

# Resources for workshop: Greener practice, Better Healthcare: Empowering Future Healthcare Professionals in Sustainability

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**Please see below for resources:**

- General useful documents
- De-prescribing and medicines optimisation
- Optimising inhalers and asthma care
- Holistic Approaches to Healthcare

## General useful documents

Non-Clinical Decarbonisation guides (region specific, scroll to bottom of page)

<https://northeastnorthcumbria.nhs.uk/our-work/wider-impact/sustainable-healthcare/>

Cheshire CCG 'Areas to focus on' in GP

<https://www.cheshireccg.nhs.uk/media/hahluufe/10-point-plan-for-primary-care.pdf>

Greener Practice website

[Greener Practice – Greener Practice – UK's primary care sustainability network](#)

Green Impact for Health Toolkit

[Green Impact for Health | Green Impact | Students Organising for Sustainability \(nus.org.uk\)](#)

## Deprescribing and Medicines Optimisation

Some starting Ideas:

- Search for patients on 10 or more prescriptions and review
- Increase use of non- pharmacological interventions (including lifestyle interventions, social and green prescribing - see holistic resources also)
- Look at medication waste (over ordering) and disposal
- Well-structured medication review
- Asking '*will you take this medication?*' before prescribing
- Send SMS to patients (prompts around medication disposal, not over ordering etc.)

## Resources

This best practice guideline from the Royal pharmaceutical society provides four guiding principles for medicines optimisation: *'Medicines Optimisation: Helping patients to make the most of medicines Good practice guidance for healthcare professionals in England'*: [untitled \(rpharms.com\)](#)

Royal pharmaceutical society have also created this helpful website which has a dedicated section for healthcare professionals :[Polypharmacy: Getting our medicines right \(rpharms.com\)](#)

Poly pharmacy optimisation <https://www.prescripp.info/our-resources/webkits/polypharmacy-and-deprescribing/>

Good for you, good for us, good for everybody: Review commissioned by government to reduce over prescribing (September 2021) - sets out practical and cultural changes needed  
[Good for you, good for us, good for everybody: a plan to reduce overprescribing to make patient care better and safer, support the NHS, and reduce carbon emissions \(publishing.service.gov.uk\)](#)

NIHR article on how to safely deprescribe for people with LT conditions  
<https://evidence.nihr.ac.uk/alert/how-to-safely-deprescribe-medications-for-people-with-multiple-long-term-conditions/>

NHS scotland guide to polypharmacy  
<https://www.therapeutics.scot.nhs.uk/wp-content/uploads/2018/04/Polypharmacy-Guidance-2018.pdf>

NICE Guideline:[Overview | Medicines optimisation: the safe and effective use of medicines to enable the best possible outcomes | Guidance | NICE](#)

Environmental impact report of implementing above guideline: [Medicines-optimisation-sustainability-report.pdf \(nice.org.uk\)](#)

Medicine waste campaign: 'Only order what you need' [Medicine Waste UK](#)

### Deprescribing tools:

[MedStopper](#) : key in all patient meds, results will then display the medications in order of stopping priority. RED highest stopping priority, GREEN lowest stopping priority.

[STOPP-START - CGA Toolkit Plus \(cgakit.com\)](#): STOPP (Screening Tool of Older Persons' Prescriptions) and START (Screening Tool to Alert to Right Treatment) are explicit criteria that facilitate medication review in multi-morbid older people in most clinical settings.

### Deprescribing in chronic pain

NHS England published a framework for action for Integrated Care Boards and Primary Care teams focused on [Optimising personalised care for adults prescribed medicines associated with dependence or withdrawal symptoms \(March 2023\)](#)

#### 5 Actions

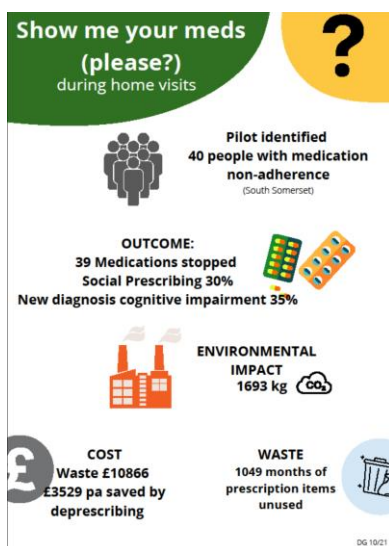
1. Personalised care and shared decision making
2. Alternative interventions to medicine
3. Service specifications and change management
4. Taking whole system approaches
5. Population Health Management

[Home - Flippin' Pain \(flippinpain.co.uk\)](#) Website for patients to help understand chronic pain and other ways it can be managed

#### Case Studies:

'Show me your meds, please' - all patients asked this question on home visit, could see if over ordering or not taking at all

[FinalSMYM\\_wonca2022\\_eposter-17.6.2022.pptx \(live.com\)](#)



## Optimising inhalers and asthma care

Some starting Ideas:

- Search for patients who are over ordering salbutamol inhalers
- Use this data to look at their ICS use, attendance at annual reviews, smoking status etc and come up with a targeted intervention
- SMS of Videos on greener Practice about asthma and inhalers, promote self management- to all patients with asthma?
- SMS re: safe inhaler disposal at pharmacies
- Has DPI been discussed with applicable patients (eg adults) at their F2F annual

- reviews?
- Could patients stable on 2 puffs of 100micrograms of ICS be moved to 1 puff of 200 micrograms dose?
  - All COPD patients on triple therapy should have been offered one combined inhaler (not two)
  - Info for COPD patients about when to use rescue packs
  - Stop all generic salbutamol and Ventolin prescribing and change to Salamol
  - Take PRN inhalers off repeat
  - Check inhaler technique at every consultation for LRTI/asthma flare up

## Useful links

Greener Practice Asthma Toolkit- lots of ready to go QIPs

<https://www.greenerpractice.co.uk/high-quality-and-low-carbon-asthma-care/>

PresQuipp Inhaler Carbon footprint (excellent document with FAQs)

<https://www.prescqipp.info/umbraco/surface/authorisedmediasurface/index?url=%2fmedia%2f5719%2f295-inhaler-carbon-footprint-22.pdf>

PresQuipp EMIS/SystemOne searches

<https://www.prescqipp.info/our-resources/bulletins/bulletin-295-inhaler-carbon-footprint/>

See what your area is like

[https://openprescribing.net/measure/environmental\\_inhalers/](https://openprescribing.net/measure/environmental_inhalers/)

Patient and clinicians' views on Switching INHS

[https://thorax.bmj.com/content/72/Suppl\\_3/A235](https://thorax.bmj.com/content/72/Suppl_3/A235)

SABA overuse

[https://thorax.bmj.com/content/76/Suppl\\_1/A19.1](https://thorax.bmj.com/content/76/Suppl_1/A19.1)

Clinical effectiveness of DPIs vs MDIs

[https://thorax.bmj.com/content/74/Suppl\\_2/A212.2](https://thorax.bmj.com/content/74/Suppl_2/A212.2)

Conversations around asthma:

[Web-Linked-Asthma-Conversations\\_V12-.pdf \(pcdn.co\)](#)

Asthma guidelines for South Tyneside- with lower carbon inhalers highlighted

<https://medicines.necsu.nhs.uk/guidelines/south-tyneside-guidelines/>

Inhaler disposal fact sheet

[PSNC-Briefing-024.21-Inhaler-disposal-factsheet.pdf](#)

# Holistic Approaches to Healthcare

## Some starting ideas:

- Staff education around physical activity (NNT with 2-4mins of discussion with patient to achieve recommended amounts of exercise = 12 (smoking =50-120))
- Staff active travel survey
- Noticeboard in waiting area about local groups
- Staff outdoor area for lunch
- Become a Park Run practice
- Ebikes/ECars for home visits
- Audit of non pharmacological options discussed alongside SSRI prescriptions

## Resources

### General

Green Impact for Health toolkit (need to sign up for a log in)

<https://www.greenimpact.org.uk/GlforHealth>

### Air Pollution:

Look up your practice and see what the impact of pollution is on your local population

[addresspollution.org](http://addresspollution.org)

Clean Air Hub: Resource for patients around what air pollution is and how they can minimise the health effects

[Clean Air Hub | Global Action Plan](#)

The Ella Roberta Foundation: Lots of information and resources around the effects of air pollution, specifically on asthma, and how this can be mitigated and changed

[Clean air for all | The Ella Roberta Foundation](#)

### Physical Activity:

Moving medicine consultation guides – to promote physical activity in a patient centred way

[Homepage - Moving Medicine](#)

Details on how to become a Park Run Practice

[Your practice \(dotdigital-pages.com\)](#)

Walk with Doc

[Inspiring communities through movement and conversation \(walkwithadoc.org\)](#)

RCGP Physical Activity Hub

<https://elearning.rcgp.org.uk/course/view.php?id=536>

### Active Travel:

Information on setting up cycle to work scheme

[The UK's Most Popular Cycle to Work Benefit - Cyclescheme](#)

Greener Practice: Active Travel

[Travel & Transport – Greener Practice](#)

Centre Sustainable Healthcare: How to engage active travel PDF

[1a. how to encourage active travel.pdf \(sustainablehealthcare.org.uk\)](#)

Case Study: [AHP - Community e-bike project | Sustainable Healthcare Networks Hub](#)

Starting Ideas for active travel:

| For Staff  | For patients and the community   |
|--|--|
| <ul style="list-style-type: none"><li>- Staff travel audit + address barriers to active travel (e.g. place to shower at work)</li><li>- Promote and enable low carbon transport (e.g. shared e-bike or electric charge points)</li><li>- Promote physical activity (e.g. daily 'deskercise')</li><li>- Minimise unnecessary travel</li></ul> | <ul style="list-style-type: none"><li>- Promote physical activity as part of routine consultations (Use resources such as 'make every contact count' or 'moving medicine')</li><li>- Minimise unnecessary travel (avoid multiple trips for the patient if possible)</li><li>- Become a 'Park Run' Practice</li><li>- Support initiative to reduce pollution around schools</li></ul> |

### **Patient empowerment - 'what matters to you?'**

The Personalised Care Institute: Courses for clinicians and decision support tools for patients - to help patients make the decision that is right for them.

[personalisedcareinstitute.org.uk](https://personalisedcareinstitute.org.uk)

Making every contact Count

<https://www.hee.nhs.uk/our-work/population-health/our-resources-hub/making-every-contact-count-mecc>

### **Green Prescribing - connecting with nature**

[findingnature.org.uk](https://findingnature.org.uk) – especially, see The Nature Connectedness Handbook

Accessing nature has been shown to provide health benefits in of itself. Evidence shows these benefits might include:

improved mental health, reduced cardiovascular morbidity and mortality, obesity and risk of type 2 diabetes, and improved pregnancy outcomes. Mechanisms leading to these health benefits include psychological relaxation and stress alleviation, increased physical activity, reduced exposure to air pollutants, noise and excess heat. (World Health Organization, 2016, p ii)

Allotment run by GP practice:

[Lambeth GP Food Coop](#): started with raised beds built in the alley next to Lambeth walk surgery. Now have multiple sites and gardens across GP surgeries and NHS hospitals in London. Patients with long term health conditions can be referred to the gardens to learn how to grow food. GP garden communities provide a space and a reason for people to socialise, learn and grow food together. People who participate are improving their own health and wellbeing

[Nature on Prescription Handbook - European Centre for Environment and Human Health | ECEHH](#) - makes evidence-based suggestions for how to develop and implement a high-quality scheme. The handbook is primarily aimed at providers of group, nature-based interventions that target common mental health conditions.

### **Alternatives to medication**

British society of Lifestyle Medicine: Evidence based practice, centres around 6 pillars of lifestyle medicine

[BSLM - Transforming Healthcare Through Lifestyle Medicine](#)

Nutrition advice

Eat well (infographic to share with patients)

[The Eatwell Guide - GOV.UK \(www.gov.uk\)](#)

- Does your practice website/social prescribing team refer people to these resources?



# REPAIR CAFE



 **parkrun practice** 

**Register as a parkrun practice**

In an exciting and innovative initiative, the RCGP is collaborating with parkrun UK to promote the health and wellbeing of staff and patients. Under this initiative, GP practices across the UK are encouraged to develop close links with their local parkrun to become parkrun practices.

**Resources**

- Tools
- Branding and Resources
- parkrun practice FAQs
- News

**parkrun practice map**

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