

Green Impact in Healthcare

2021

Case Studies

nus

green impact



STUDENTS
ORGANISING FOR
SUSTAINABILITY
UNITED KINGDOM

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CASE STUDIES FROM GREEN IMPACT TEAMS

NHS TRUSTS

ESTATES AND FACILITIES SMT

Over the past year the Property & Space Utilisation team, through the use of advertising surplus furniture and equipment on WARPIT, have saved 20,646kg of CO2 and diverted 7,793kg of waste - which equates to 9 cars off the road and 28 trees planted - a total saving of £9,500.

The Team also work with Mesopotamia a Nottingham based, UK registered charity that works to provide relief from poverty and hardship locally and worldwide. In the last financial year, we have donated 201 items, avoiding 12,961kg of carbon, 4,477kg of waste - which equates to approximately £20,000 of charity donations!

The team categorise and store furniture ahead of future office move project and recently saved the AMH City East Local Mental Health Team £12,000 from their budget as the team were able to use surplus furniture for their office move.

Highlight of 2021

Partnership we have achieved with Mesopotamia and hearing the positive stories of how we have helped those in need is heart warming.



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PROCUREMENT

The procurement team joined Green Impact in 2020 have significantly improved the visibility of the importance of sustainable care, and why procurement have a massive part to play in getting to net zero.

The team have created a green notice board and measured the teams carbon footprint using the WWF carbon calculator with prizes for the lowest and booby prize for the highest footprint.

They implemented 'Walking Wednesdays' to encourage the team to have breaks away from their desks and shared plants and pre-loved books.

Their Quality Improvement half day focused on sustainability and now have a written sustainability impact assessment for all procurement and business case decisions. The team also present their trust wide sustainable procurement work at numerous regional and national forums.

2022 ambitions

Increase the reuse of items where safe to do so, and implement greener alternative to high use products

Highlight of 2021

Getting our own house in order, as well as supporting the rest of the trust in moving towards a greener NHS

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THE LEAN GREEN CODING MACHINE

2021 is the first year of Green Impact at Royal United Hospitals Bath and the Lean Green Coding Machine have had a fantastic start. The team have focused on a few different areas, such as;

- Energy saving measures promotion (in office and while working from home)
- Reducing plastic and encouraging biodiversity
- Promoting healthier lifestyles - signed up to 10k and encouraged physical activity
- Promotion of green impact across the trust (at senior leadership led meetings)
- Promoted sustainable travel to our department
- Promoted health & wellbeing to the team

Highlight of 2021

Encouraging biodiversity has been a highlight, both on site with the mini wildflower meadow/invertebar (bug hotel) and also at home with a sunflower growing competition.

One of the biggest impacts has been the number of people they've got involved, 4 members of the coding team are now active contributors and spread the word across the trust.



ALCOHOL CARE TEAM

The Alcohol Care Team are a gold award winning team and have been taking part in Green Impact for two years. In 2020-21 the team have made some adjustments to their services by doing more telephone appointments with lower risk patients. They have also created online support groups via Zoom to help out patients.

The team took part in Dry January and set different challenges which they could opt into such as not drinking alcohol, running 5k/day or 8 mile walks a day. During this week they also ran alcohol awareness and hydration week with patients and staff.

Through taking part in Green Impact there has been a noticeable impact on how seriously the team take green issues, with the a few members of the team changing to a plant based diet. Greener issues are part of monthly meetings and will be looking to incorporate greener issues into job applications in the future to demonstrates how seriously this is taken.

Highlight of 2021

The impact it has had on our health and personal outlook on greener issues.

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HAND THERAPY

Caught Green Handed (the Hand Therapy team at UCLH) have been taking part in Green Impact since 2016 and have completed many actions around reducing single use plastics and improving team wellbeing

This year, through an quality improvement project, have been working on the correct disposal of PPE. The team have made posters to place on and around the bins in the emergency department.

Additionally one member of the team, when completing e-learning on PPE training, saw that the instructions given did not correctly explain the objective, which has lead to changes in the training to make the instruction clear on which bins should be used.

2022 ambitions

Next year the team are looking at upcycling the packaging their receive from stock deliveries for another purpose



Highlight of 2021

Now using recycled paper and through an improvement project, have raised awareness on the correct way to dispose of PPE.



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PHARMACY

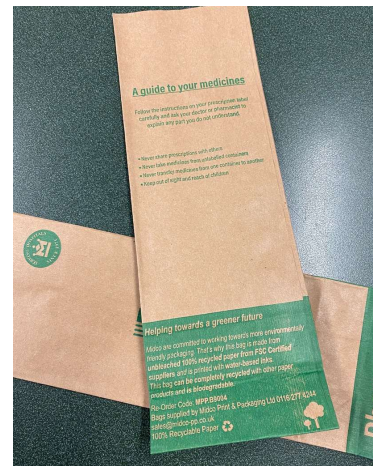
Have been encouraging the department to think more green by sending out regular emails of tips and tricks they can use at home and at work. These emails led to having conversations with colleagues that they wouldn't usually have interacted with.

The biggest impact they have had in 2020-21 is starting to recycle the printing cartridges and previously changed from dispensing medications in plastic carrier bags to paper bags which can be recycled.

One of their team members created the below posters to encourage colleagues to travel sustainably.

Highlight of 2021

Having some impact on our department with sustainability with how colleagues are thinking about their actions at work and at home is great.



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CASE STUDIES

Green Impact for Health

Green Impact in Dentistry.



FROME MEDICAL PRACTICE

Frome Medical Practice have been a proactive Green Impact for Health team for a number of years and in 2021 they received Climate Action Lottery Funding with Frome Town Council and Edventure (local social enterprise). Through the funding, they have appointed a Green Health Connector and are investing more resource in de-prescribing and lifestyle medicine.

The practice have also measured their carbon footprint and staff attended the Carbon Literacy training.

This year the practice created a wellbeing garden for staff, and now have 12 raised beds with fruit and vegetables

2022 ambitions

Using Giki to get more staff involved in measuring their carbon footprint and taking action, and inspiring our patients to do this too. Starting to use electric cars for home visits.

Highlight of 2021

Measuring our carbon footprint to give us a better understanding of where we are and we have just built a staff wellbeing garden.



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CAIRN BRAE DENTAL PRACTICE

Cairn Brae Dental Practice joined Green Impact for Dentistry in 2020 and have made great in-roads to making their practice sustainable. This year they have changed their clinical waste contractors to a company that uses waste for incineration for energy production, rather than going to landfill.

They have created a weekly checklist that includes checking that everything is switch off or powered down each day. They have also replaced their old wooden windows and doors to double glazed UPVC to reduce heat loss.

The practice hold 'bring & share' lunches to promote healthy eating and staff taking regular breaks and sends a monthly newsletter to patients, including updates on sustainability.

2022 ambitions

Gaining a Silver Award (at least) and continuing to reduce our impact on the environment. Looking into ways to further reduce our single use plastics, in some areas this will be more challenging, especially trying to push for this within larger suppliers (eg: iTero scanner sleeves)

Highlight of 2021

Seeing the change in attitudes of our team by placing a greater emphasis on green issues and bringing members of the team in to help work towards & evidence the criteria for the awards.

[@cairnbraedental](https://twitter.com/cairnbraedental)

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SOUTH COAST MEDICAL GROUP

This year the practice have launched a new sustainability policy, which has had the biggest impact on the organisation through taking part in Green Impact for Health. The policy has led to sustainability updated being included in the practice's monthly newsletter, which includes research into certain sustainability campaigns such as the asthma inhaler disposal and blister pack disposal.

All of the shredding bins have been replaced with containers that are collected and recycled. The practice buys soap and hand sanitiser in bulk and refill existing containers.

The practice runs monthly coffee morning to ensure all home workers don't feel isolated and still have the opportunity to meet socially with their team.

2022 ambitions

IT team are reviewing all patient paper submissions to look at where we can completely abolish the use of paper copies. This project includes the digitisation of all patient records; the hard copies will be shredded and recycled.



Highlight of 2021

Creatively thinking about how we promote team wellbeing activities during the pandemic - offered weekly online yoga sessions, dance classes and have planned our next rounders match. Over winter ran scavenger hunt online and quizzes.



GREEN CROSS GROUP PRACTICE

This year the practice have installed new recycling bins and minimised the amount of paper used and have instead been using phone calls/text/emails. The practice have set up a greener prescribing text to let patients know about the green spaces and activities on offer in the local area.

The practice offer the Cycle to Work scheme to staff and a team member as bought an E bike to commute to work on, through this scheme.

They are also working on switching more patients to greener inhalers and on reducing energy consumption as a practice.

Ecosia is now the default search engine on practice computers, which uses the revenue from adds to plant trees. Fairtrade products are also promoted wherever possible for staff.

2022 ambitions

Areas we are looking into for 2021/2022 are getting breast feeding friendly place status, secure bike locks and milk provided by a local milkman.

Highlight of 2021

The amazing changes the team have made in such a short space of time. It has really brought the team together to recognise a much needed agenda that we all need to work on.

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MEDIREST

Have created and displayed posters about recycling and have sent emails about ways in which everyone in the practice can play their part in terms of reducing waste, energy saving tips as well as tips on having a better lifestyle and wellbeing.

LOMOND GP PRACTICE

Have participated in lifestyle medicine courses and focused their Quality Improvement Project on inhaler recycling at the practice. The practice will be looking into social prescribing and lifestyle medicine in more detail going forward



PRIORY MEDICAL GROUP



The cleaning contractors have taken seriously to improving their impact upon the environment. They have installed the new equipment and launched an environmentally friendly range of cleaning products across all 9 sites. All toxic materials have been replaced with environmentally friendly across the range of cleaning activities. The practice has also install devices on all 28 toilets to reduce their flush capacity to save water.



ST CLEMENTS PARTNERSHIP

This year the practice have worked with their team of social prescribers, pharmacists, admin and clinical staff on sustainability which has created a great team based approach.

They have arranged some of their GP clinical meetings to focus on a particular area, which has brought different member of the MDT together such as inviting practice pharmacist to give a talk to doctors and nurses on environmentally friendly inhalers.

All plain white paper has been switched to recyclable paper and they have limited the use of the dishwasher to once every night to save water.

Staff are encouraged to bring in reusable water bottles, whilst patients can use recyclable paper

cups Now have two social prescribers, an exercise practitioner and wellbeing practitioners to form our novel "primary mental health team" which has recently been set up and off to an excellent start!

2022 ambitions

Focusing on prescribing, with help from practice and PCN pharmacists who have already begun to undertake lots of training and research on sustainable prescribing, to share with the rest of the team. Focusing on optimisation in prescribing medicines and more environmentally friendly prescribing options.



Highlight of 2021

Created a wonderful team approach to championing sustainability and improvement in our practice. It has been lovely to see the enthusiasm and involvement across the whole team.



HILLVIEW SURGERY

Introduced the ‘Hillview Going Greener’ initiative (July 2020) to raise awareness of the importance of carbon footprint reduction, and to implement measures to help tackle climate change. Our focus this year were multitude which included:

Promoting self care and healthier lifestyle measures to patients including team wellbeing activities, recycling of non-clinical waste, encouraging energy saving, working towards paperless practice, 'total triage' model including remote consultations, appropriate use of medications including inhalers with a low carbon footprint, educating patients on how to safely dispose of their unused medications—including inhalers, used or unused.

Highlight of 2021
"Green Impact" has brought the whole practice together as 'one Hillview team'. Effective collaborative working of clinical and non-clinical team.

[@HillviewSurgery](#)

2022 ambitions

To maintain current award and to encourage our neighboring practices to get involved with Going Greener initiative and share our experiences.

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CHARLOTTE KEEL MEDICAL PRACTICE

This year the practice has focused on three main areas:

1. Building a green team within the Brisdoc organisation: the practice started off with a small green team which has helped inspire Brisdoc to create a Sustainability board and policy. They are feeling very hopeful that this board will help the practice and the rest of the organisation reach net-zero.

2. Prescribing: worked with the practice prescribing team to improve inhaler prescribing. The pharmacy team have worked hard to switch patients to Salamol inhalers as a broad switch over project.

3. Green space: have worked to improve our green spaces by planting flowerbeds and pots in the car park and staff courtyards.

2022 ambitions

A thriving sustainability board with a clear plan for how to reach net-zero.



Highlight of 2021

Improving and developing our green spaces which has helped staff morale and improve patient wellbeing.

@BrisDocHealth



<http://greenimpact.nus.org.uk/>

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