

Primary care training session 7

The best of primary care – what we've achieved in the first year of the Green Plan



Guest presenters

- ICB senior leader – Dr Jagan John
- Primary care and climate change – Dr Amit Sharma
- High quality, low carbon inhaler care – Dr Emma Radcliffe
- Reducing the carbon foot print of your practice – Dr Emma Radcliffe
- Adapting patient guidance – Dr Catherine Gaynor
- John Scott Health Centre – Dr Mareeni Raymond
- Why join the Greener practice – Dr Sophie von Heimendhal, Co-chair
- Q&A
- 👁 Resources

Every step we take together to reduce our carbon footprint is a step towards great health and wellbeing.

- Every time we reduce the use of fossil fuels from travel and transport operations, we help our patients, staff and residents breathe cleaner air and reduce carbon emissions.
- Every time we support locally produced, low-carbon diets through our supply chains, we improve access to quality and affordable healthy food for people in NEL.
- Every time we nurture green space around health and care facilities, we improve wellbeing for patients and staff, and strengthen local ecosystems that absorb carbon.
- Every time we provide climate literacy training for staff, we empower our people to act and help shape our journey.

Our NEL Green Plan embodies collaboration, urgency, support, empowerment and trust - we are shaping our partnership culture to enable everyone to act.

This is our journey to Net Zero and beyond - we welcome everyone to help shape the path.

“We need ALL staff across NEL Integrated Care System (ICS) making low-carbon decisions every day”

Zina Etheridge



<https://youtu.be/O01rmmniCYo>

The challenge

NHS is 5% of UK carbon footprint.

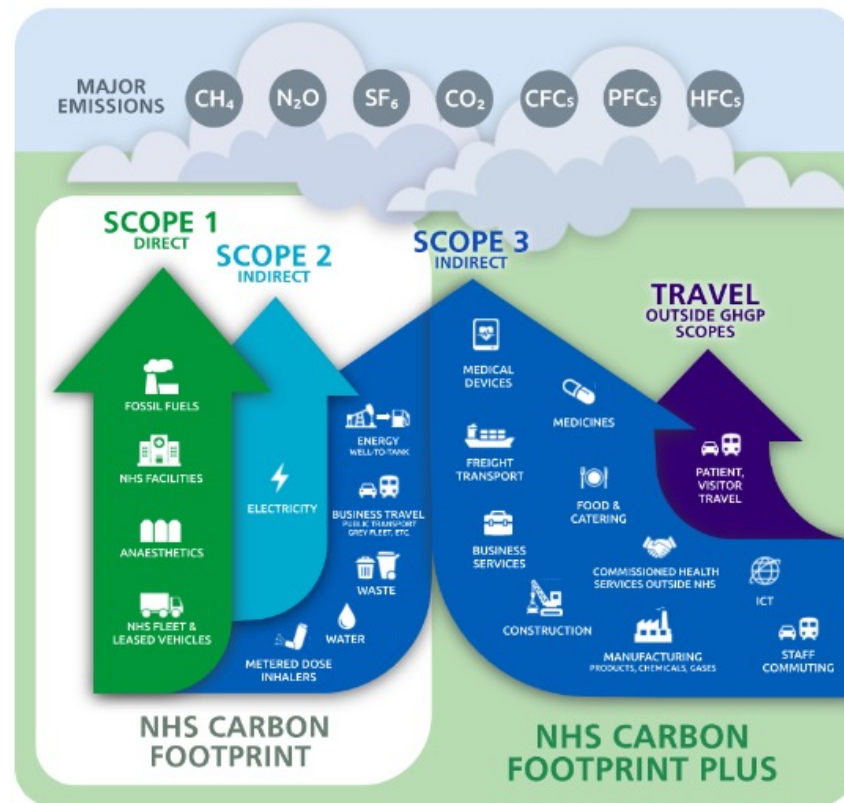
NHS Carbon Footprint- our direct emissions

- **40% reduction by 2025**
- An 80% reduction by 2028-2032
- Net zero by 2040

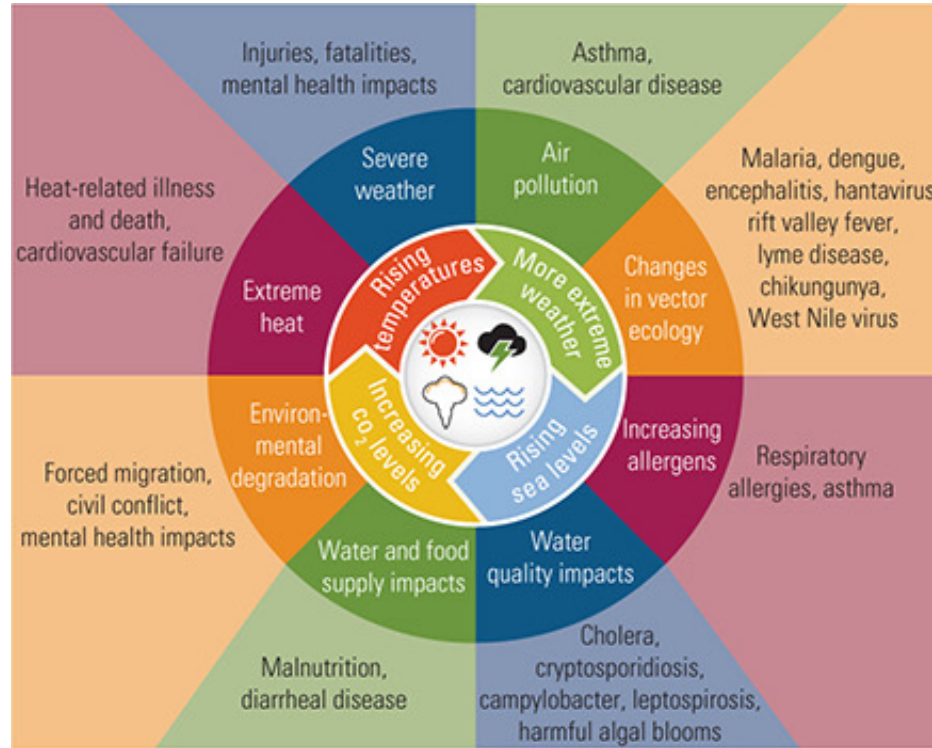
NHS Carbon Footprint Plus- entire emissions

- An 80% reduction by 2036-2039
- Net zero by 2045

(MtCO ₂ e)	November 2021	80% reduction by 2028 would bring us to
Carbon Footprint	136,420	27,284
Carbon Footprint Plus	847,450	169,490



The climate crisis is a health emergency



Royal College of General Practice views on climate change

"To integrate sustainability into all parts of the system including curriculum, policy, guidelines, research and practice."

"To enable the general practice community to take meaningful actions on the Climate and Ecological Emergency (CEE)"

How is climate change affecting our health and care system?

- Increasing workload
- Cost of living crisis and fuel poverty
- Health inequalities especially in NEL
- Workforce problems- Wellbeing, shortages, retention
- Changes in governance and policy
- Financial implications for the system

Peer to peer webinars discussing primary care and climate change

[Session 1: How does climate change impact on Primary Care?](#)

[Session 2: Low carbon, high quality asthma care](#)

[Session 3: Taking climate action in healthcare](#)

[Session 4: How climate change affects North East London](#)

[Session 5: Saving money by becoming a greener NHS](#)

[Session 6: How to measure the carbon footprint in Primary Care](#)

Today - Session 7: Best of Net Zero in Primary Care



Scan the QR code to access the webinar recordings and slides.

So, what are the health service doing?

Leading internationally

Every Trust and ICS has a Green Plan

Low carbon, high quality asthma care

Training provided locally and nationally

Building professional networks

Green and blue social prescribing

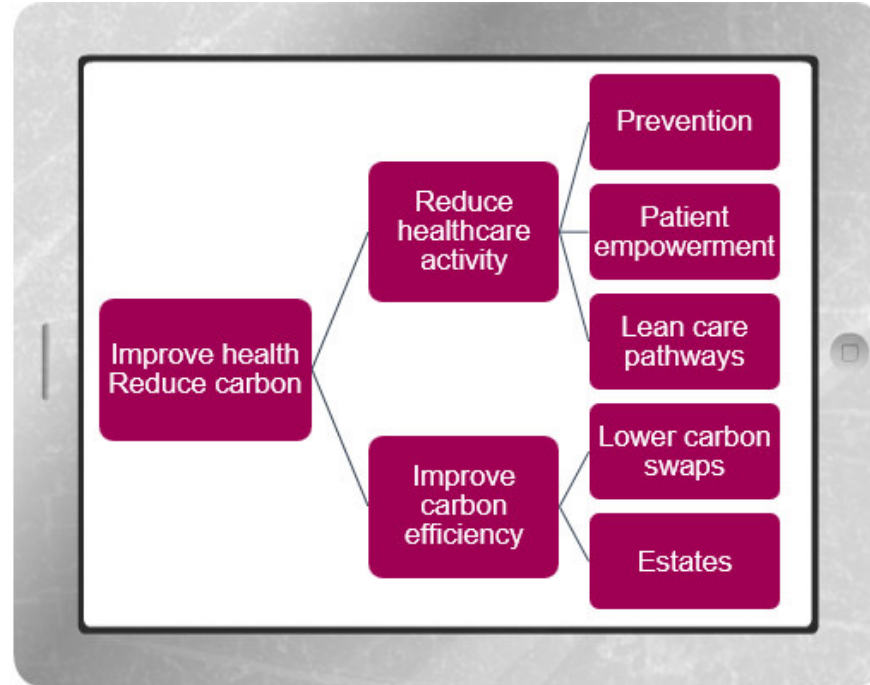
Switching to renewable energy

NEL ICS Green Plan workstreams

- Workforce
- Estates and facilities
- Adaptation
- Supply chain and procurement
- Medicines
- Travel and transport
- Food and nutrition
- Green spaces and improved wellbeing
- Digital transformation
- Models of care

Check out how you are helping deliver the [NEL ICS Green Plan](#)

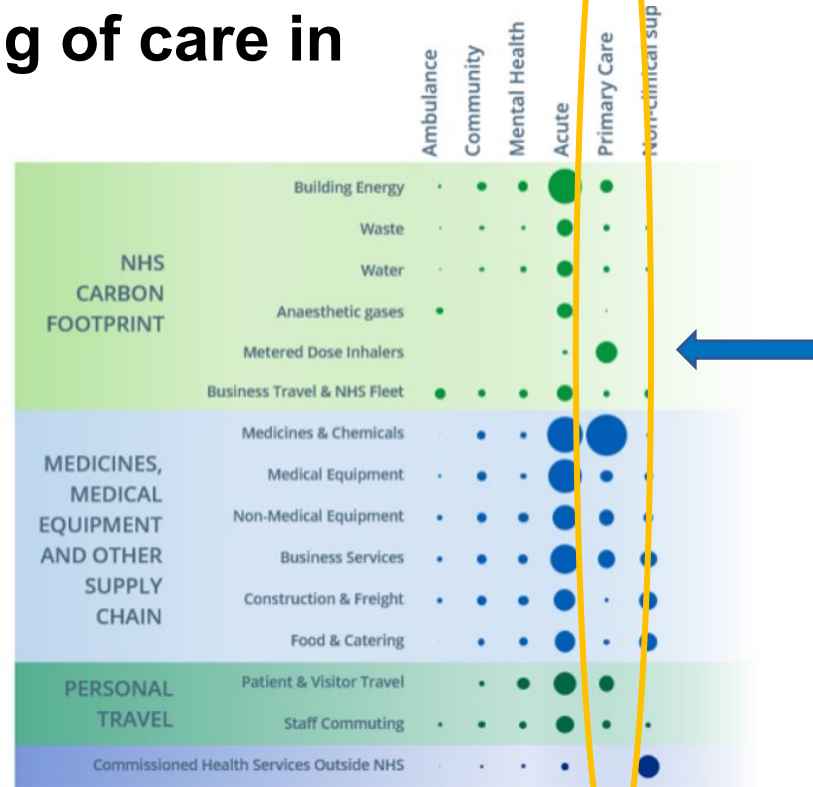
How primary care can help?



What's happened in year one?

- Clinical leads for net zero recruited
- 16 places funded on RCGP Health Creation Scholarships
- Green Plan developed with primary care
- Six webinars delivered (today is number 7)
- New NEL formulary and pathways
- Asthma care training portal and workshops coming soon...
- Carbon footprint training starts
- Wider carbon footprint training available from April
- Personalisation and deprescribing embedded in NEL
- Rolling out Fairtrade workplaces in NHS rest areas

Sources of carbon emissions by activity type and setting of care in NHS



Page 13.

Delivering a Net-zero NHS report,
October 2020

Improving respiratory health for NEL patients

Optimising the use of respiratory medicines across NEL

Delivering the NEL ICS green plan to support our journey towards a net zero health & care system

Reducing
SABA reliance

Improving
adherence in
COPD and
asthma

Optimising the
use of Inhaled
steroids (ICS)

Reducing the
use of oral
steroids (OCS)

Reducing the
carbon footprint
from prescribed
Inhalers
(Meter Dose Inhalers)

New

NEL Adult Inhaler Formulary

- Available to all via Barking and Dagenham GP intranet
- a NEL pharmacy webpage is coming soon



NEL next steps

- Revised inhalers formulary to support greener prescribing
- New Asthma and COPD treatment guidelines
- Training and education, including inhaler technique programme to be developed
- Public campaign raising awareness of the carbon impact of inhalers and encouraging inhalers to be returned to pharmacies for disposal
- Please do feedback any suggestions for NEL to consider!



**The Greenest Inhaler is the
One a Patient Can and Will Use**



The Aberfeldy Practice

- Declared a climate emergency in 2020
- Mission Statement
- Bronze Green Impact for Health 2020
- All paper recycled/minimum used
- All batteries and toner cartridges recycled
- Green issues a standing item at every meeting
- Information on staff and patient notice boards
- Fairtrade workplace 2023 and all items carefully procured
- NHS Forest
- Changed energy providers
- Carbon foot printed practice in 2022 and 2023
- Reusable masks
- Student project: ICS prescribing

GREEN IMPACT BRONZE
2019-20

green impact

THIS IS TO CERTIFY THAT
The Aberfeldy Practice
ACHIEVED A BRONZE STANDARD IN 2020

SOS STUDENTS ORGANISING FOR SUSTAINABILITY UNITED KINGDOM

nus national union of students



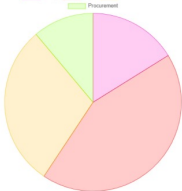
The Aberfeldy Practice - 11/22/2022

Completed by: Dr Emma Radcliffe

CO₂e By Top Level Category

Energy	10,517 kg of CO ₂ e
Travel	28,074 kg of CO ₂ e
Business Services	19,152 kg of CO ₂ e
Procurement	7,250 kg of CO ₂ e
TOTAL	64,993 kg of CO₂e
Total non-medical kg CO₂e per number of patients	59 kg of CO₂e

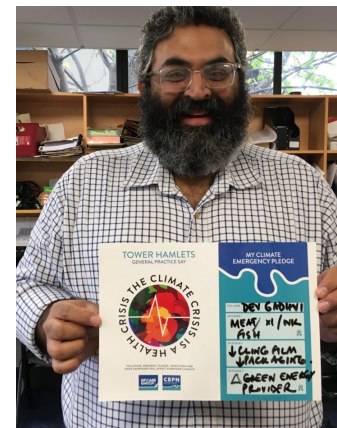
Energy Travel Business Services Procurement



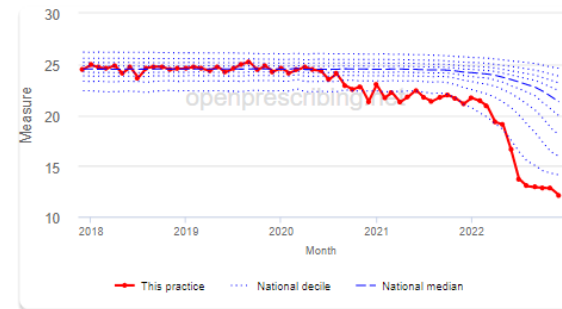
The Aberfeldy Practice Vision Statement

Improving the health and wellbeing of our patients has been the driving motivation of our practice for over twenty years.

The climate emergency is a health emergency and we endeavour to work together in the most sustainable and environmentally friendly way for our local community and beyond.



Mean carbon impact (kg CO₂e) per salbutamol inhaler prescribed



Download data ↓

Green Iron Please!

Steps:

- Contacted NHS website to highlight concerns re Iron page promoting red meat.
- NHS replied saying they take their lead from BDA,
- Contacted BDA.
- BDA have made the changes shown opposite

Next steps :

- Recontact NHS website
- Speak to BDA about their One Blue Dot work (sustainable eating) and running the theme through all their factsheets....

<https://www.bda.uk.com/>

Which foods are good sources of iron?

Some foods contain more iron than others.

Red meats (beef, lamb and pork) and offal are **particularly** rich sources of iron, and the iron they contain is **welleasily** absorbed. Other animal proteins such as fish and poultry **are** also **contain** **good-sources-of** iron.

But general dietary guidance for health (Eatwell Guide), advises 'Eat less red meat and processed meat', so amounts consumed should not exceed about 70g daily.

Plant-based sources of iron include:

- pulses and legumes (such as beans, peas, and lentils)
- dark green vegetables (such as spinach, kale and broccoli)

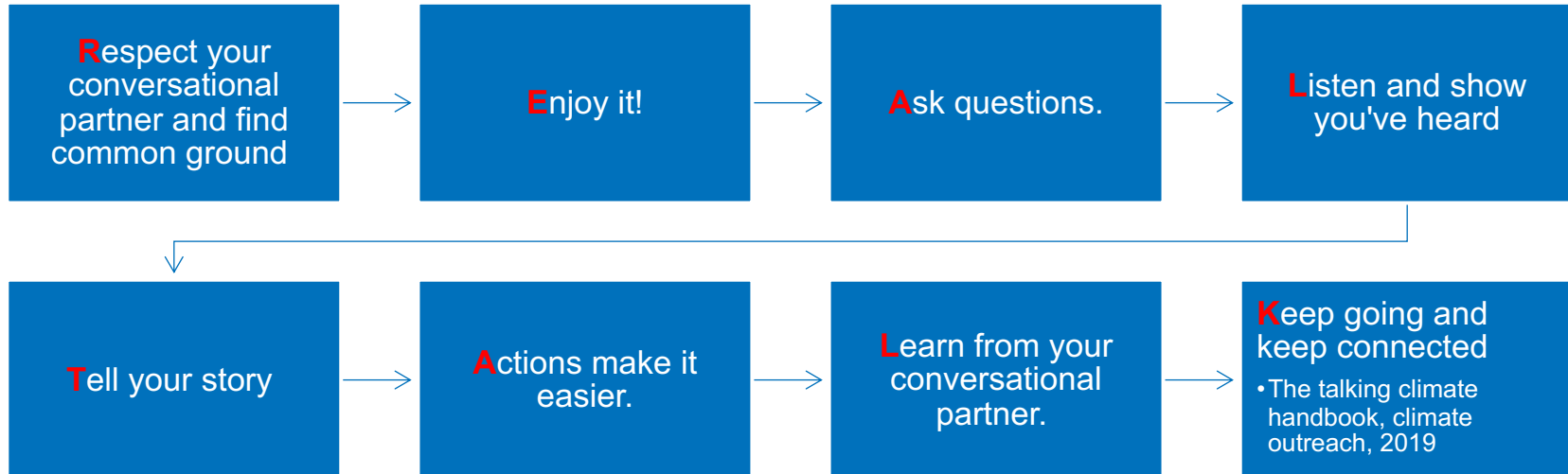
Iron Food Fact Sheet:



The NHS in north east London commits to offering Fairtrade refreshments to staff and visitors

Once we have all of our workplaces registered as Fairtrade workplaces we will then turn our attention to a wider piece of work on Fairtrade at all corporate events and in our wider supply chains – as per the ICS Green Plan.

How to talk about the climate crisis- REAL TALK



Setting up a green team



Recruit a mix of staff and patients (e.g., GP, nurse, pharmacist, PPG rep, receptionist) who will work together well.



Agree regular meeting frequency, possibly mixing up the times of day to be inclusive



Get senior management (e.g., partner/practice manager) to agree to you having time to meet



Create a green practice action plan and implement actions



As a group, look over this guide and decide on the actions you would like to take and present an action plan to senior management



Keep the climate crisis as a standing agenda item which features in every practice meeting

Case study – The John Scott Health Centre journey

Dr Mareeni Raymond

- Managing partner at The Heron Practice, John Scott Health Centre
- A Net Zero clinical lead for NE London

With thanks to

- Stephen Armstrong, KJ Tait Structural Engineers
- ADP Architecture



The NHS target to reduce its direct carbon footprint by 80% by 2040

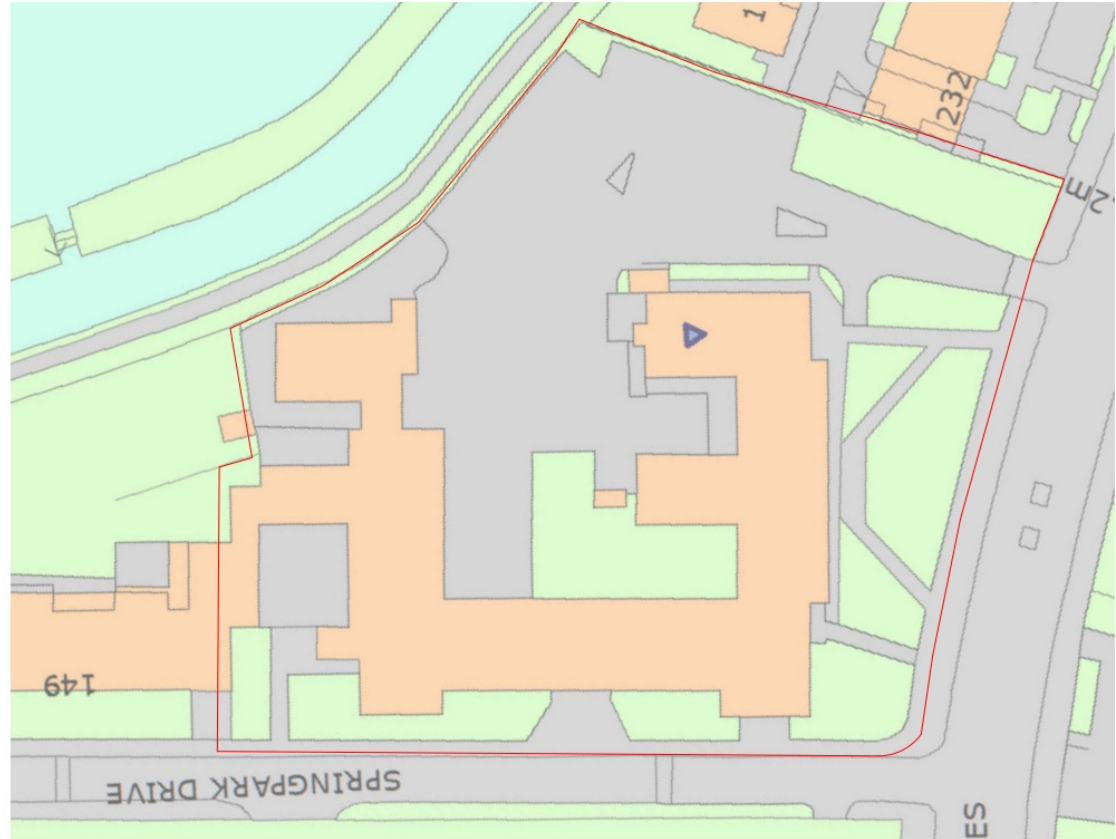
New and refurbished buildings will require to be net zero ahead of this to meet the overall 80% reduction.

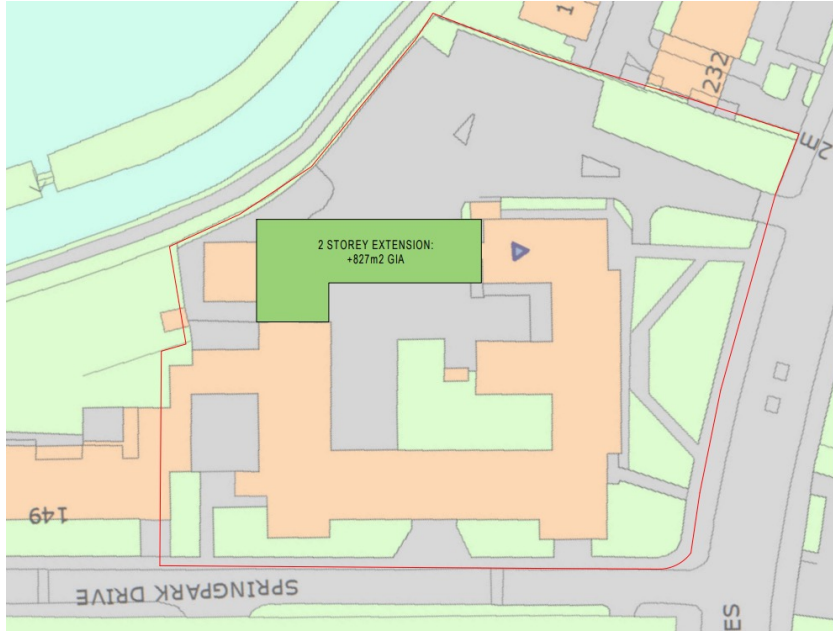
The plan is for the new building element of the **John Scott Health Centre** to be net zero (regulated energy) from day one with a pathway for the refurbished building to meet the target by 2040 with the help of KJ Tait, structural engineers.



Basics

- + Listed Building
- + Houses four client groups:
EFLT, Homerton Hospital,
Cedar GP Surgery, Heron
GP Surgery
- + New High-rise Residential
Development immediately
to the North.
- + Reservoir immediately to
east.





- + 2 storey extension to 'complete the square'.
- + 414m² per floor
- + over 3 floors this would equate to 827m²
- + Savings in SoA allow for cost savings and reducing to two storeys is positive for planning and heritage.

The targets

- Be efficient.
- Be Low energy.
- Incorporate renewable energy sources.

Allowing for grid decarbonisation the buildings must meet approx.

60% carbon reduction from baseline to meet NHS targets.

Landscape

Local Plan



Challenges

- Overheating and freezing cold
- Can AC units be removed?
- Design should incorporate improved natural ventilation
- Improved U-values (**measure of heat loss in a building element**)
- Shading and improved solar performance (G-value) of glazing.
- Thermal analysis using real weather data to demonstrate this will achieve comfort conditions. If the modelling proves otherwise AC cooling will be revisited

Can we move the existing building away from fossil fuel heating?



Reduce overall heat load through building fabric performance



Replace pipework and heat emitters (radiators)



Install air source heat pumps



Upgrading electrical infrastructure to support higher electricity use



Become heat pump ready (a new boiler was recently installed)

Plans

- Blinds - Enhanced fabric performance in line with Low Energy Transformation Guidance (LETI)
- Windows - Introduce external shading to balance daylight and overheating
- Roof - Exposed soffits for thermal mass
- Night purge ventilation (keeps windows and passive ventilations openings closed during the day, but open at night to flush warm air out of the building)
- Natural ventilation. Likely large openable panel ventilation to meet HTM security requirements while maintaining free area
- High efficiency LED lighting and controls throughout
- All electric Air Source Heat Pump providing heating and hot water
- Solar panels. Based on roof utilisation factor of 30%.



WHERE DO I START?

Join the Greener Practice London group

Check out the Greener Practice website and resources.

Sign your practice up to the Green Impact for Health Toolkit

Get talking to your colleagues and friends about planetary health!



- UK primary care sustainable healthcare network
- 26 local groups across the UK
- Monthly newsletters
- Regular meetings (mixed online and in person) – all welcome!
- Website full of resources
- Asthma toolkit

STILL NOT SURE..
GET IN TOUCH!

Greenerpracticelondon@gmail.com
@GreenerPractice



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

Welcome to the new toolkit for Green Impact for Health!

This toolkit helps your general practice improve your sustainability, reduce your environmental impact, reduce your risks from climate change and reduce your practice expenses. It answers the question - "What can you do in your practice?"

The NHS is responsible for 4-9% of the UK's carbon footprint. To have a 50% chance of avoiding the consequences of >1.5°C of warming, global carbon emissions will have to reach net-zero by 2050. Green Impact is one way that you can support the journey towards net-zero within your practice.

This 5-minute video explains what the toolkit can do for your practice and why you should be doing it.

If you register as a user, you can use the toolkit in two ways: 1) A list of actions with reasons why, and advice on how to achieve them. Or 2) A continuing improvement process for your practice team, collecting points to gain awards that recognise your achievements.

To get started, please use the links on the right to register yourself and your practice's team, or log in if you are an existing user. **You must be a general practice in the UK to register. When creating your practice team, please include your location/town in the team name (e.g. Example Practice, Beestown).**

If you want to know more about Green Impact for Health [visit our information webpage here](#). If you want to join the UK's network of Greener Practice visit its [one-stop hub here](#) with links to further information, including webinars, resources and practical tools.

What is different in 2023?

This new toolkit platform is the major change you will see, but the criteria within are mostly unchanged. The awards have been changed to Bronze, Silver, Gold, Platinum (previously Gold Plus) and Diamond (previously Carbon).

Email

Password

Keep me logged in

Forgot your password?

LOG IN

Not a member yet?

REGISTER

Resources for deprescribing



Prescribing and deprescribing

Prescribing contributes the largest carbon footprint of all our activities in General Practice.



- Social prescribing saves carbon!
- [MedStopper](#)
- [PrescQIPP](#)
- [Polypharmacy-Guidance-2018.pdf \(scot.nhs.uk\)](#)



The offer

Carbon Literacy Training	
Difficulty rating	Beginners and beyond
Audience	All staff working in General Practice - Clinical and administrative
Time commitment	8 hours in total including 3 ½ hour interactive workshop
Number of places	84
Start date	First sessions in April, then running again in May 2023.
Carbon Footprint Calculator	Drop in lunchtime workshops
Time commitment	Online demonstration with interactive Q&A
Group work	Yes
Practice Green Action Plan	
Offer	Assistance in prioritisation, guidance in
Group work or 1 to 1 review	Lunchtime drop in Q&A

Max 2 per
practice



Pre Carbon Literacy workshop learning

4 hours of online content

Understand science and impact of the Climate Crisis

Learn at your own pace

CARBON LITERACY NEL ICS

Welcome!

Carbon Literacy is an awareness of the carbon costs and impacts of everyday activities and the ability and motivation to reduce emissions, on an individual, community and organisational basis.

This online Carbon Literacy course has been specifically produced for healthcare staff. It has been designed to allow a clear path through the available information, but with opportunities to stop and explore as the learner desires followed by a live workshop to help peer-to-peer support, ideas and discussion.

The course covers the science of greenhouse gases, emissions and hotspots, the impact and focus on healthcare and uses action planning to help you develop a plan for reduction to achieve better patient outcomes at a lower financial and carbon cost.

Becoming Carbon Literate requires a relative amount of hard work. Learning about climate change isn't easy, but it's the most important thing you'll ever learn.



SCAN ME

seesustainability.co.uk/clfornelics

Making net zero business as usual

PRIORITY ASK

- **We ask that all** staff complete the short [Greener NHS online modules](#)

GOING FORWARD, HOW CAN YOU CONTRIBUTE?

- **Interact** with the Net Zero Clinical Leads for Primary Care
- **Reflect on** how your team can contribute to the delivery of the NEL ICS Green Plan
- **Remember** that the NHS is a paper lite organisation
- **Prioritise active travel** to commute and for business
- **Consider low carbon options** in the services that you design and the programmes that you deliver
- **Feedback loops** - identify opportunities to innovate and share examples of good practice

GOING FORWARD, HOW CAN NEL SUPPORT YOU?

- **Seek resource and expertise from the NEL team** to support delivery and innovation at scale
- **Provide training on how taking climate action** increases health equity

FUTURE PROOFING THE SYSTEM

- Taking climate action is essential to protect the population and **reduce pressure on the NHS**
- **Improve staff retention**, making our organisation one that takes the climate crisis seriously.

Q & A

What next in 2023?

Invite us to talk to your networks

What you can do today

Check out how you are helping deliver the [NEL ICS Green Plan](#)

Sign up to free session 'How to measure your practices carbon footprint' training

Complete the short [Sustainable Healthcare Module](#)

Email nelondon.nelgreenteam@nhs.net to [join the Green Team](#)

Join our [Greener NHS Community](#) and connect with likeminded people across the NHS

Follow the campaign on social media: www.twitter.com/GreenerNHS

Sign up for the national Ebulletin: <https://www.england.nhs.uk/email-bulletins/greener-nhs/>

Anyone working with/in primary care can join the [Greener Practice North London Network](#)