



Atelier 41: Durabilité, une responsabilité pour la MIG?

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Le rapport de l'Académie suisse des sciences médicales: le problème

- 1) Le bénéfice des interventions médicales n'est pas toujours existant, il est souvent surestimé ou mal interprété*
- 2) La médecine suscite des attentes parfois irréalistes – et est confrontée à de telles attentes*
- 3) Les ressources en professionnels de la santé ne sont pas garanties ;*
- 4) Les ressources financières du système de santé ne sont pas illimitées*
- 5) Le système de santé fixe souvent des incitations fausses.*

... les solutions évoquées

- 1) Développement de la recherche, notamment sur les services de santé et l'efficacité
- 2) Choisir avec mesure les interventions médicales (wise choice)
- 3) Garantir la formation d'un nombre suffisant de professionnels par rapport aux besoins des patients
- 4) Développer de nouveaux modèles de soins, de gestion et de financement.

Ailleurs dans le monde

Box 1: Sustainability of a health and care system depends on seven factors

Internal factors

Efficiency and effectiveness of health and care provision

Availability of well trained health and care workers

Costs and economic benefits

External factors

Health and resilience of the population

Contribution of carers and informal networks of care

Integration of policy and practice with other sectors and building healthy and health creating communities

Overall

Public and political acceptability and support

... et aussi aux USA (!)



The Basics

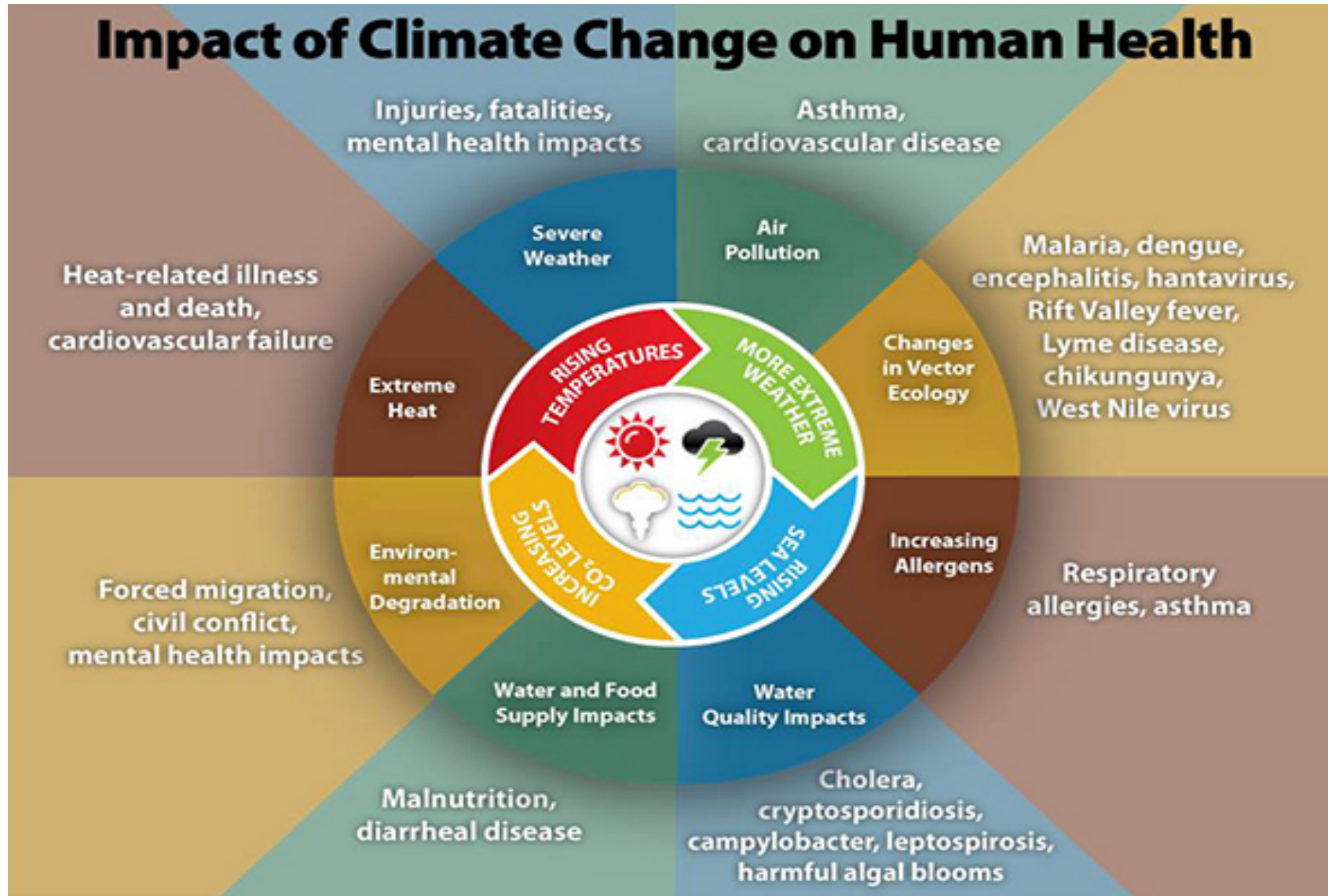
- *Damage to the climate* is **real** and it's happening **now**.
- Human activity emits greenhouse gases (like CO₂) into atmosphere, gases trap heat in atmosphere, altering the Earth's climate.
- It could pose a catastrophic threat to the planet and human health...

The Health Care Industry is One of the Largest Consumers of Energy

- The health care sector is ranked second in energy use after the food industry
- It spends over \$9 billion annually on energy costs
- Power plant emissions are connected to premature deaths, chronic bronchitis, asthma attacks, emergency room visits and more.
- Hospitals in the United States produce a massive amount of garbage/waste (>2.3 million tons per year)



Climate Change Impacts Human Health



The Basics

- **...BUT with a concerted action we create healthy and safe communities for our families and children.**
- Addressing climate change could have major co-benefits – improved air quality, better physical and mental health.

Reduce Your Facility's Energy Use

- **Make buildings more energy efficient** – *switch to energy efficient light bulbs (CFLs, LED bulbs), turn down thermostat, upgrade major equipment to most energy-efficient model; optimize building envelope with insulation and energy-efficient windows*
- **Install On-Site Renewable Energy Capability** - *Solar panels can generate a portion of facility's energy, solar hot-water heating system*
- **Purchase Energy-Efficient Products** – *Buy Energy Star or Federal Energy Management Program-designated products.*
- **Reduce Standby Energy Use** – *Plug computers/electronic equipment into power strip and turn off when not in use.*
- **Purchase Green Power** – *Use power generated from renewable sources like wind, solar.*

Reducing Health Care Waste for a Healthier Future

- **recycle and buy recycled products** – *Recycle all recyclable products, including electronics*
- **collect and recycle nitrous oxide anesthetic gases** – *limit the amount that escapes into atmosphere during use*
- **dispose of waste locally** – *Local disposal reduces travel-related emissions*
- **prevent waste** – *through recycled material use, reduced use of virgin material, reducing amount of wasted material*
- **divert at least 90% of constructed waste** – *produced during construction and demolition*

Food Service: Healthy Food, Healthy Planet

- **Reduce the amount of meat protein on menus** – Agriculture/meat protein production is a major source of greenhouse gas emissions. If Americans ate beans instead of beef, U.S. would meet up to 75% of GHG reduction goals in 2020 ([1](#)).
- **buy local and seasonal food** – reduce long-distance food transport leads to lower emissions
- **compost food waste** - creates a recycled product (compost) that can replace fertilizer.
- **eliminate bottled water** – encouraging tap water use will reduce waste.

<https://www.acponline.org/advocacy/advocacy-in-action/climate-change-toolkit>

Et de façon plus pratique, en médecine de famille, des incitatifs existent en Angleterre...

Go Green for 2015 - Top Tips for General Practice Teams

Wednesday, 3 December, 2014

Severn Deanery sustainability scholar, Dr. Sara Vogan, supervised by CSH, has produced seven Top Tips for GPs to be more sustainable. The recommendations were presented as a prize-winning poster at this year's Royal College of General Practitioners conference, and are also available as a leaflet. 'More than cycling & recycling', the Top Tips highlight carbon 'hotspots' in primary care and offer solutions to tackle them, showing that sustainability saves us time and money and improves patient care.



More Than Cycling & Recycling

Sustainability can...

Save us time and money



Improve patient care



And it's Green



INHALERS

Metered dose inhalers (MDI) alone account for 5% of the entire NHS carbon footprint. 63% end up in landfill sites, via patients' domestic waste¹. Prescribe more dry powder inhalers as these have a carbon footprint 1/18th of MDI and are equally as effective⁴.

GlaxoSmithKline's "Complete The Cycle" scheme recycles all types of inhalers from all companies⁵.

SINGLE USE MEDICAL EQUIPMENT

Making & disposing of single use medical equipment uses energy & produces emissions. Some equipment including gloves & surgical equipment are produced in developing countries with sub-standard conditions & poor human rights⁶.

What can we do? **REPLACE, RE-USE, RECYCLE**

For Example:

Switch to a metal multiuse speculum instead of discarding plastic.
Use the No-Touch Technique instead of sterile equipment for example when inserting contraceptive implants.
Wash & reuse otoscope ear pieces and inhaler teaching devices.
Tradebe & SRCL recycle the steel from single use metal implements, which is a 40% cost saving compared to incineration⁷.

A GREENER DEATH

While 89% of patients wish to die at home or in a hospice, 53% actually die in hospital⁸. 70% of people are cremated in the UK. Cremation heats the body to over 1000°C for 2 hours and releases mercury into the environment⁹. Use care planning initiatives for example Palliative Care Gold Standards Framework and Unplanned Admissions Enhanced Service. Encourage and guide the making of advance decisions. Advanced Directives & DNAR forms can also prevent unnecessary hospital admissions¹⁰.

REDUCE MEDICINE WASTE

80-90% of medication is prescribed in primary care¹¹. Medication returned to the chemist cannot be reused even if the packet is unopened. £300 million pounds worth of medication goes unused each year¹².

Educate Patients to **only order what they need**. Educate Prescribers - Ask **what's in store before prescribing more**. The Green Bag scheme. Patients' are being encouraged to take all their own medicines in their original containers in a Green Bag to hospital, care home or medication review.

Side effects are worst & new medications are likely to be discontinued in the first 2 weeks (think statins, antihypertensives, antidepressants) – consider initially prescribing for 2 Weeks. Think **Alternatives** - For example nasal douching has been shown to be effective for treating chronic sinusitis and is well tolerated.

SELF-CARE AND WELLBEING

'Minor' and social problems costs General Practice £2billion or 57 million consultations a year.

The effect of loneliness and isolation on mortality is worse than obesity, and has a similar influence as smoking about 15 cigarettes a day¹³.

EMPOWER

Encourage and empower patients to look after themselves: Give web addresses for Patient Information Leaflets, use online Option Grids for comparing treatment options, recommend NHS Smartphone applications (apps) such as headache diary app.

WELLBEING

It has been shown that by increasing a patient's sense of wellbeing, you decrease the amount of time they feel ill.

Five Aspects of Wellbeing:

- Be Active (physical activity)
- Connect (being part of a network/community)
- Take Notice (positive affirmation)
- Keep Learning (seeking new experiences)
- Give (expressions of generosity/kindness¹⁴)

GPs and patients are increasingly reliant on voluntary sector organisations for support.

ECO-COMMUNICATION

Paper based communication and face to face meetings cost money & use energy.

Encourage patient queries by telephone & email. Try using skype/teleconferencing for meetings.

Use a lap top or tablet for taking notes. Electronic notes can be directly uploaded to portfolios and colleagues, saving time and money!

Hospital communications and prescriptions are becoming electronic - try not to print them out

Contracts & official documentation no longer needs to be printed to be signed. The Electronic Communications Act 2000 recognises the use of electronic signatures¹⁵.

Paper made from recovered fibres uses 60-70% less energy, 50% less water & prevents the original paper from going to landfill¹⁴.

The Go Green for 2015 handout is available online, follow the QR code.



HEALTHY DIET—HEALTH PLANET

Food production accounts for 30% of the world's greenhouse gases¹⁷.

70% of agricultural land and 9% of global water consumption is used producing animal based food, especially Beef & Lamb¹⁸. In UK we eat on average 79kg of meat a year & also on average 1000 too many calories a day¹⁹.

Plant powered:

Recommend a reduced animal product diet (less than 1/3rd dairy and meat).

Plant based diets reduce cardiovascular disease, type 2 diabetes, obesity & some forms of cancer, are more sustainable, and costs the patient £4 less per week.



Et nous?

1. Durabilité un problème pour le cabinet médical ?
2. Responsabilité du MF ? => que faire ?
3. Responsabilité pour nos associations professionnelles ? Que doivent-elles faire ?

Et en Suisse ?

www.aefu.ch

Ecologie au cabinet médical

Plusieurs guides (FR et DE) :
rénovation - chauffage – éclairage - appareils

Take home messages

1. Tous responsables – les médecins encore plus
2. www.mygreendoctor.org
3. www.larevuedurable.com
4. www.kaizen-magazine.com
5. www.drawdown.org

Advocacy: How to Communicate about Climate Change

When discussing the issue with your colleagues, grand rounds audience, or your community, mention the following key points:

- Climate change is real and human-caused.
- Climate change is bad for us and our community in a number of ways.
 - *Localize the issue (if you live in S. Florida, talk about how climate change could worsen flooding, leading to displacement, dampness-related respiratory illness, etc.)*
- We need to start taking action now to protect the health of our community's most vulnerable members—including our children, our seniors, people with chronic illnesses, and the poor—because our climate is already changing and people are already being harmed.
- Taking action creates a “win-win” situation for us because, in addition to dealing with climate change, most of these actions will benefit our health too.
 - *For example, walking or biking instead of driving short distances could reduce the risk of cardiovascular disease as well as reduce greenhouse gas emissions.*