Care Hotspots

• 16% of the entire NHS, public health and social care system carbon footprint relates to pharmaceutical products

• Of this 16% almost two thirds are due to just 20 medications
  – Includes atorvastatin, simvastatin and sip feeds as well as most analgesics

• Of this 16% one fifth are due to just one thing – metered dose inhalers (MDI)
Equivalent tailpipe greenhouse gas emissions from a Ventolin Evohaler (containing 100 2-puff doses) and a Ventolin Accuhaler (60 1-puff doses). Assumes car achieves 100gCO2/km.

https://greeninhaler.org/inhaler-comparison/
Sustainable clinical practice

Primary driver

Reduce activity

Reduce carbon intensity

Secondary drivers

Prevention

Patient empowerment

Lean pathways

Low carbon alternatives

Operational resource use

Outcome needed

Reduce carbon without reducing health

Sustainable clinical practice

Estates & clinical

Mortimer-F. The Sustainable Physician
Exercise video
https://www.youtube.com/watch?v=aUaInS6HlGo#action=share
Jaq - Couch to 5K success

Stopped 4 repeat medications - tramadol, gabapentin, ramipril and amlodipine
Now fewer GP attendances
No podiatry needed
Happier
Fitter
Family fitter
Reduction in NHS environmental impact
Goods and Services carbon footprint – carbon hotspots

Primary care – pharmaceuticals including GP prescriptions

Acute - building energy use (gas and electricity)

Acute – medical instruments and equipment

Primary care and acute – business services

Sustainable Development Unit
Patient Empowerment

• Shared Decision Making
  – Introduce choice
  – Describe options
  – Help patients explore preferences and make decisions

• [https://www.england.nhs.uk/shared-decision-making/](https://www.england.nhs.uk/shared-decision-making/)

• Choosing wisely-BRAN
  – What are the Benefits?
  – What are the Risks?
  – What are the Alternatives?
  – What if I do Nothing?

• [http://www.choosingwisely.co.uk/about-choosing-wisely-uk/](http://www.choosingwisely.co.uk/about-choosing-wisely-uk/)
Enabling the Clinician

• Health Connectors/Link Workers
  – Signposting
  – Handholding
  – One to one support and goalsetting

• Consultation Frameworks
  – Lifestyle Medicine templates
    • 4 pillar plan
    • SMART goals
    • Symptom web

• Different ways of communicating
  – AccRx
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Actions as a health care professional

• **Personal**
  – Carbon Footprint then act to make changes

• **Professional**
  – **Use Trusted Voice**
    • Communicate communicate
      – Patients
      – Colleagues
      – Professional Institutions
      – Government
  – **Practice Sustainable Healthcare**
    • Green Impact
      – [https://www.sduhealth.org.uk/](https://www.sduhealth.org.uk/)
      – A sustainable health and care system is achieved by delivering high quality care and improved public health without exhausting natural resources or causing severe ecological damage
“Good for you, good for the planet”

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