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?'
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.
- One estimate for 2030 puts the number displaced in 4 US coastal areas at 12 million.

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 men’s 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.
<table>
<thead>
<tr>
<th>Planetary boundaries</th>
</tr>
</thead>
<tbody>
<tr>
<td>Global warming</td>
</tr>
<tr>
<td>Air quality</td>
</tr>
<tr>
<td>Water supply and quality</td>
</tr>
<tr>
<td>Land usage and soil quality</td>
</tr>
<tr>
<td>Biodiversity</td>
</tr>
<tr>
<td>Ocean health</td>
</tr>
</tbody>
</table>
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
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
Low carbon, excellent asthma care

www.greenerpractice.co.uk
Reducing medication prescribing

- Evidence-based disease prevention - what we do best!
- Structured medication reviews, deprescribing
- Supporting healthy living - diet, exercise (active travel), stress reduction, green prescribing etc
- 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
- 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
- Email: greenerpractice@gmail.com