

# Festival of Learning 2024

## **Sustainable Healthcare in Primary Care**

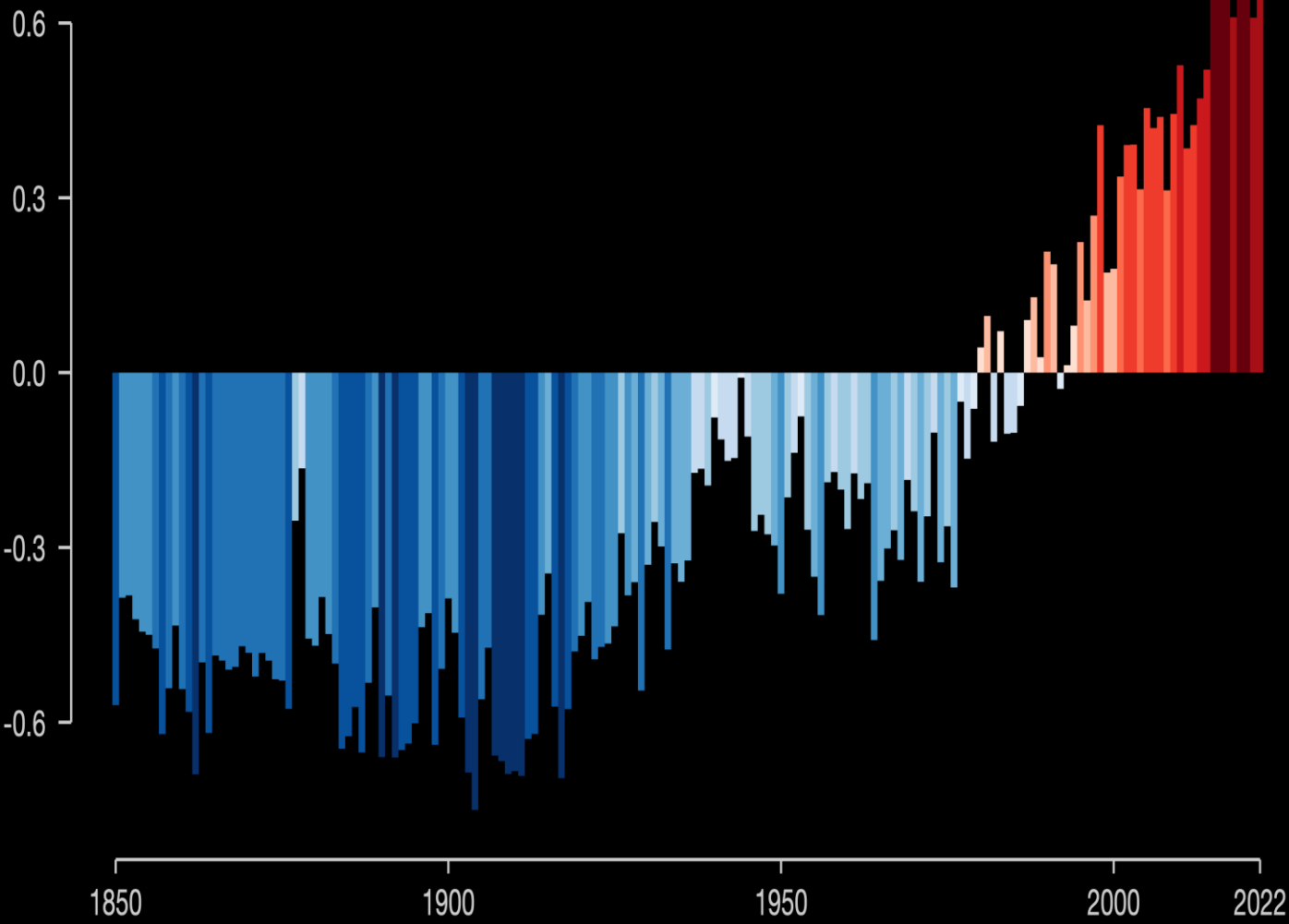
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Newport Pagnell Medical Centre

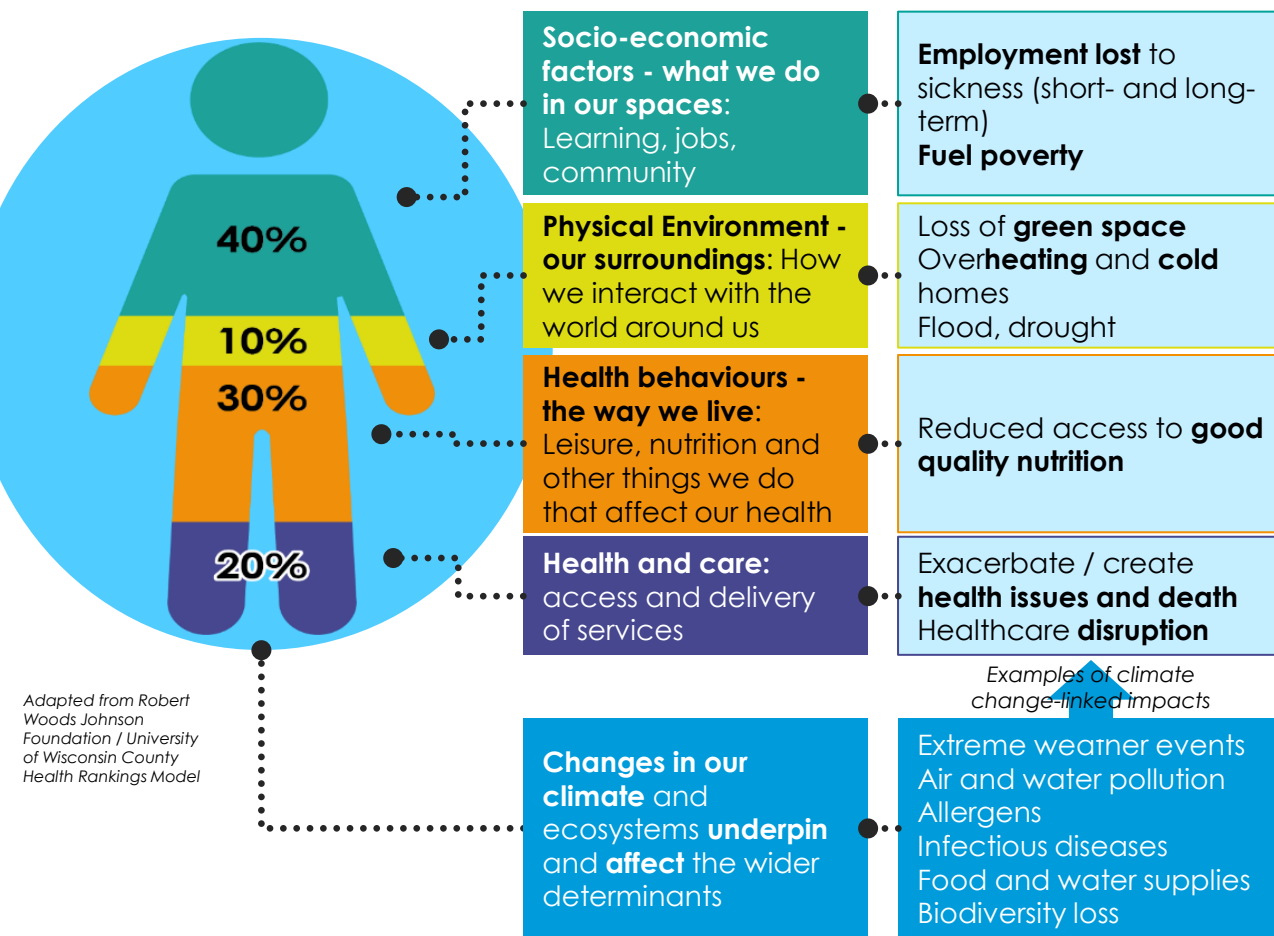


# Global temperature change

Relative to average of 1971-2000 [°C]



# Our health is about more than healthcare – it’s about the ecosystems we live in and how we interact with them:



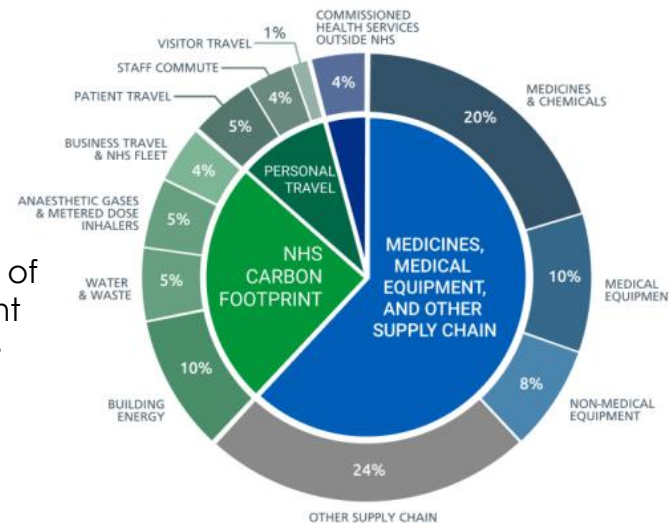
*“We do not inherit the Earth from our ancestors...  
...we borrow it from our children”*



## Healthcare delivery contributes to environmental degradation, through:

- Production and transport of medicines and equipment
- Medicines use and waste
- Energy use and waste
- Waste processing
- Travel and transport
- And many other areas

... not just estates! **4% of UK’s emissions are from the NHS**



## We have a moral and statutory responsibility to act:

- Our ICS's aim is to **increase the number of years** people spend **in good health** and **reduce the gap** between the **healthiest and least healthy** in our community.
- We're **bound by law** to pay due regard to climate change

### Key regulatory requirements:

- Climate Change Act 2008
- Environment Act 2021
- Health and Care Act 2022
- NHS England Standard Contract
- CQC Well Led KLoE
- RCGP
- RCNM

The NHS's goal is to be **Net Zero** by:

**2040**  
For direct emissions  
NHS Carbon Footprint  
e.g. Waste, water, energy use, fleet

and

**2045**  
For emissions we can influence  
NHS Carbon Footprint Plus  
e.g. Supply chain, medicines, catering



# Climate-sensitive health risks

## Health outcomes



Injury



Heat



Respiratory



New diseases



Food



NCDs



MH



Systems



## Vulnerability

### Exposure pathways

Weather  
Heat, cold  
Air Quality  
Food and water  
Ecology

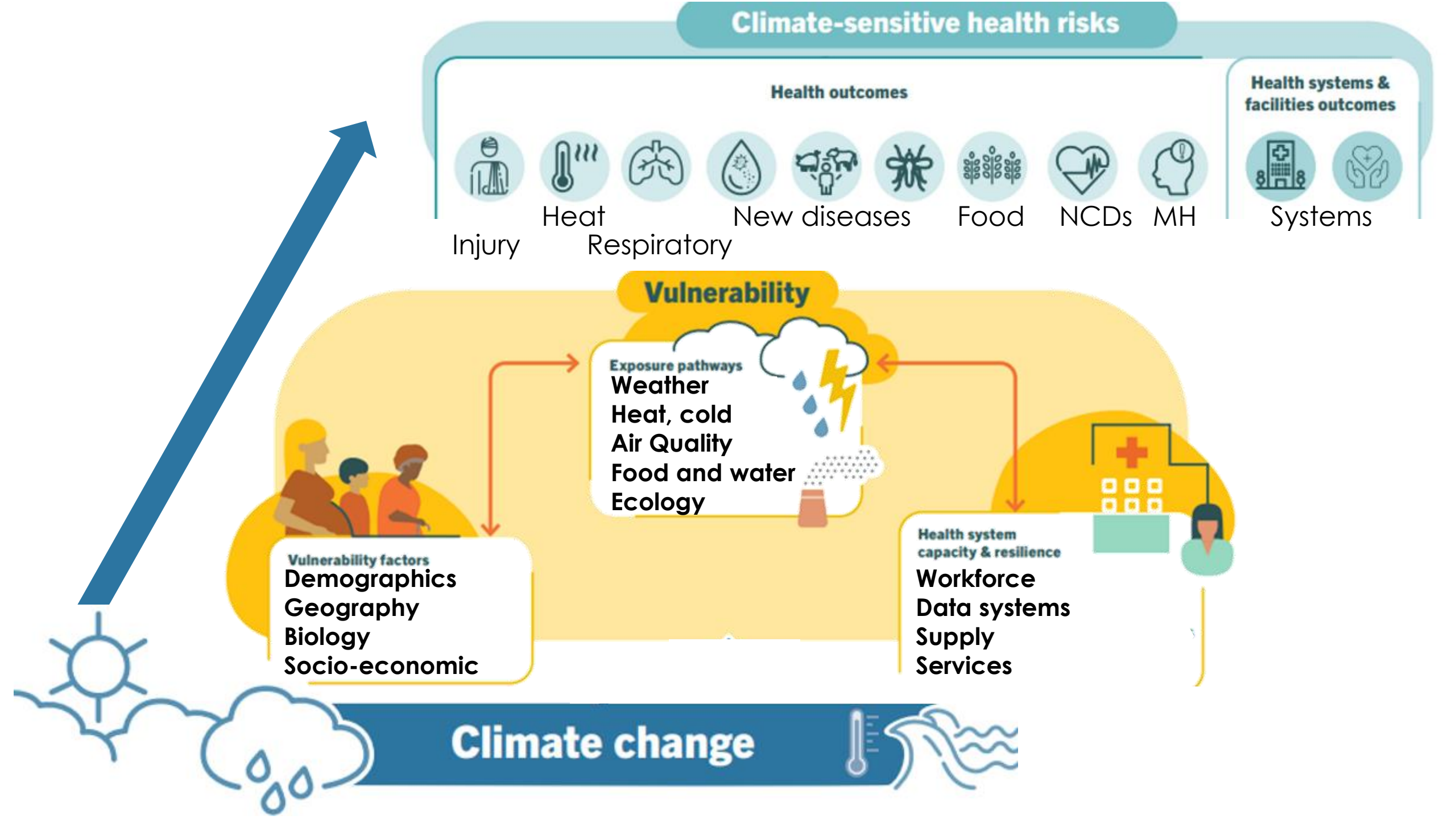
### Vulnerability factors

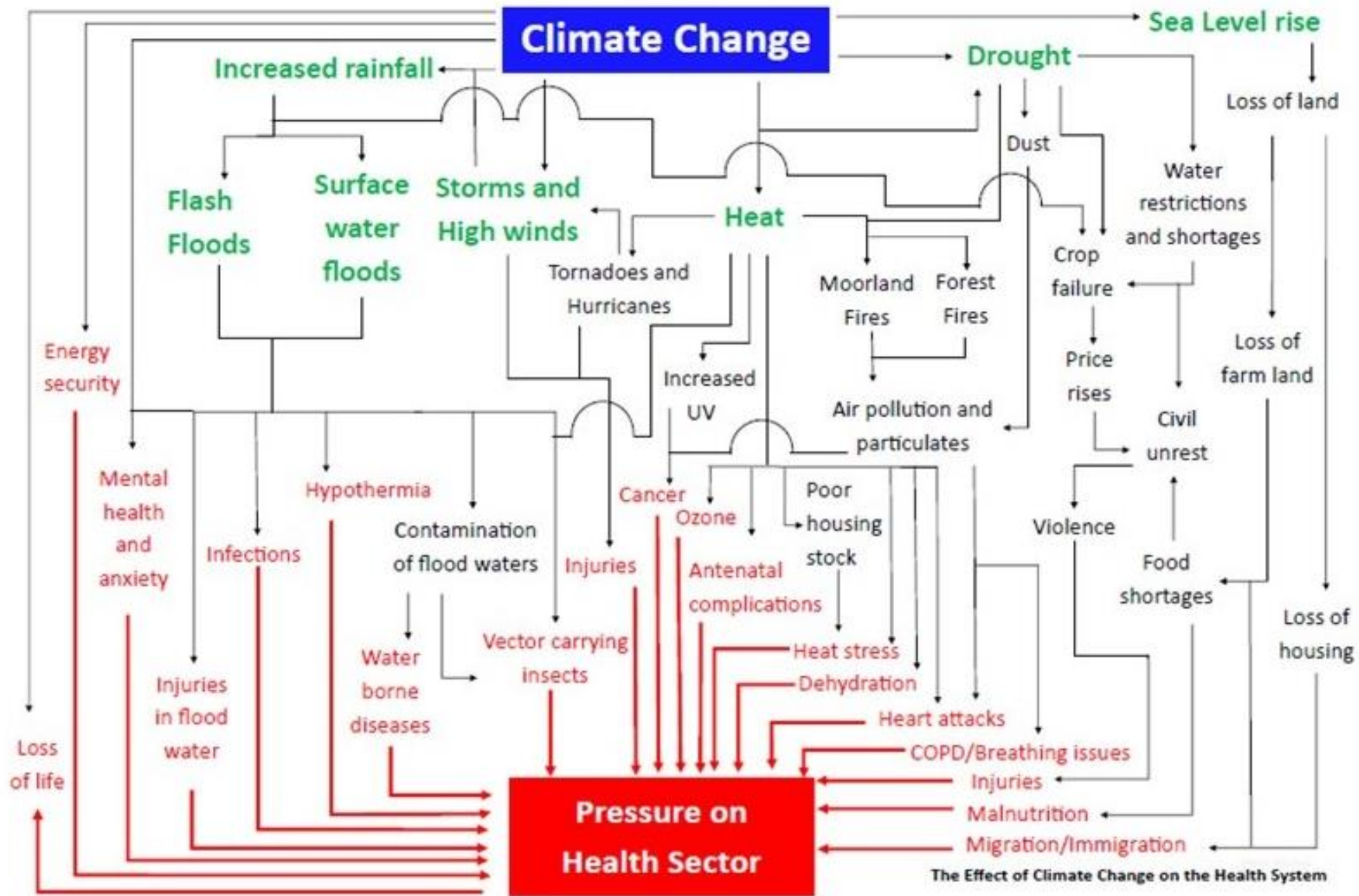
Demographics  
Geography  
Biology  
Socio-economic

### Health system capacity & resilience

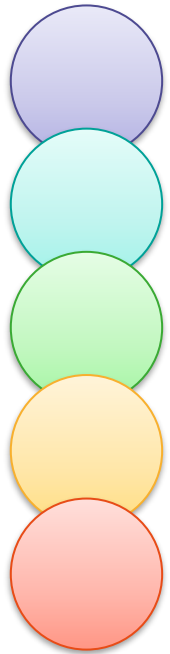
Workforce  
Data systems  
Supply  
Services

## Climate change





# “The climate emergency is a health emergency”



A **1°C rise** in daily mean temperatures led to a **1% rise in A&E admissions** in London

The UK **heatwaves** of 2022 estimated to have claimed more than **2,800 lives** (over 65yos).

**1 in 3** people suffer **PTSD** after their home flooded

Air pollution causes **28-36,000 UK deaths** annually

Every **2 minutes** in the UK, a baby takes their first breaths in air that **doesn't meet WHO standards**



Around **40** excess deaths in over **65s** were linked to **2022** heatwave



**400+** deaths per year in **BLMK** are linked to air pollution



**209** bowel cancer cases each year in **BLMK** are generated by high carbon diets



**66.7%** adults are overweight, linked to sedentary lifestyles + low levels of active transport





A sunset landscape with a large tree silhouette in the foreground and a crescent moon in the sky.

**98% of all staff** believe  
the health and care system  
should be acting **more sustainably**

*Delivering a Net Zero NHS, 2020*

# But...

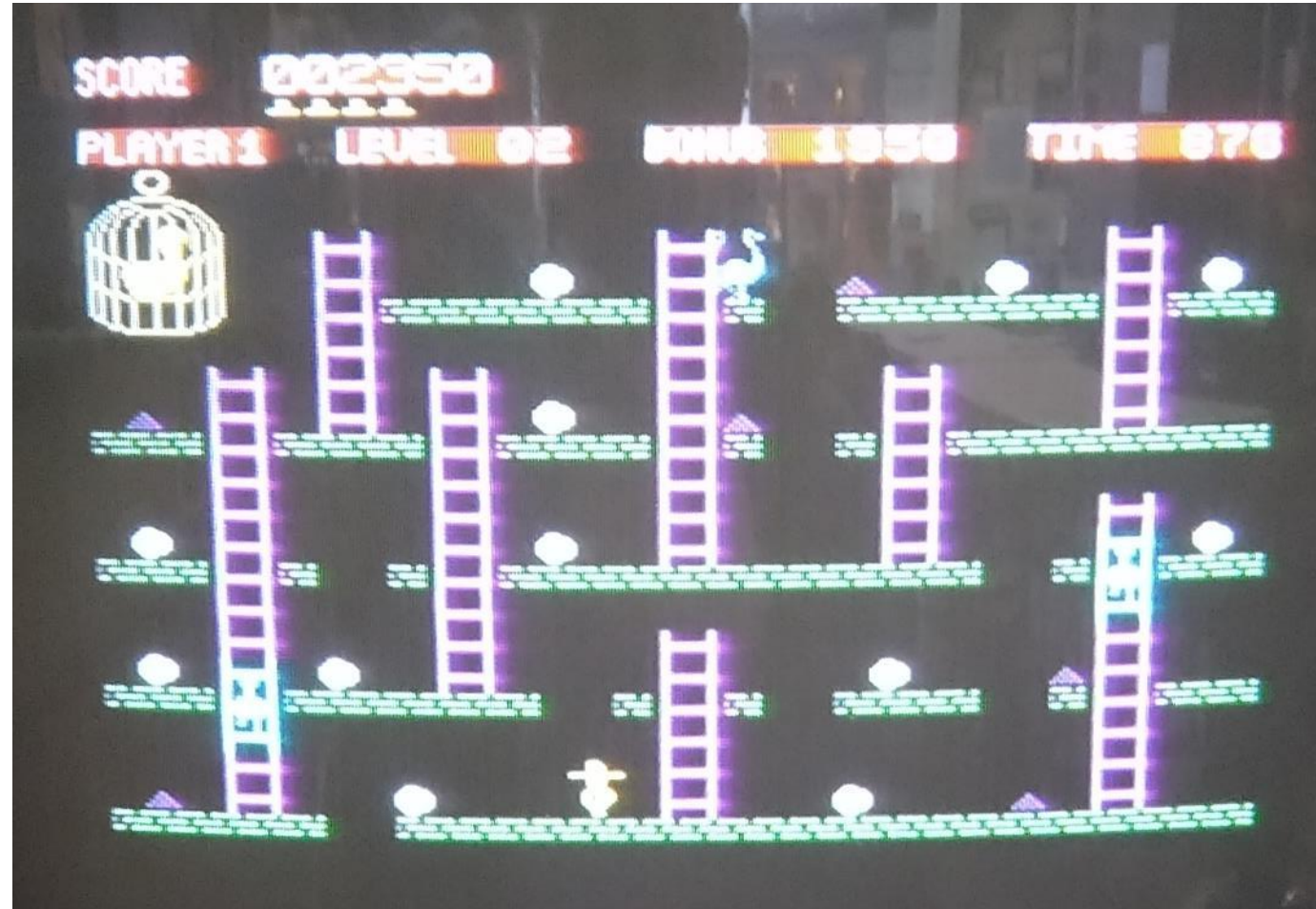
“I already do loads at home but there’s **nothing I can do at work**”

“I’ve already got **too much to do**;  
I can’t do sustainability **as well**”

“It’s not my job; there are **sustainability people** to do it”

“There’s **no money**;  
I’ll need **more money**;  
It **costs more**”

“Our main priority is the **health of our patients**”



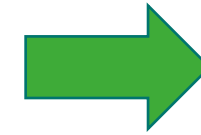
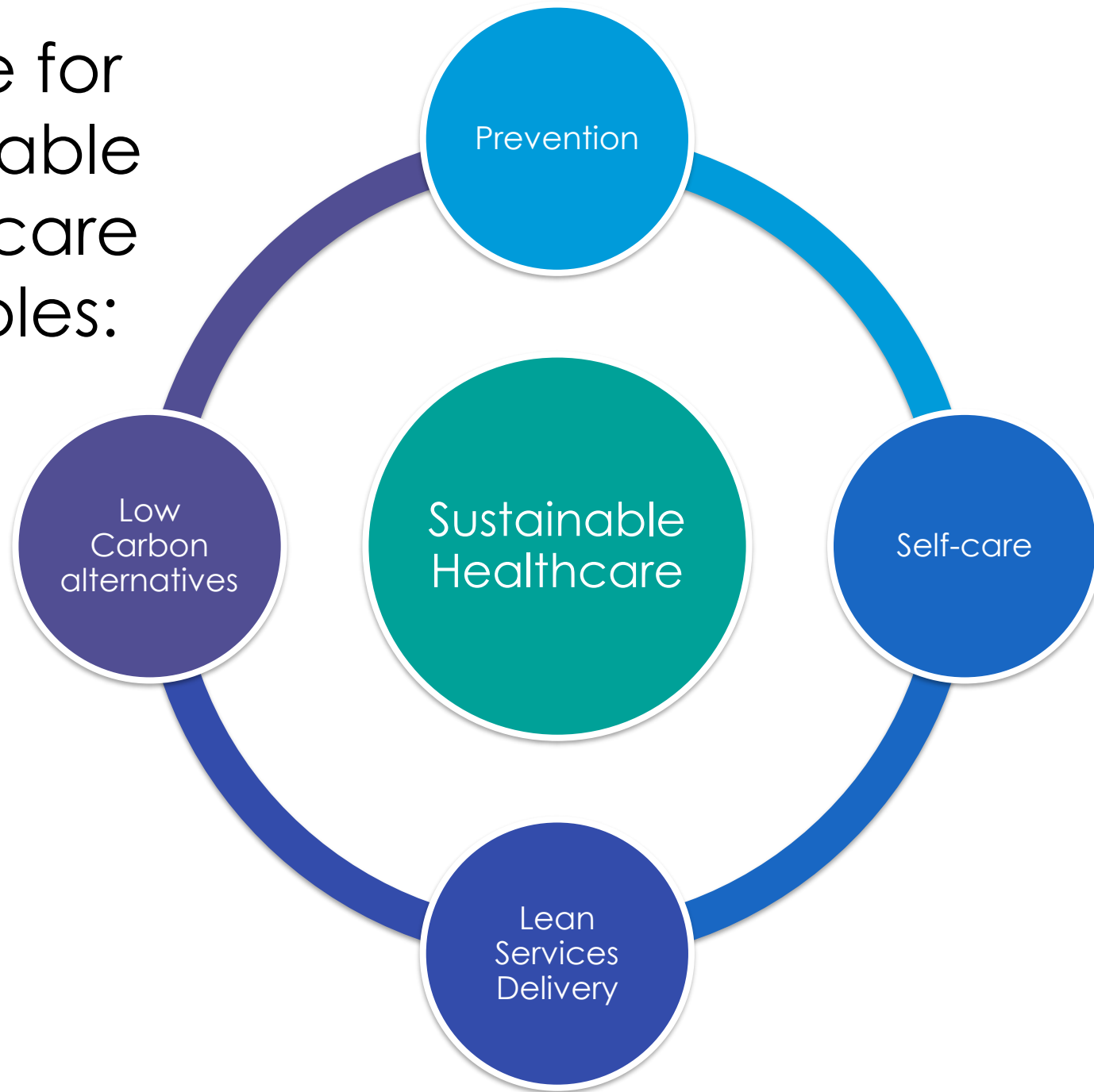


How do I deliver good quality care, with time  
and financial pressures...

...AND care about the environment?



# Centre for Sustainable Healthcare principles:



Stop people getting ill in the first place

Help people get better quicker

Alternatives to care pathways

Avoid direct harm

Halt climate change and adapt for its impacts

Move towards a "circular economy" with no waste



Healthcare professionals  
lead by example:  
**Declare a Climate Emergency**





## Data, data, data

- Green impact
- GPCarbon
- WWF personal carbon footprint

## Support

- Greener Practice
- CSH Networks
- RCGP Net Zero hub

## Non-clinical

- Buildings
- Energy
- Travel
- Supplies



39%

## Care delivery

- Medications
- Inhalers
- Activity
- (Green) social prescribing



61%

## Knowledge and Skills

- CSH
- See Sustainability
- FutureNHS

Data, data,  
data

Support

Non-clinical

Care  
delivery

Knowledge  
and Skills

## Personal Carbon Footprint



# HOW BIG IS YOUR ENVIRONMENTAL FOOTPRINT?

<https://footprint.wwf.org.uk/>

## Green Impact toolkit for General Practice and Dentistry:

**nus**  
**green impact**

2021-22 Toolkit

About He

**Intro**

**Water**

**Prescribing**

**Travel and Exercise**

**Quality Improvement**

**Zero Carbon**

### Welcome to Green Impact for Health

Welcome to RCGP's Green Impact for Health Toolkit and Awards

Climate Change is already happening, but how bad will we let it get?

The UK's Climate Change Committee's 2021 sixth carbon budget covers the years 2033-2037. Living within this carbon budget will mean that "almost all new purchases and investments are zero-carbon by around 2030". This needs widespread behaviour changes and rapid deployment of emissions removal technologies.

<https://toolkit.sos-uk.org/greenimpact/giforhealth/login>

<https://greenimpact.nus.org.uk/green-impact-for-health/>

<https://www.sos-uk.org/post/green-impact-dentistry-recognises-uk-dental-practices-with-green-award>

## General Practice non-clinical carbon calculator

**GP Carbon Calculator**

See Sustainability

### General practice non-clinical carbon calculator

In association with

Boehringer Ingelheim

A practical calculator for general practices

**Start Calculation >**

Sustainable Healthcare Coalition

<https://www.gpcarbon.org/#/>

Data, data, data

Support

Non-clinical

Care delivery

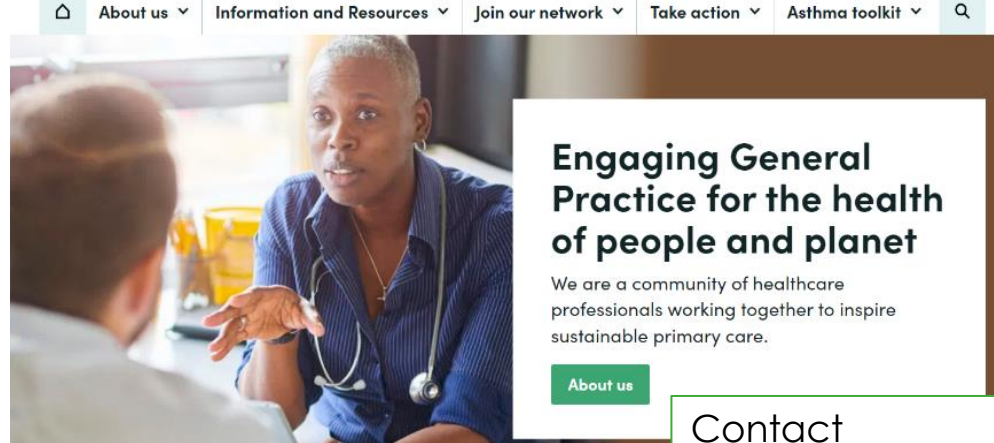
Knowledge and Skills

## Greener Practice:



The UK's primary care sustainability network

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



Contact [v.yuvaraj@nhs.net](mailto:v.yuvaraj@nhs.net) to join the **local Greener Practice group**

## Listen to Dr Tamsin Ellis:



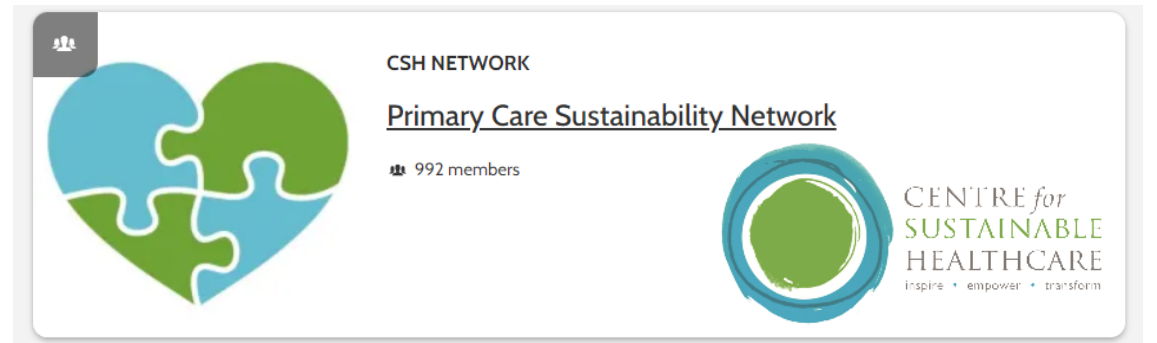
<https://www.bbc.co.uk/programmes/m000x4vq>

## RCGP Net Zero resources:



<https://www.rcgp.org.uk/learning-resources/primary-care-development/rcgp-net-zero>

## Centre for Sustainable Healthcare:



<https://sustainablehealthcare.org.uk/>

<https://networks.sustainablehealthcare.org.uk/>



Data, data,  
data

Support

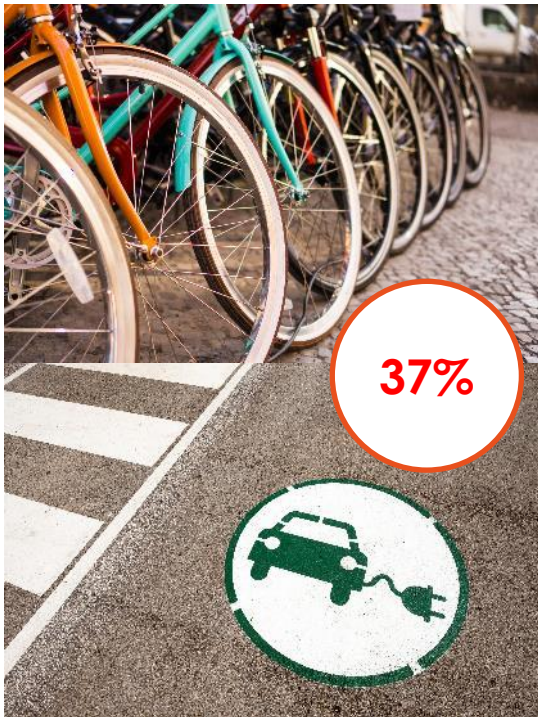
**Non-clinical**

Care  
delivery

Knowledge  
and Skills



**29%**



**37%**



**10%**



**+ Business services 24%**

Data, data,  
data

Support

Non-clinical

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# Medications

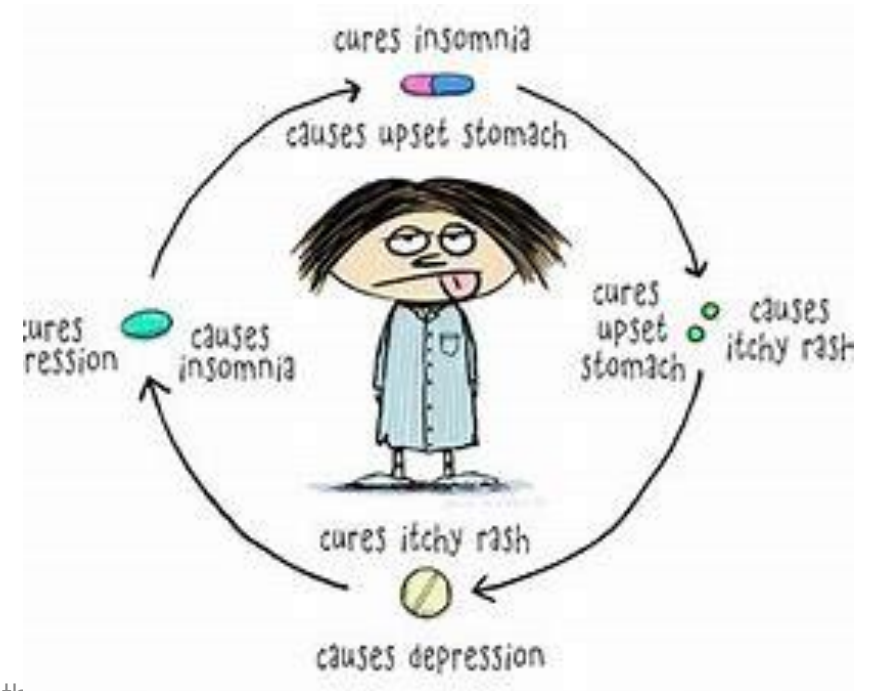


- 30-50% long term meds not taken properly.
- Risk of harm to patient
- Waste
- Financial implication
- Carbon footprint
- Reduce/ re-educate/ recycle



<https://www.asthmaandlung.org.uk/living-with/inhaler-videos>

<https://greeninhaler.org/>





Data, data,  
data

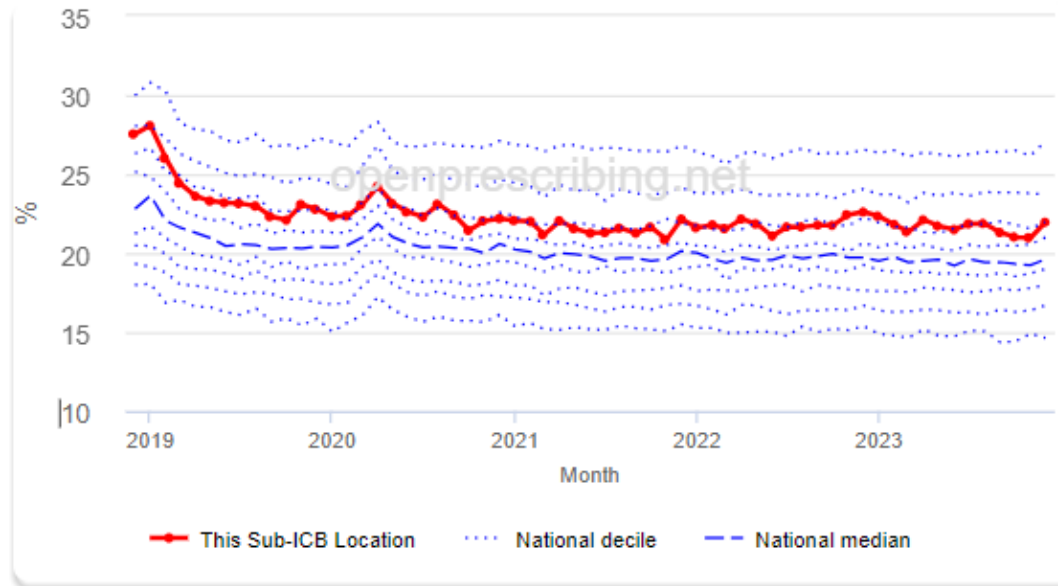
Support

Non-clinical

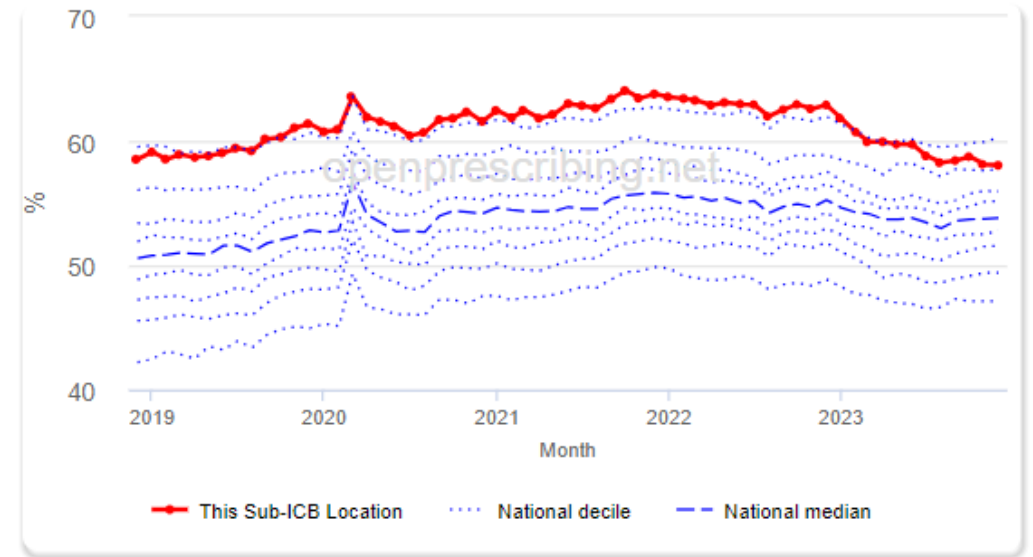
Care  
delivery

Knowledge  
and Skills

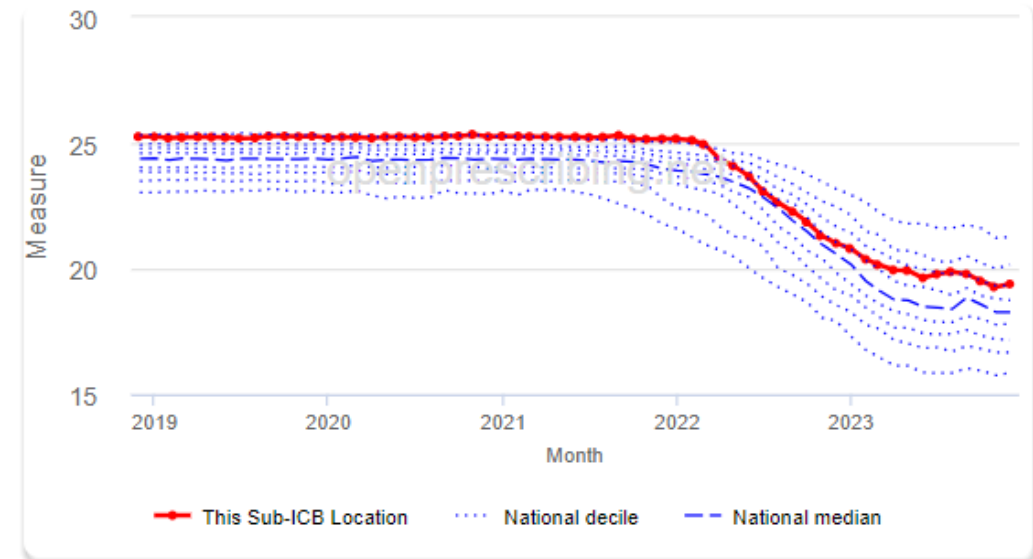
Number of prescription items for all NSAIDs excluding ibuprofen and naproxen  
as a percentage of the total items for all NSAIDs



MDIs prescribed as a proportion of all inhalers in BNF Chapter 3, excluding  
salbutamol



Mean carbon impact (kg CO<sub>2</sub>e) per salbutamol inhaler prescribed



<https://openprescribing.net/sicbl/M1J4Y/measures/>



- Data, data, data
- Support
- Non-clinical
- Care delivery
- Knowledge and Skills



<https://eatforum.org/eat-lancet-commission/>



<https://www.boots.com/shopping/boots-recycling-scheme/blister-pack-recycling>



Image from Microsoft PowerPoint stock image library

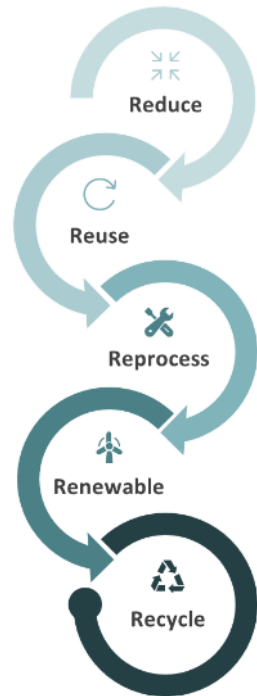
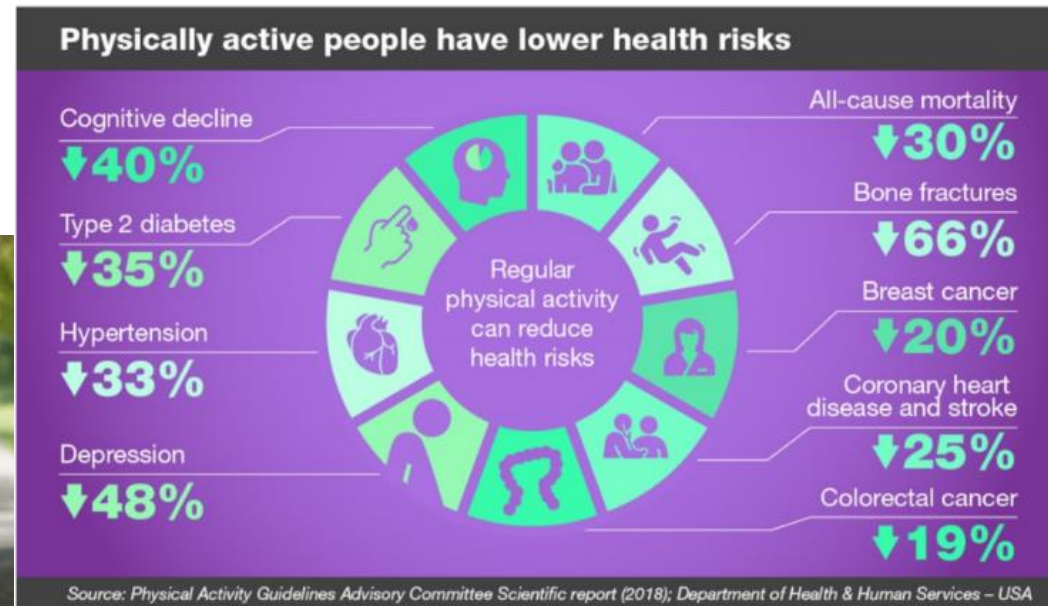
<https://www.superdrug.com/dgfs/waste-recycling>



Image from Microsoft PowerPoint stock image library



Image from Microsoft PowerPoint stock image library



Data, data, data

Support

Non-clinical

Care delivery

Knowledge and Skills

## RCGP training:



<https://elearning.rcgp.org.uk/course/view.php?id=650>

## SEE Sustainability:

SEE Sustainability



<https://seesustainability.co.uk/>

## e-Learning for Health:

### Environmentally Sustainable Healthcare

How healthcare contributes to the climate crisis, why it matters for health, and what the healthcare workforce can do to help



<https://www.e-lfh.org.uk/programmes/environmentally-sustainable-healthcare/>

## NHS England courses (via Future NHS platform):

Core training offers - training in this section is quality assured and endorsed by Greener NHS

Introductory level

Intermediate level

Leadership development

<https://future.nhs.uk/connect.ti/sustainabilitynetwork/view?objectID=40570224>

## Centre for Sustainable Healthcare:



<https://sustainablehealthcare.org.uk/courses>



# Top Ten for Primary Care...



1. Declare a Practice Climate and Nature Crisis



2. Optimise inhalers



3. Calculate the Practice's carbon footprint



4. Consider switching to a 100% renewable electricity provider



5. Consider switching your business banking provider to a green bank



6. Environmental prescribing and treatment



7. Engage, educate, and empower patients to take individual action on the climate crisis for the benefit of their health



8. Promote active transport for both staff and patients



9. Embed the '3 Rs' into Practice culture – Reduce, Reuse, Recycle

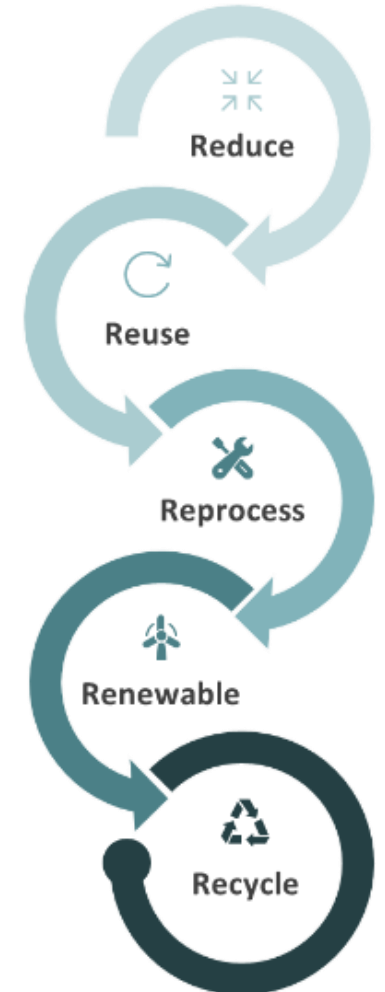


10. Use the Green Impact for Health Toolkit



# What can you do now?

- **All clinical encounters** are an opportunity to apply the principles of population and planetary health.
- Get involved in Sustainable QI (SusQI) projects – **give it a go**
- **Get talking.** Set a green agenda in practice meetings
- Take some **simple steps**:
  - Practice garden
  - Switch to fairtrade coffee
  - Recycle general waste
  - Have a green day for practice
  - Greener alternatives for supplies (<https://healthcarelca.com>)







We do not inherit the  
Earth from our  
ancestors...

...we borrow it from  
our children

*Pack collated by:*  
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