



Sustainable Healthcare webinars, 3 of 3

Sustainable Healthcare

in Practice

SUMMARY

21 March 2024

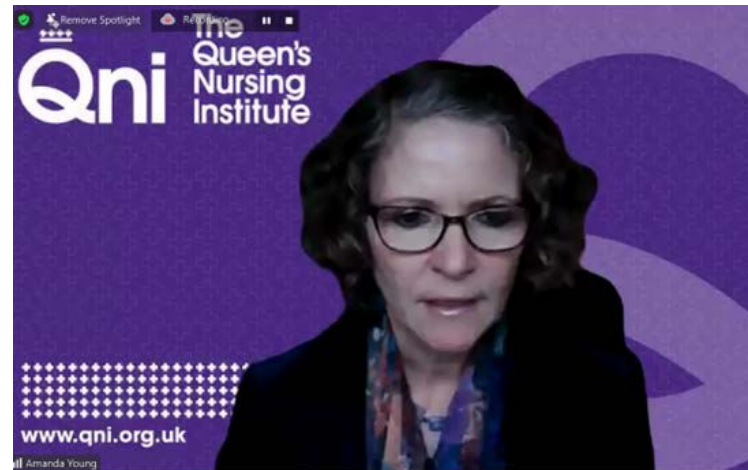
2-3pm, via Zoom



Welcome

Dr Amanda Young, Director of Nursing Programmes (Innovation & Policy) The QNI,
[@DrAmandaYoung](#)

- Welcome everyone to today's final webinar in our sustainable series with the Centre of Sustainable Healthcare. Our final webinar on sustainable healthcare will explore different relevant case studies of SusQI in the community and other relevant project examples, discuss barriers and enablers to this, and explore the next steps.
- We'll hear from Dr Ayoma Ratnappuli, and colleagues Sarah Jordan and Dan Loveard.
- I hope you're taking back all the learning back into practice, it's very important that we all make a difference.
- I'd like to thank all of our speakers for their time and expertise.



Sustainable Healthcare in Practice

Dr Ayoma Ratnappuli, Education Fellow, Centre for Sustainable Healthcare

- Climate change worsens health outcomes, it affects how we work, our infrastructure: we've seen IT systems fail in the heatwaves and hospitals flood.
- If we reduce our carbon emissions: it benefits our health. Reduces dementia risks, cancer risks etc.
- If we try and minimise climate change it will release some of the pressures on healthcare.
- **Sustainable healthcare ensures the health needs of the current population are met, without compromising environmental, economic or social resources for future generations.**
- On 1 July 2022, the NHS became the first health system in the world to embed net zero into legislation, through the Health and Care Act 2022. The report sets a clear target for achieving a net zero health service for direct emissions by 2040 and indirect emissions by 2045.
- To read the NHS report, go to: <https://www.england.nhs.uk/greenernhs/a-net-zero-nhs/>
- We need the knowledge (to know about the need for sustainable healthcare) in order to do the action (making healthcare sustainable).
- The SusQI framework has 4 stages. Study your system and see where the resources are lying, where your environmental, social and financial resources are; design your improvement, then measure its impact.



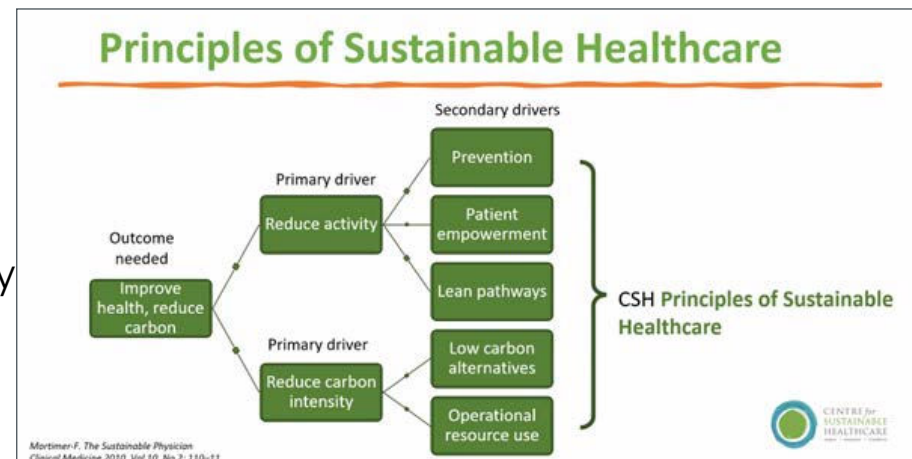
Sustainable Healthcare in Practice

Dr Ayoma Ratnappuli, Education Fellow, Centre for Sustainable Healthcare

- Quality is not enough, we have to improve value, see equation below:

$$\text{Sustainable Value} = \frac{\text{Outcomes for Patients} + \text{Outcomes for the Population}}{\text{Environmental Impact} + \text{Social Impact} + \text{Financial Impact}}$$


- We're always prioritising our outcomes for patients but we also need think of the environmental, social and financial impact.
- One project example: improving the environmental impact of patients with diabetes and on insulin by looking at single use pen device and insulin cartridge, trying to find green alternative.
- Result: trialling a reusable pen, reduced number of district nursing visits, improved patients' independence and their control of diabetic care.
- The Centre for Sustainable Healthcare website has a library of case studies to read, please go to: <https://sustainablehealthcare.org.uk/resources>
- We'd really appreciate if any nurses or midwives attending would consider completing a quick survey (5mins) contributing to a QI project we are working on exploring the environmental sustainability of their work: <https://lnkd.in/eytsS2eV>



Green Space Initiatives

[Sarah Jordan](#), Green Space for Health Director

- Nature is a huge part of sustainable healthcare
- The physical and mental health benefits of being in a green space are incredible. Green space is salutogenic (supporting of health) and equigenic (supporting the health of the less advantaged)
- The green pill image commonly used (see below for example) shows what clinicians would prescribe if greenspace were a pill. We have nature in our gardens and parks, green social prescribing is becoming prevalent.
- Recent research that being in nature has the potential to tackle health inequalities as well.
- Case study: Food Growing. The aim was to develop a food growing toolkit to incorporate SusQI recommendations.
- Huge benefits to growing food: mental health, community cohesion, reduced stress, reduced reliance on medication, increased physical activity and fitness and more.
- Growing food at a healthcare site addresses barriers to accessing greenspace in urban areas, it acts as a platform for volunteers, allows for green prescribing onsite
- Selecting the space: you need to make sure you have the right amount of sun, shade, access to water and check with the land owner for permissions.
- Designing the space: raised beds are good for accessibility for example



Green Space Initiatives

Sarah Jordan, Green Space for Health Director

- Food forest: if you have more space this is using trees and bushes to recreate a forest eco system, from canopy to ground.
- Find out more here: <https://nhsforest.org/evidence/>
- Part of the toolkit includes information on when to plant (using things like annual food planners can be helpful) as well as information on supplies and storage (some garden centres will offer free seeds to community projects for example)
- Look at who will manage the site (rota of staff? volunteers?)
- In terms of measuring the impact: this project was over 10 weeks but in longer ones you could measure how many prescriptions were being issued, the dietary changes of patients, how many appointments were being made. You could use self reported data and surveys. For the social impact: you could measure levels of loneliness within the community.
- In terms of financial impact or growing the project, one site kept bees and starting selling the resulting honey to continue the project.
- To find out more about the toolkit: <https://networks.sustainablehealthcare.org.uk/resources/food-growing-toolkit-healthcare-settings>



Green Social Prescribing

Dan Loveard, Green Space for Health Project Lead

- Green social prescribing is a natural community-based solution to improving our mental and physical health - it's an emerging area of social prescribing, and now a recognised model of care.
- It means referring people to non-medical, nature-based activities into healthcare interventions to improve their health and wellbeing and is a holistic approach that offers a way to harness the benefits of nature and outdoors.
- Spending time in nature can be a pain reliever.
- Targeted green prescribing could save over £635 million per year. Read the report written by the Wildlife Trust: <https://www.wildlifetrusts.org/news/health-projects-save-nhs-time-and-money>
- I delivered green social prescribing activities in the community. Incorporating nature into people's lives fosters a sense of connection to the natural world and the local community.
- Five ways to wellbeing course, consisted of 5 evidence-based actions for wellbeing:
 1. Connect - with people and ourselves within the natural world
 2. Notice - take time to notice what's around, it can reveal incredible
 3. Get active - explore new green spaces
 4. Learn - be open to learning something new
 5. Give back - protect our natural world.
- When people are close to nature, they are happier and healthier
- Find out more here: <https://www.warwickshirewildlifetrust.org.uk/>



Green Social Prescribing

Dan Loveard, Green Space for Health Project Lead

- Case study: Wilder Wellbeing was a project that focused on improving the mental health, wellbeing and resilience of communities by responding to the pressures of the pandemic.
- It involved wellbeing courses, guided walks, ecology workshops, crafting, outdoor yoga and more.

Participant testimonials

“Participating in Dan’s wellbeing course has been transformative for me. It has given me purpose during a time of sadness where I struggled to get out the bed in the morning and go to work. My time on the project has given me the tools I need to navigate the challenges in my life through using nature in my daily life.” (Wilder Wellbeing Participant).



“The staff, volunteers and clients are such an amazing bunch of people I wouldn’t like to think where I’d be without them. I mean, after 20 years of living the way I had, I basically had to start all over and learn how to talk to people again and everyone has made that possible.” (TEaM Participant).

- It was also to reduce social isolation and loneliness.
- Read more about social prescribing:
www.socialprescribingnetwork.com/



Thank you to all the delegates who attended today's webinar.

A selection of comments from delegates:

Really
fascinating,
thank you

Thank you
for a great
session! :)

Thank you,
very interesting
and some great
work going on!

Thank you -
really
good
sessions

You're doing
great work

Thank you so
much, amazing.

Thank you everyone! It has been really
interesting and useful to see all of the links
with active projects that we have in Oxford
Health currently.

