

# SUSTAINABILITY MATTERS

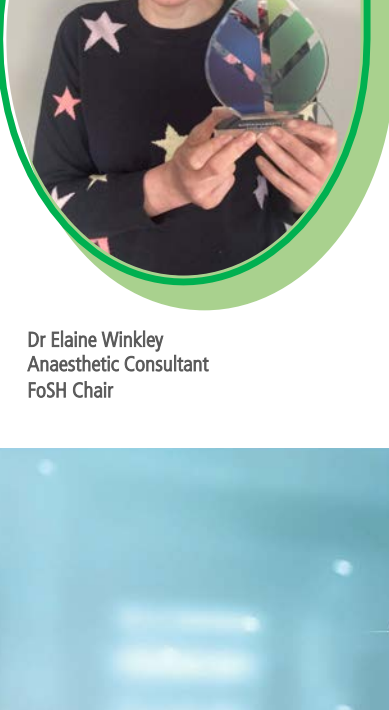
From FoSH  
HEENE's Faculty of Sustainable Healthcare

Keep up to date with Sustainable Healthcare news from the North East and beyond



## MESSAGE FROM THE CHAIR

Together we can make a massive difference! We must act now!



Dr Elaine Winkley  
Anaesthetic Consultant  
FoSH Chair

**As I sit here on the hottest day, barely able to move because of the oppressive heat - I have never experienced temperatures like this in the UK in my lifetime! I am filled with despair that human activity has precipitated this extreme heat wave. In the last 12 months we have had multiple storms, flooding and now extreme heat, all the consequence of global warming.**

We must all act now - I can't imagine experiencing this heat more frequently and more intense. I think and hope it has made us all sit up and take note that we must act!

The work of the faculty is making great progress across its multi-disciplinary groups in educating individuals on Sustainability in Healthcare and how they can develop SusQI projects and enact change in their workplace to ensure greener choices are made. Each piece of work, no matter how big or small, is essential to the NHS reaching net zero, and us as humans applying the brakes to the climate crises before us!

Please take time to read about some of the fantastic initiatives going on - I hope to meet many of you at our conference in September! Together we can make a massive difference! We must act, and we must act now!

## Sustainability News

### NENC ICS Launches Ambitious 2022-2025 Green Plan

As I'm sure most of you aware the ICS' became statutory bodies in August this year, and the North East and North Cumbria ICS has set ambitious targets to become the greenest region in England by 2030. The impressive 3 year plan identifies 8 priority areas across all aspects of healthcare (Fig 1).

This is, without doubt, a time of change and turbulence, and it is an exciting opportunity for the NHS organisations across the region to step up and take decisive action to reduce their environmental impact. The Green Plan 2022-2025 can be found by following the link below, and a summary of what each of the region's trust are doing to support the plan can be found [here](https://northeastnorthcumbria.nhs.uk/media/uzpmhbaq/green-plan-booklet-v6.pdf).

<b>People</b>	<b>Sustainable healthcare</b>
<b>Reducing waste</b>	<b>Supply chains and procurement</b>
<b>Low carbon travel</b>	<b>Energy</b>
<b>Greener NHS sites</b>	<b>Clean air</b>

### Top 10 Priorities for Sustainable Perioperative Practice Established

The pioneering priority setting partnership between Greener Operations and the James Lind Alliance has come to a conclusion, and the "top 10" research priorities for sustainable perioperative practice have been defined.

This is a pivotal piece of work that will help guide the future of sustainable surgery research and innovation for years to come. For sustainable change to be credible, it has to be evidenced based, and exercises like this partnership ensure that the future of sustainability research is directed to issues that matter most to the people who will use the research. The "top 10" research priorities can be found by clicking [here](#).

### Sustainability Themed Pharmacy Conference is a Great Success!

Minna Eii, Advanced Pharmacist Practitioner and FoSH committee member, chaired the 2022 Great North Pharmacy Research Collaborative Conference at the Hilton Hotel, Gateshead. This year's theme was Sustainability in Pharmacy, and it was a fantastic event with an impressive programme of speakers, with lots of engagement and discussion amongst the delegates. These events are so powerful, as they not only provide a platform to share good practice, but also the opportunity to network and collaborate with like minded individuals. Minna, did an incredible job co-organising this event with her pharmacy colleagues and the AHSN. They are a great team and are really pushing the agenda for sustainable pharmacy in the North East and beyond. WELL DONE!

### FoSH's Fantastic Work Showcased at Orthopaedic Trainee Sustainability Conference.

Barely a month goes by without the FoSH being celebrated at some conference or another. In June, Sustainability Matter's editor Alan Hilley was invited to the British Orthopaedic Trainee Association's inaugural Sustainability Conference to celebrate the great work that our Faculty has done over the past year, and to share our plans that will help to define the future of Sustainable Healthcare within our region.

It's always amazing to witness, at events like this, the passion and enthusiasm that trainees (even orthopods) have to make a difference, and to be part of the solution. The presentation sparked fantastic discussion, and hopefully our region's great work will inspire other regions to follow suit.



Greener Operations



Minna Eii  
Advanced Pharmacy Practitioner  
FoSH Committee Member

### BOTA Sustainability in Orthopaedic Surgery Virtual Conference

BOTA Sustainability in Orthopaedic Surgery Virtual Conference supported by swlcc

## Sustainability Events

### Workshops

The faculty has been working in partnership with the Centre for Sustainable Healthcare, delivering high quality workshops throughout the year and training up a local army of facilitators with the aim of being self-sufficient in the future. The events have been well attended and extremely well received.

### Introduction to Sustainable Healthcare

This course is an overview of the relationship between the healthcare sector and the climate and ecological crises. How does the health system contribute to climate change? How can clinical practice become sustainable?

- 21st Sept 2022 1pm – 5pm - <https://fast.ncl.ac.uk/training/book/2053/>
- 6th Dec 2022 9am – 1pm - <https://fast.ncl.ac.uk/training/book/2054/>

### Sustainable Dentistry

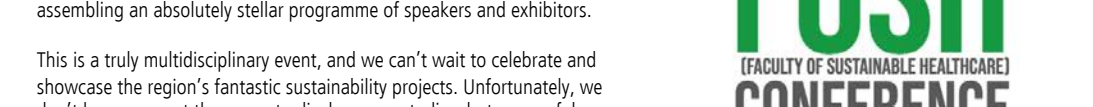
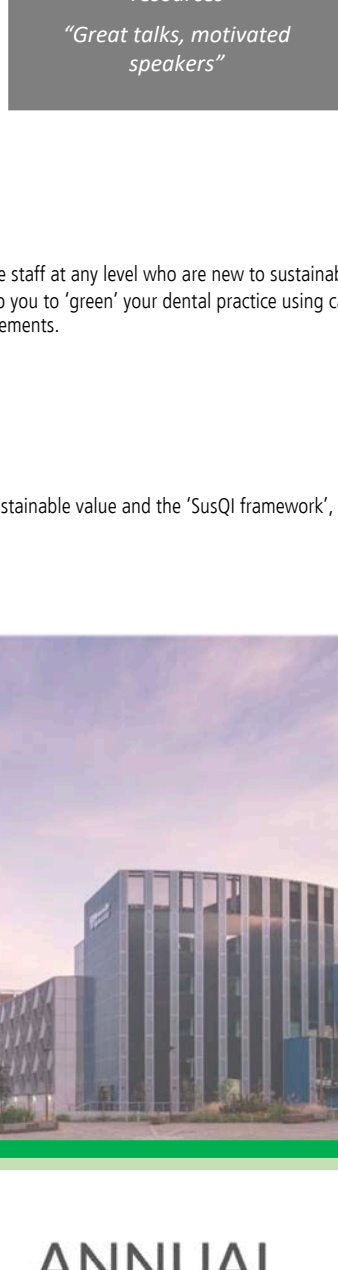
This short 3-part foundation course is intended as an overview of the field for dental care staff at any level who are new to sustainable healthcare. The training will help you to understand why sustainability matters, then help you to 'green' your dental practice using case studies from dentistry and offering tips and tricks for implementing sustainability improvements.

- 24th November 2022 - 1pm - 5pm - <https://fast.ncl.ac.uk/training/book/2131/>

### Sustainable Quality Improvement (SUSQI)

This intensive course introduces healthcare professionals and educators to the concept of sustainable value and the 'SusQI framework', integrating sustainability into quality improvement:

- 27th October 2022 - 9am - 1pm - <https://fast.ncl.ac.uk/training/book/2124/>



### FoSH Inaugural Showcase Conference only Weeks Away!

The FoSH committee are beyond excited with the FoSH conference only being weeks away. The steering group, led by Cathy Lawson, have been busy assembling an absolutely stellar programme of speakers and exhibitors.

This is a truly multidisciplinary event, and we can't wait to celebrate and announce the region's fantastic sustainability projects. Unfortunately, we don't have space at the venue to display cases studies, but successful submissions will receive a letter of congratulations and will be published on our soon to be launched Green Champions Network Hub, which will sit on our region's Find Your Place website. The highest scoring project will be announced at the end of this year's conference and will also receive a prize. Please submit your case studies to us by close of business 31st August 2022 for our review: **Please Contact [carl.bennett@hee.nhs.uk](mailto:carl.bennett@hee.nhs.uk) for more details.**

We hope you are as excited as we are, and we cant wait to see you all there!

## ANNUAL FOSH CONFERENCE

(FACULTY OF SUSTAINABLE HEALTHCARE)

**20TH SEPT 22**  
10:30-17:30  
The Catalyst at the Helix  
Newcastle  
NE4 5TG

## Sustainability Projects

There is so much great sustainability work going on in the Northeast and the FoSH wants to make sure that it is shared and celebrated with as many people as possible. Each edition of Sustainability Matters will showcase fantastic trainee led projects that have been performed in the region.

### GP's Leading the Way in Reducing the Carbon Footprint of Inhalers

Jo Stutchbury is a GPST3, currently undertaking a Leadership ITP with South Tyneside CCG. During this time she has been working on a fantastic SusQI project aimed at reducing the carbon footprint of inhalers

Did you know that using a standard salbutamol (blue) inhaler such as Ventolin Evohaler, releases the equivalent carbon dioxide as driving 167km in an average car? This is due to the hydrofluorocarbons gases used as propellants, which are up to 3500 times more potent than Carbon Dioxide as a greenhouse gas, and stay in the atmosphere for 270 years. This makes up 13% of the NHS's direct carbon footprint, and ¼ GP prescribing carbon footprint.

The carbon footprint of asthma and COPD management can be reduced by prescribing more Dry Powder Inhalers (DPI) where possible, optimising therapy to reduce exacerbations and encouraging patients to return their old inhalers to the pharmacy for safe disposal (up to 30% of the gases remain in the inhaler once the drug is used).

In South Tyneside, Jo performed a SusQI project to reduce the carbon footprint of inhalers, which involved:

- **Education sessions** for Nurses, GPs, Practice managers and the Long Term Conditions Alliance at the CCG.
- **Update of local guidelines** to include DPI at every stage
- **Optimise/Prescribe prompts** to encourage prescribing salbutamol by brand- DPI or a lower carbon DPI (Salamol)
- **Incheck Dial devices** provided to nurse to help assess inhaler technique to check a DPI is the best option for that patient
- **Inhaler collection bin provision** - have collected 350 inhalers over a 3m trial period in one pharmacy alone!

This is a fantastic SusQI project that could implemented across primary and secondary care. It highlights the importance of educating the whole team when trying to implement change.

See <https://www.greenerpractice.co.uk/high-quality-and-low-carbon-asthma-care/> for more info in running an inhaler SusQI

**Inhalers make up 13% of the NHS's direct carbon footprint and ¼ of GP's prescribing footprint**

**GREENER PRACTICE**

### Anaesthetic's Trainees Keeping it "Cool" this Summer with Innovative way of checking Block Level

The Anaesthetists are at it again! Another fantastic project from Specialty doctor, Zoe Roberson, and teaching fellow, Joshua Craig, at Northumbria NHS Trust.

Ethyl Chloride spray is a widely used topical anaesthetic within theatres, and the labour wards, to test sensory block heights/density for both spinal and epidurals regional anaesthesia. Each can of ethyl chloride spray has an environmental, financial and patient impacts.

Joshua and Zoe wanted to find an alternative that would lead to significant departmental environmental and financial savings, the solution was simpler than you might think. As part of the Green Ward project, Bournemouth anaesthetic department developed a metal wand and subsequently an easy to clean, stainless steel Coolstick.

In positive 2021 the Coolsticks were rolled out in Northumbria with further feedback received from patients and the anaesthetic team. The financial and carbon savings are really impressive, and go to show how every step in the pathway journey can be scrutinised to assess how it impact on the triple bottom line can be minimised.

**Environmental**

- △ Green house gas C<sub>2</sub>H<sub>5</sub>Cl
- △ Transport = 1868km
- △ 1 x Can = 16.28kg CO<sub>2</sub>E

**Carbon Savings:**  
**10 272 kg CO<sub>2</sub>E**

**Financial**

- △ 1 x can = £17.96
- △ 2019/2020 = 794 cans

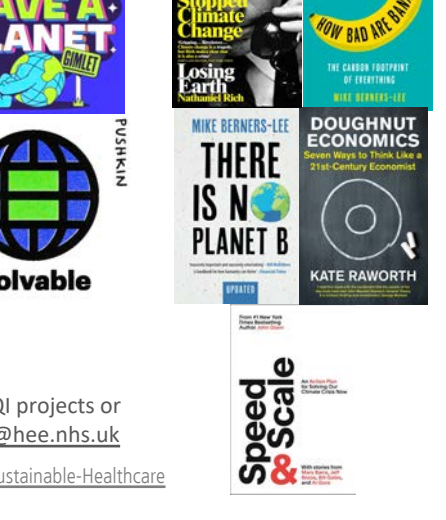
**Financial Savings:**  
**£10 342**

### South Tyneside and Sunderland Pharmacy Switch to Paper Medicine Pots

Minna Eii strikes again. Minna is an advanced pharmacy practitioner at South Tyneside and Sunderland NHS Trust where she has made the simple switch from plastic to paper medicine pots.

The saving from this simple switch are staggering and surely can be replicated across the region. In 2019/20 the trust made 467 tonnes of CO<sub>2</sub>E in 2021, and 347 tonnes CO<sub>2</sub>E in 2020/21.

Believe or not this is the equivalent of 141 and 105 one way flights from Newcastle to Melbourne. Small changes, big impact. I'm sure we could all find at least one similar change in our own clinical environment.



## SUSTAINABILITY RESOURCES

### elf learning for healthcare

#### ONLINE:

- [Centre for Sustainable Healthcare Website](#)
- [Delivering a 'Net Zero' NHS PDF](#)
- [Sustainability in Quality Improvement \(SusQI\)](#)
- [Newcastle Sustainable Medic - Twitter](#)
- [BMJ Blog – Sustainable Medicine](#)
- [SEE Sustainability – Carbon Literacy](#)
- [Carbon Literacy Toolkit](#)
- [UKHACC Carbon Literacy Guide](#)
- [Royal Society of Medicine Webinars](#)
- [Greener Practice](#)

#### PODCASTS:

- [OUTRAGE! OPTIMISM](#)
- [HOW TO SAVE A PLANET](#)
- [THE RICH ROLL](#)
- [Solvable](#)

#### BOOKS:

- [The Decade We Could Have Stopped Climate Change](#)
- [Losing Earth](#)
- [THERE IS NO PLANET B](#)
- [DOUGHNUT ECONOMICS](#)
- [SPEED & SCALE](#)

We would also love to hear about your SusQI projects or proposals. Please contact us via: [alan.hilley@hee.nhs.uk](mailto:alan.hilley@hee.nhs.uk)

<https://madeinheene.hee.nhs.uk/PG-Dean/Faculty-of-Sustainable-Healthcare>

