

SUSTAINABLE DIAMONDS IN PRIMARY CARE - HOW TO HELP GP PRACTICES TO ACHIEVE NET ZERO

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green impact

Mile Oak Medical Centre

All our GP practices in the West Hove Primary Care Network (PCN) achieved a sustainability award in this 6 month project
If we can do it, so can you! Read more to find out how

Aims

1. To increase the number of local practices actively participating in carbon reduction strategies
2. To support practices to engage with the Green Impact for Health Toolkit
3. To help the NHS reach its net zero goal by 2040

Background

Climate change is the single biggest health threat facing humanity (WHO₂₀₂₁)

- Primary care contributes to 23% of NHS' carbon footprint.
- The Green Impact for Health Toolkit can help practices improve their carbon footprint in an easy, step-wise way.
- Actions in the toolkit result in points which lead to various awards.
- Practices can feel good making positive changes for the world.
- Some changes can save money and increase income.

Project

Supporting 5 GP practices in the West Hove Primary Care Network (PCN) one day per week from Nov 2022 to May 2023 to engage with the Green Impact for Health Toolkit by:

- Whole team practice meetings to introduce the project and share resources plus PCN meetings
- Presenting each practice their own inhaler data
- Developing personalised 'Quick Win' sheets showing how to get Bronze and Silver Awards
- Regularly updating a PCN League Table showing points and awards achieved
- Meeting different teams within the practices (e.g., the admin, pharmacy, nursing teams)
- Devising deadlines for the practices to aim for
- Offering a prize hamper to the most improved practice in the project

Data

Examples of toolkit actions practices achieved

Switching from expensive yellow waste bags to tiger bags

Changing to recycled paper

Swapping to Ecosia for main search engine

Introducing rechargeable batteries

Timer added to kitchen drinking water heater

Adding sustainability to every practice meeting

Increasing recycling and halving general waste

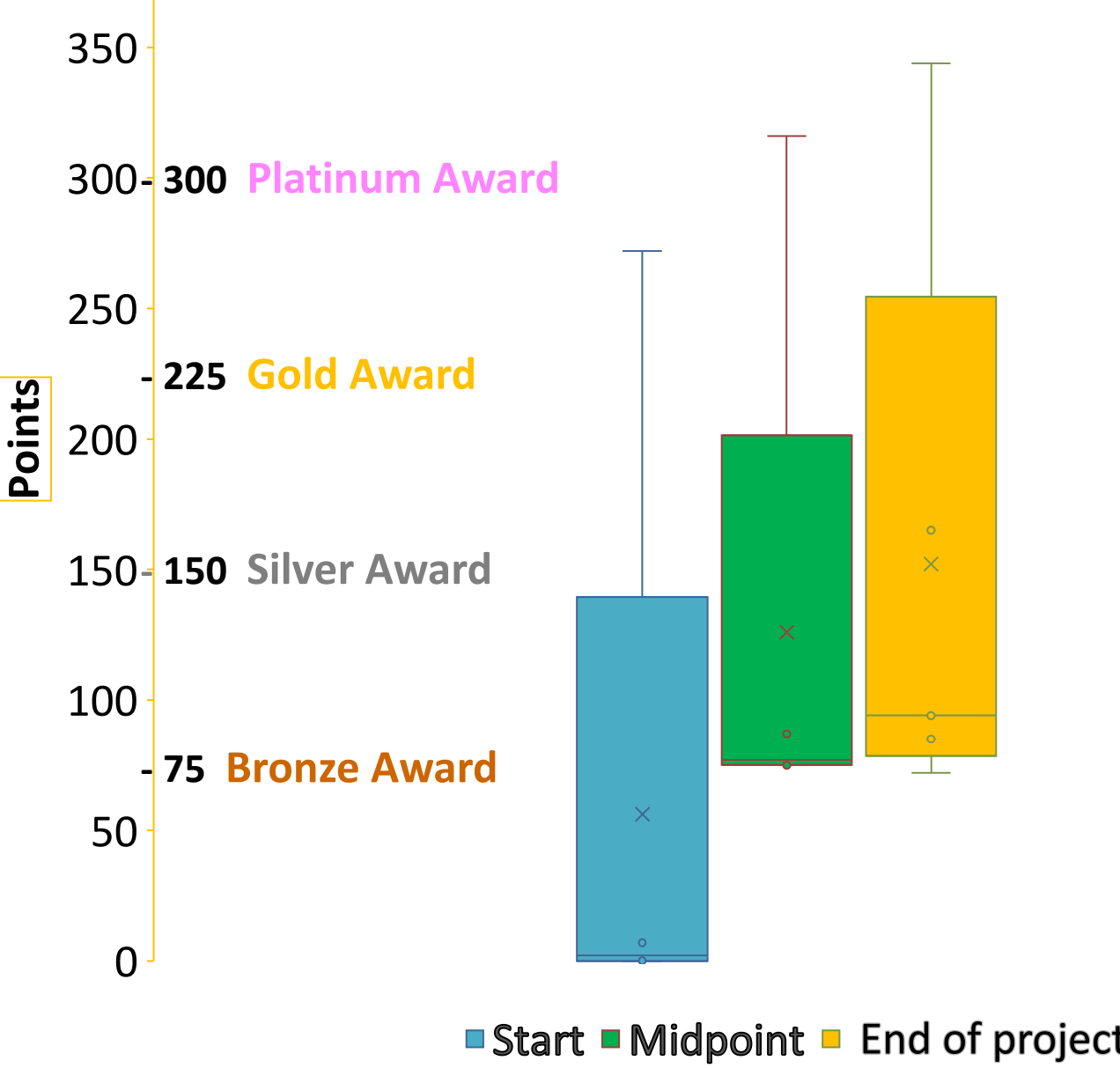


Portslade Health Centre winning the sustainable hamper by achieving 165 points

4 out of 5 practices had not engaged with the GIFH toolkit at the start of the project
By the midpoint all had new awards
After 6 months Portslade Health Centre had gained the most points & won a Silver Award!

Range of practice's points at the start, midpoint and end of the project

Reached Net Zero = **Diamond Award**



Conclusion

Suggestions for Quick Wins Actions to achieve a Bronze Award

Monthly gas & electricity statements 2 points	Poster to switch off 2 points	Breastfeeding friendly 2 points	Store cleaning items safely 3 points	GIFH on website 2 points	Climate meeting 4 points	Switch browser to Ecosia 2 points
Avoid paper 5 points	Climate change on every agenda 3 points	Review Open Prescribing 5 points	Inhalers education 5 points	Contact ICB for inhaler switching 3 points	Ventolin to Salamol switch 4 points	Social prescribing training 5 points
Social prescribing certificate 5 points	Social prescribing champion 4 points	Social prescribing local network 5 points	Staff bike stands 4 points	Recycled/FCS printer paper 2 points	Recycle paper & print double-sided 2 points	Label bins 5 points
Inhaler recycling promoted 2 points	Recycle print toners 2 points	Shredded paper necessary? 2 points	Menstrual cup poster 1 point	Label dual flush toilets 2 points	Kitchen improvement 2 points	Storage of pollutants 2 points

Benefits of collaborating as a PCN

- Save money – building/admin/energy efficiencies (data collection ongoing)
- Reduce inequalities – social prescribing
- Improve team working in the practices
- Improve networking and collaboration across the PCN

Points are continuing to be added to the majority of the 5 practice's toolkits after completion of the project

With minimal support and friendly competition, GP practices are happy to use the Green Impact for Health Toolkit to make their practices environmentally sustainable

Learning and what next?

It was fantastic to see practices engage in sustainability changes and to realise each of us can make a difference: the ripple effect that comes about from changes in a work setting has even spread to homes and beyond. With minimal encouragement changes can happen quickly. If more and continued support is offered to primary care, there will be faster progress to Net Zero.

For more information, please contact abigailfry@nhs.net. This pilot project was funded by an award from the Healthier Futures Fund which enabled Dr Abigail Fry to spend 1 day per week on the 6 month project. The practice teams completed and updated their toolkits themselves.

Thank you for the funding from the NHS Healthier Futures Action Fund

