

Green Impact for Health: June 2023 newsletter

GIFH updates

The open rate for these newsletters is 32%. The next newsletter will be in September.

30th September is the deadline for submission for Green Impact awards. Up to 50 may be audited by students trained by SOS-UK. Keep logging your practice's completed actions on the online [toolkit which you can access here](#).

Please also don't forget to **review your team profile settings** on the toolkit and update your team name if it is currently ambiguous. If your team name is currently just initials or just your practice name please update to be in the format '**Practice Name, Town/City**' (e.g. Good Practice, Birmingham) to avoid confusion and help us to monitor our reach.

Green Impact has about 60 different Green Impact programmes, including 10 in Australasia and 7 in Europe. Our RCGP Green Impact for Health programme is just one of the 60 programmes. About 25% of these programmes have moved to the new website. There have been many suggestions for improvements and these are on a 'to do' list for the developers.

In previous summers we have ask for volunteers to review all the criteria in the toolkit to keep them up to date. This year we won't need volunteers. With the benefit of the new website we are trying a simpler process of continually and gradually updating information and weblinks in the toolkit. If you have any comments or suggestion for improvements please send them to greenimpactforhealth@gmail.com.

Upcoming events

- **15th June:** Clean Air Day. [Read the ICS Clean Air framework here](#) and [resources](#) on speaking to your patients about air pollution. Read more about what [causes](#) our air pollution. Don't forget there are air pollution actions in the [GIFH toolkit](#), including HP006 and TAE003 - why not give them a try this Clean Air Day and get yourself some points!
- **14th July:** [BMJ and the UK Health Alliance on Climate Chane are hosting a new one-day conference](#) which will focus on reducing the carbon impact of services across the health and care system, and the role that every healthcare professional can play in delivering a net zero NHS. Due to popular demand the event will be both an in-person and virtual event.
- **21/22nd October:** Concerned about climate change? Join the inaugural Climate & Health 2023 [conference](#).

Focus on: Deprescribing

A [review](#) of previous research found that deprescribing is generally safe and acceptable if done in a structured way. They identified factors that help clinicians deprescribe.

- Clarity on how and when to prescribe outside of guidelines, and on their professional responsibilities when doing so
- Access to high-quality data about patients' medication history, but also life stage and key events such as recent bereavement
- Discussing plans to stop a medicine when it is first prescribed to develop a shared understanding of the purpose of treatment
- A trusting relationship with patients.

See also [MedStopper](#). a deprescribing resource for clinicians and patients.

When you can't recycle at home...

...The [Recycle at Boots scheme](#) will take care of the empties that you can't recycle at home. The scheme is aimed at hard-to-recycle beauty, healthcare and wellness products that cannot be put in the council home recycling. Usually this is because they are:

- Too small (travel minis, samples, mascaras, etc)
- Made of composite materials (make-up palettes, compacts, lipsticks, etc)
- Made from non-recyclable materials (toothpaste tubes, lotion pumps, etc)

Boots will accept most hard-to-recycle products sold in Boots stores in the recycling box, if they cannot be recycled in local schemes

Focus on: Wood burners

- Research published in the Medical Journal of Australia in August 2021: [Wood heaters: lung cancer risk equivalent to passive smoking](#).
- Wood heater pollution and its associated risks ([podcast](#)).
- The effects on mortality and the associated financial costs of wood heater pollution in a regional Australian ([research](#))
- Some Bristol [data](#) suggests PM2.5 correlates to Wood Stoves/heating - data from 10 years data from DEFRA sensor plotted against time of day and temperature.

NHS Carbon Literacy for Healthcare eLearning Pathway

5th June marked the launch of the new NHS Carbon Literacy for Healthcare eLearning Pathway. The Carbon Literacy healthcare [Toolkit](#) provides resources and tools for NHS organisations to engage staff in low carbon actions and will comprise of:

- Step one: E -Learning which is comprised of five eLearning modules that cover climate science, impacts and policy, before focusing on climate change and health and effective climate communication.
- Step two: in-person or online half-day workshop, with a few short home-based tasks. The workshop will focus on practical emission-saving actions in your workplace setting and will be personalised to your organisation and/or workforce group.

Other news and publications to be aware of

- Government's new [guidance](#) on climate and health
- UK Governments green day [announcements](#) were on 31st March

- What are the best actions to take to reduce emissions? The [answers](#) may not be what you think.
- The RCGP GP premises infrastructure [report](#) was published in May. It includes sustainability issues relating more to net zero rather than adaptation.
- Your practice's ePACT data. The Respiratory - Carbon Impact dashboard is on the Respiratory dashboard in [ePACT2](#). In future releases, the dashboard will display the CO2e emission values associated with each metric, along with predicted values based upon target reductions in emissions. There are further plans to introduce metrics to cover areas such as overprescribing, double and triple therapy, and branded versus generic prescribing.
- Vegan Starter Kit - A useful 24 page [starter booklet](#).