

South East Nursing and Midwifery Green Week

Summary Report 2024

**Greener Nurses and
Midwives Week**
18 - 24 March 2024

#GreenerNursesandMidwives



NHS
England

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Opening words from Andrea Lewis, Regional Chief Nurse, South East Region

Nurses and Midwives contribution in making a difference around the sustainability agenda for the NHS cannot be underestimated. This summary report captures the essence so well on where we are and can make a difference for ourselves, patients and the environment. Being part of this week was one of the most uplifting and invigorating weeks I have had the pleasure to Chair. Each session provided its own unique slant to how nurses and midwives can change the dial around the sustainability agenda, as well as the initiatives that are already making a difference. It was a real privilege to Chair some of the sessions and to hear the pride and innovation voiced. The bar has been set high for next year, but in the meantime, I look forward to how we can this year tangibly take forward at pace and scale the initiatives covered within this summary report that will inform and build on the focussed week for next year. Well done to all who presented and showcased their work.

Opening words from Kaye Wilson, Regional Chief Midwife, South East Region

It was a pleasure to be involved in the first South East Nursing and Midwifery Green Week, and an opportunity to learn more, not only about the significant challenges that we face, but also the fantastic initiatives, projects and campaigns that are spearheaded by nurses, midwives and AHPs across the Southeast region and that are captured in this report. Although many attendees may have been aware that the NHS contributes around 5% of the UK's carbon emissions, articulating what that means in real terms and what we can do about it is another matter. And that is where this conference came in. Throughout the week we heard about challenges, solutions, opportunities in terms that we could relate to, and learned how nurses and midwives can really make a difference, not only for our patients, but also for the environment. It was striking that benefits of the initiatives were not only measurable in terms of environmental impact, they also positively impacted outcomes and/or experience for our patients while being cost-effective. We now need to build on the foundations that have been laid and follow through on the pledges we made. I look forward to seeing the progress over the coming year and send congratulations and thanks to everyone who presented and showcased their work.

Introduction:

This is a summary document of key outputs from the South East region from the first Greener Nurses and Midwives Week held on in March 2024. The aim of the document is to share highlights and best practice in an easily digestible and shareable way. We encourage the education teams facilitate the watching of videos and sharing ideas and learning as much as possible.

The South East region chose to celebrate Nursing and Midwifery week with a daily theme during a lunchtime webinar giving opportunity to showcase as much as possible within a short time. We heard from a variety of trusts across the region, showcasing fantastic sustainability initiatives across the different healthcare sectors.

Alongside promoting and sharing the webinars, a 'Green Award' competition was held, and the winners were announced on the Friday webinar. More information about the fantastic winners and the prizes go to page 27.

In total, 82 people joined the live webinars and recordings can be found here; please watch the webinars and share with your teams [here](#).

In addition, the slides are all saved here: [South East Nursing and Midwifery Green Week - South East Greener NHS - FutureNHS Collaboration Platform](#)

Day one: Population Health

Infection Prevention and Control (IPC) and Sustainability

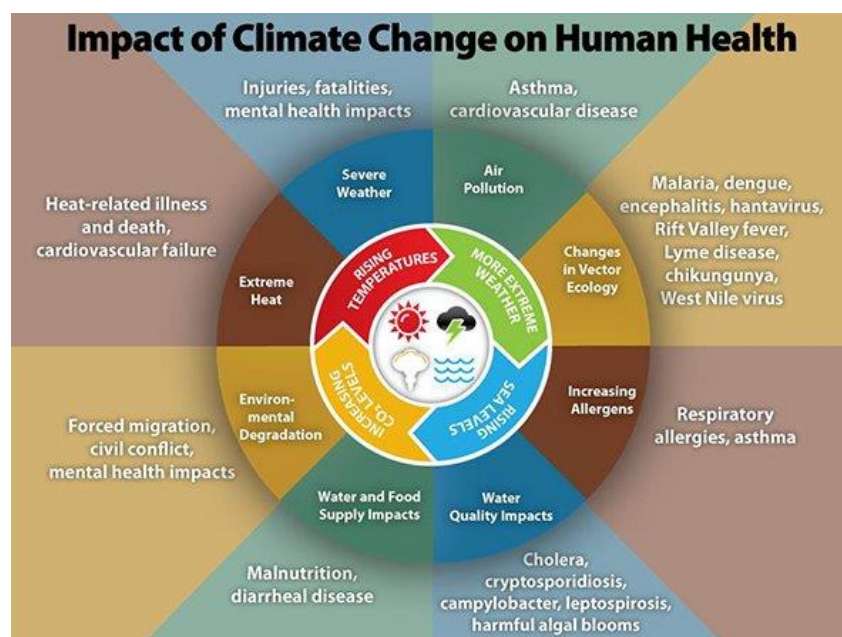
Imogen Stringer, Sustainability Clinical Fellow and Valya Weston IPC Nurse Consultant

What is the link between IPC and sustainability?

Sustainable practices and infection prevention and control (IPC) are interconnected in several ways. Understanding these connections is crucial for addressing the public health and environmental challenges.

Impacts of climate change to IPC include the increase of; vector-borne and waterborne diseases, respiratory infections, likelihood of extreme weather events, malnutrition and immune function, antimicrobial resistance (AMR) and vulnerable populations.

There is a misconception that IPC practices are a barrier to implementing sustainable practices in healthcare. A more integrated approach that recognises the interconnectedness of sustainability and IPC and which maximises the benefits of both, is more crucial than ever to protect human health and the planet.



Chief Nursing Office (CNO), Sustainability and IPC collaborative aims:

- Establish a national IPC and Sustainability Leadership Collaborative.
- Develop a 'collaborations statement' including a mapped strategic action plan.
- Build a repository of best IPC and sustainability practice with a view to scaling and spreading across healthcare.
- Incorporate consistent sustainability language across key IPC guidance and policy documents- leading with joint collaborative statement.
- Work with existing and new exemplar sites on adopting a whole system approach to IPC and sustainability.

Key point: There has been a National IPC and Sustainability Leadership Collaborative developed working to achieve the above aims and the regional team is keen to start a pilot exemplar.

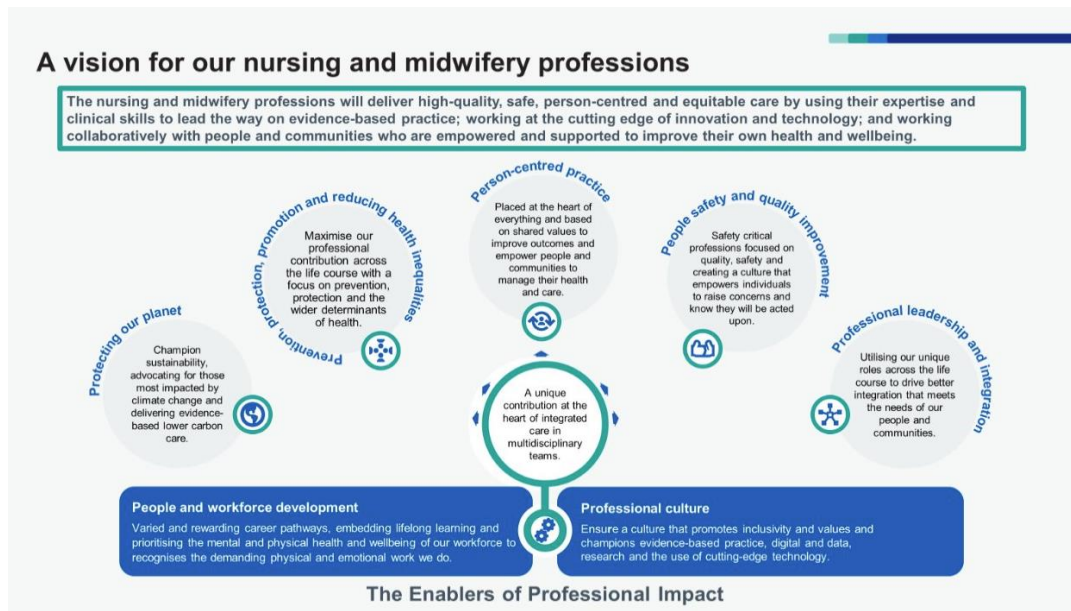
This union recognises the importance of working together from an IPC and sustainability.

The role of nurses and midwives in sustainability

Duncan Burton, Deputy Chief Nursing Officer

Duncan spoke about the key emphasis on nurses growing and needing to adapt to the importance of the sustainability agenda for healthcare. The duty of care we have for the population is intrinsically linked to a duty of care for the planet.

The NHS net zero CNO strategy below gives visual guidance on the enablers of professional impact:



Highlighting the importance of having a global workforce and wide ranging knowledge and experience. Duncan importantly made the link between health inequalities and environmental sustainability. Embedding the Core20 Plus 5 into our workstreams is important and supports to transform and inspire change.

“

WE WANT ALL CHILDREN, YOUNG PEOPLE AND FAMILIES TO HAVE THEIR VOICES EMBEDDED AT THE CORE OF OUR WORK AS WE TRANSFORM HEALTH AND CARE FOR THE BETTER. WE WILL WORK WITH EVERYONE WHO CAN INSPIRE CHANGE TO DO THIS.

”

THE CHILDREN AND YOUNG PEOPLE'S TRANSFORMATION PROGRAMME

REDUCING HEALTHCARE INEQUALITIES FOR CHILDREN AND YOUNG PEOPLE

The most deprived 20% of the national population as identified by the Index of Multiple Deprivation

The Core20PLUS5 approach is designed to support Integrated Care Systems to drive targeted action in healthcare inequalities improvement

PLUS: 15-19-year population group experiencing poorer than average health access, experience and/or outcomes, who may not be captured within the Core20 alone and would benefit from a tailored healthcare approach (e.g. inclusion health groups)

20% Target population

CORE20 PLUS 5

Key clinical areas of health inequalities

- ASTHMA**: 1 in 10 children and young people have asthma. The most deprived 20% of the population have 20% more asthma-related hospital admissions.
- DIABETES**: 1 in 10 children and young people have diabetes. The most deprived 20% of the population have 20% more diabetes-related hospital admissions.
- EPILEPSY**: 1 in 10 children and young people have epilepsy. The most deprived 20% of the population have 20% more epilepsy-related hospital admissions.
- ORAL HEALTH**: 1 in 10 children and young people have oral health issues. The most deprived 20% of the population have 20% more oral health-related hospital admissions.
- MENTAL HEALTH**: 1 in 10 children and young people have mental health issues. The most deprived 20% of the population have 20% more mental health-related hospital admissions.

VOICES TRANSFORM AND INSPIRE CHANGE

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Key take away messages.

- Connect with children and young people to hear and amplify their voice and perspectives.
- Focus on prevention.
- Share what you are doing with others.

Air Pollution: How can healthcare staff help protect their patients? Dr Malcom White, Clean Air Specialist - Global Action Plan

The presentation highlighted that air pollution is the biggest environmental threat to human health. Despite the fact that the impact of particulate pollution on life expectancy is comparable to that of smoking, the investment in tackling air pollution lags far behind the scale of the problem. In the UK, air pollution causes up to 43,000 deaths each year, causes 6 million sick days each year, costs the NHS and care providers £22.6 billion per year and causes 20,000+ hospital admissions for lung and heart problems.

However, NHS is also at an optimal opportunity to spread this message, engaging in Clean Air Day (taking place on 20 June 2024), and encouraging staff to become Clean Air Champions. Staff on the frontline are able to positively influence behaviour and educate patients on this problem. By encouraging a change of behaviour in the way we travel, stop any idling in front of schools, being more active and thinking twice about burning open fires or stoves in the house.



Take home messages:

- Air pollution seriously impacts our health.
- There are things we can do to avoid polluted air and to cut down the air pollution we create.
- Do not underestimate the power of your voice in calling for change!

Tools and Resources:

www.cleanairhub.org.uk

[Air Pollution and Health Training SE Nursing and Midwifery Green Week-20240320 100713-Meeting Recording.mp4 \(sharepoint.com\)](#)

Take home Messages from Day 1:

- Nurses and midwives possess significant influence in enhancing both healthcare and sustainability efforts, enabling them to explore unconventional ideas.
- Sustainability encompasses diverse aspects and is the responsibility of all individuals. It intersects with everyday healthcare and extends beyond carbon considerations.
- Temperatures and extreme weather events are worsening, even in the UK, with record breaking global temperatures in 2023. It is recognised that 2024 could be even hotter. We must adapt and mitigate.
- Air pollution is ever present – air quality is a human right, not a privilege. (The WHO stated that 99% of people are not living in areas with adequate air quality). We must try to avoid single occupancy cars wherever possible to do so.

Possible Actions:

- Connect with your organisation's sustainability lead and learn about current initiatives and how you can participate and contribute.
- Find out about air quality in your local area / where you work: addresspollution.org – learn about what's happening with your local council to tackle air pollution. Find out what's happening at your hospital – start an anti-idling campaign.
- Consider incorporating active travel by cycling or walking part or all of your commute to work. Aim to change your travel habits to a more sustainable option, like public transformation at least once a week, or at a frequency that feels achievable for you.

Day two: Nursing Care Pathways

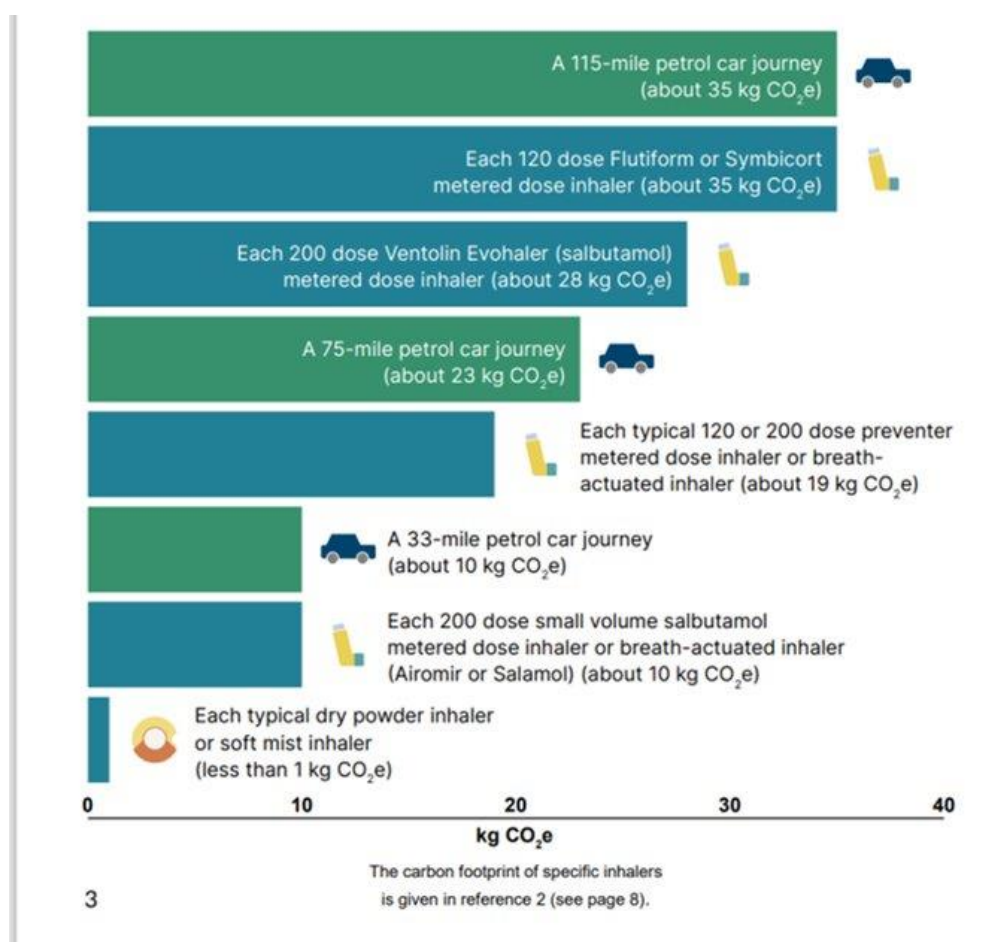
Sustainability and Respiratory Illness

Joanne King, Clinical Lead Frimley Adult Integrated Respiratory Service

Inhalers and the Green agenda: The NHS Long Term plan aims for a shift to low carbon inhalers to deliver a 4% reduction in carbon footprint.

To reach this target, this requires reducing the carbon impact of inhalers by 50% by 2030.

Jo demonstrated the significant carbon saving by safely switching to Dry Powdered Inhalers (DPI) inhalers from pressurised metered dose inhalers (pMDI) as they have an 18 times lower carbon footprint. She emphasised the need for education and the importance of good inhaler technique and decision ultimately being made for clinical safety.



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

Key messages

- Good Clinical Care is key to reducing the NHS contribution of Carbon footprint.
- Consider 'greener' options, however, ensure appropriate for patient.
- Encourage people to return used and unused inhalers back to pharmacy.

Promoting safety and sustainability through reduction in overuse of non-sterile gloves

Smitha Anil, IPC Nurse Specialist and Diana Thackray, Head of IPC, Berkshire Healthcare NHS Trust

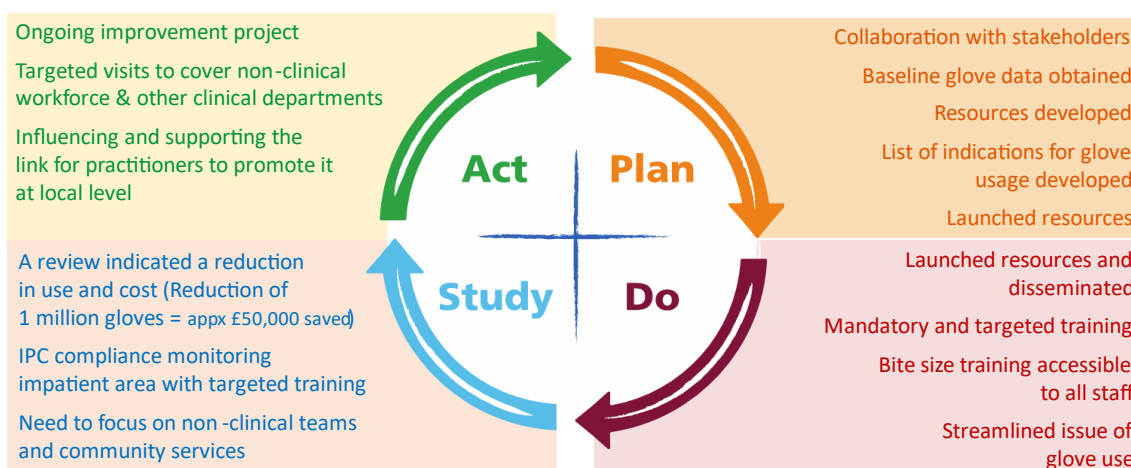
The presentation demonstrated where increasing staff awareness of no risk, no gloves, aligned with organisation goals and by ensuring staff aware prolonged and overuse of gloves can have serious negative implications.

The vision of the project Vision: “Improving appropriate glove usage by increasing staff awareness”.

Goals - aligned with the organisational goals:

- Harm-free care.
- Good patient experience.
- Supporting our people.
- Efficient / appropriate use of resources.

Quality Improvement methodology



Glove usage reduction 1 year after launch

- 1,212,380 reduction in glove use.
- £50,000 approximate reduction in cost.

Take home messages:

- Key patient and staff safety messages can be promoted and implemented with sustainability objectives clearly linked.
- Staff inclusion in identifying adaptation of resources useful to them, promotes positive and sustained engagement.
- Patient collaboration and engagement highlighted sustainability in IPC and healthcare as the main area of concern.

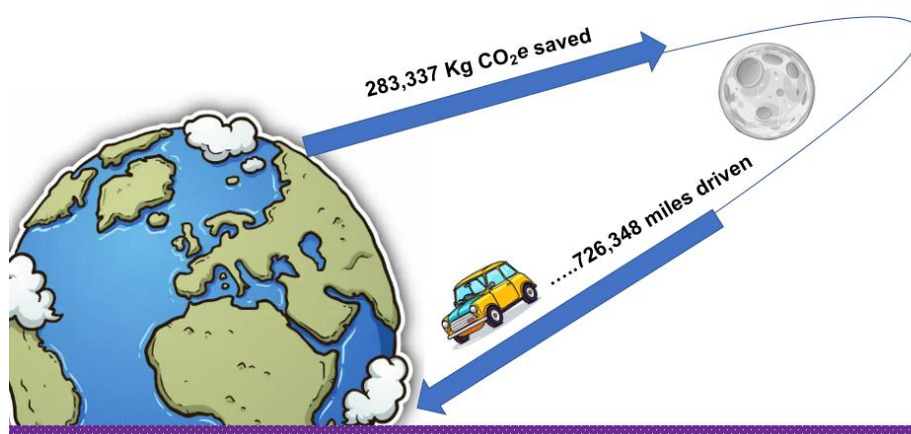
Exploring the Carbon Footprint of Virtual Wards in Hampshire Hospitals

Kate Townsend, Programme Manager, Greener NHS team, NHS England and Rebecca Housley, Head of Nursing, Hampshire Hospitals NHS Foundation Trust (HHFT)

Amid the increased understanding of our environmental impact, Virtual Wards (VWs) have emerged as a promising alternative model of care. However, it is vital we understand the impact related to carbon emissions of virtual wards / technology enhanced care. Failing to understand and address any areas of high carbon output of this newly developed model of care could inadvertently exacerbate environmental degradation and its associated health consequences.

HHFT and NHS England collaborated in this exercise to calculate the carbon emissions of the virtual ward, using the newly developed NHS England Greener NHS toolkit. Findings included average carbon emissions per patient per day being much lower when a patient has a virtual ward element of their journey. Also, with the 1,260-person cohort, over 13 months, the prevented carbon emissions were 283,336Kg CO₂e, which is equivalent to the miles travelled to drive to the moon and back. In conclusion, we have identified that the HHFT VW model of care is a low carbon model of care.

To the moon and back.....



Conclusions



1. Virtual Wards are a lower carbon model of care
2. Proven mass analysis of virtual wards carbon footprint – Readily reproducible across healthcare
3. Validated methodology of National Toolkit



Next Steps:



Take home Messages from Day 2:

- There is a lot of waste in care pathways – it's undeniable and also very visible. Start to question whether something is really needed.
- Climate change can feel like an overwhelming problem that can't be solved by individual actions. But that's wrong – we are relying on behaviour change to reduce emissions and create a need for change at a systemic level. Never think your actions are worthless!

Actions:

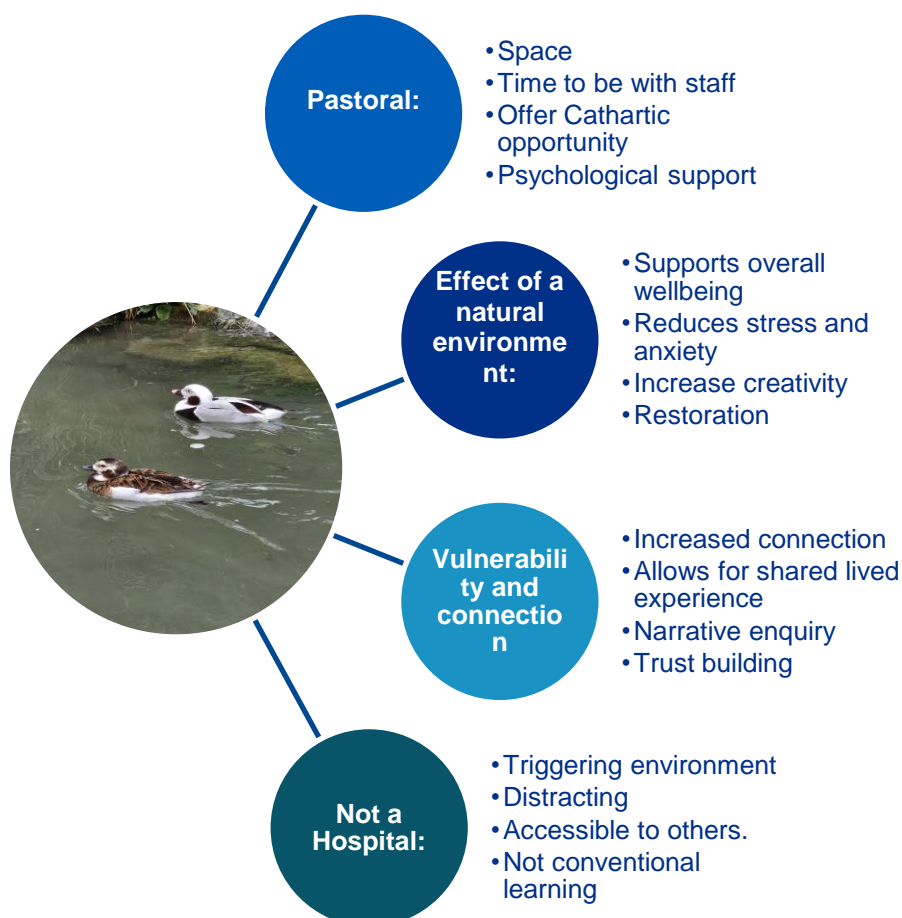
- Collaborate! Engage with your local IPC teams to collaborate and see if any projects can start to reduce waste. Try connecting to your local quality improvement teams to see if you can get a sustainability project up and running.
- Try getting your colleagues involved in energy saving ideas: TLC example (Turn off, Lights out, Close Doors and Windows [Barts links energy saving to patient care and saves £105,000 in first year | Guardian sustainable business | The Guardian](#))
- To go Care Without Carbon website for more ideas [Give me an idea \(carewithoutcarbon.org\)](#)

Day three: Children and Young People

Providing considerate and effective CYP MH education in an alternative environment
Sadie Sullivan, Practice development Nurse- Children's Services WGH and SRH, University Hospital Sussex

Sadie designed a bespoke five-day training programme to fulfil a gap in education required for all the multi-disciplinary team covering the essentials of care in mental health for children and young people within the acute care setting.

This was a collaborative approach, and enormous strengths came from providing the education out of the hospital setting and in an area of natural beauty.



Feedback on being trained in the environment was a positive influential factor, where participants are able to take time to process the difficult topics of the day, in a calming and nature-based environment. Positive take aways were fed back such as “Being able to walk off into nature rather than a car park, meant I was be able to process more information and would have likely become overwhelmed” were shared.

Take home messages:

- Valuing mental health equally with physical health: CYP MH education is needed for all inter-professional staff in CYP acute settings.
- An alternative environment can promote wellbeing and creativity, and improve learning and engagement.
- The approach needs to be educational, as well as pastoral.

You don't have to be a sustainability expert to play your part.
Liu Batchelor - Presenter, media producer and coach,

Liu gave an inspiring presentation on sustainability work within youth work, including demonstrations of Forest School, social prescribing examples, creating opportunities for young people with engagement and VCSE collaboration.

Nurture Forest School

East Kent College - Broadstairs



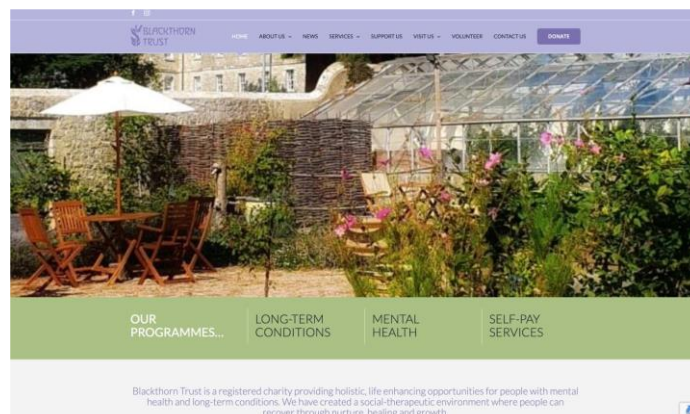
A strong emphasis on the importance to future generations about choosing a career and employer that is eco conscious and actively involved with sustainability. Equally, the importance of adults feeling confident to engage young people in conversations about climate change, climate anxiety and what the future may hold for them – even if they aren't experts on the topic.

You don't have to be a sustainability expert to play your part!

Sustainability within Social Prescribing and creating opportunities for young people. Children and young people are inherently connected to nature, and it provides an open and neutral space for young people to engage in their surroundings. Especially when a normal classroom setting has not worked for them.

Blackthorn

<https://blackthorn.org.uk/>



Getting Young People Interested, Involved and Leading in the NHS Lucie O'reily, Barnardo's and NHS Young Person Health Challenge

Lucie about the work that that Barnardo's are doing to empower children and young people and the partnership with NHS England through:

- NHS Youth Forum.
- NHS Youth Advisory Network.
- NHS Young People's Health Challenge.

What is the Young Person's Health Challenge?

Barnardo's and RCPCH have worked with NHS England to design a brand new programme of toolkits, called the NHS Young People's Health Challenge (YPHC), for children aged 7 – 14 to learn more about the NHS, their own health and further opportunities for them to get involved with the NHS.



Staged toolkits



Rainbow-based themes



Tons of challenges!



The power of youth - What we gain by getting YP involved:

Young people are the leaders of today, not just tomorrow! They are our future workforce, our patients, carers, supporters, service shapers, champions and much more...

Prevention and supporting healthy lives: creating positive relationships with the NHS early on in life.

Empowerment: Involving youth empowers them to take ownership over their own health and become advocates for change.

Fresh Perspectives: Young people bring innovative ideas and fresh perspectives to challenges.

Key messages

- The importance of getting young people involved. There are many ways we can listen, engage, involve and empower children and young people to create better outcomes for everyone.
- Engaging meaningfully with children, young people, and their families builds positive foundations for a healthy life.

For more information about the Health Challenge visit our website

<https://www.yphc.org/> or get in touch with us yphhealthchallenge@barnardos.org.uk

Take home Messages:

- Engage children and young people in conversations about the environment and how it makes them feel. Show them you are interested and the work happening to make a difference, particularly in their local area.
- If someone is feeling climate anxiety, listen to them, make a plan of action and listen to their ideas. This is a normal reaction to a large global problem that young people sometimes feel is their responsibility to 'fix'. It shouldn't be ignored.
- Empower young people by asking their views, engaging and listening to their ideas for solutions.

Actions:

- If you can, take 10 minutes break to go for a walk and be in nature. It will help lower stress levels, lower heart rate and take that necessary break away from the desk/hospital ward. Try to do this on as many days as you can.
- Buy yourself/a young person a climate change book. There are many inspirational ones to choose from that will leave you feeling inspired (rather than tired).
E.g. [Climate Justice: Hope, Resilience, and the Fight for a Sustainable Future: Amazon.co.uk: 9781632869289: Books](#)
- Link in with Youth Forums, Youth teams and children and people you come into contact with. Perhaps engage your hospital school with projects that can be carried out on the wards and think about what small change you could make, could have a huge benefit collectively.

Day four: Innovation in Healthcare

The pie and porridge project.

Suzy Moody, Clinical Auditor and Lead Educator, University Hospitals Southampton (UHS).

Suzy shared a project that was co-created as an ongoing collaborations part of Florence Nightingale Foundation Scholarship. The aim of the project was to quantify ward-level food waste, plate waste and trolley waste. Some interesting findings included:

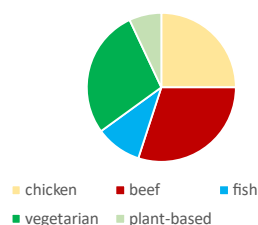
- Average breakfast waste at UHS equivalent of a female warthog.
- Average lunch waste at UHS is equivalent of female grizzly bear.
- Carbon equivalent footprint of lunch waste is over a tonne every day. 1372 kg CO₂e (about 120,000 smart phone chargers).

Not all packaging was being recycled. Now, thanks to this project, the milk bottles are being recycled and wider planning to explore more recycling options for food packaging.

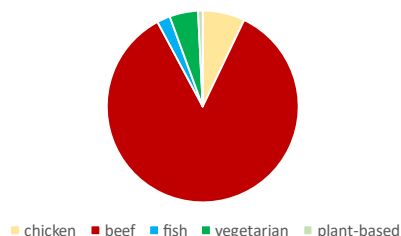
She also investigated what was being offered at UHS. Including reduced environmental footprint menu and smaller portion size options. Outcome so far include reduced beef on menu, vegetarian and plant-based meals on specials menu and promoted to patients, vegetarian mini meals introduced.

But how much of that is wasted?

Average composition of lunchtime waste based on proportion of meal orders



Carbon equivalent emissions associated with lunchtime waste



126 kg of food waste at every lunchtime = 1372 kg CO₂e

Carbon equivalent footprint of lunch waste is over a tonne every day

Take home messages:

1. Challenge waste – things do not have to stay the same!
2. Make sure your plans are feasible and have a longer-term plan to monitor progress.
3. Don't be afraid to begin alone. If we all wait for a group to initiate change, we will be waiting in a mountain of waste for a very long time.....

Supporting the NHS to achieve Net Zero

Pete Waddingham, National Net Zero Lead, Health Innovation Network Web:

There are 15 Health Innovation Networks across England. They aim to spread innovation at pace and scale by improving health and generating economic growth. The Networks (previously Academic Health Science Networks (AHSNs)) were established in 2013 by NHS England. Pete shared examples on circular economy, reusable equipment and digital apps for wound care, as well as some innovative digital platforms.

There are benefits of looking at carbon impact tools to track progress against targets as well as the overall net zero benefits. Alternatives to plastic and using more sustainable materials are possible and available. Moving away from single use items, for example by using more textiles is a great place to start.

Pete shared lots of information to support your work from these documents:

An Innovation Agency report for the NHSE Sustainable Procurement Team

A Health Innovation North West Coast report for the NHS England Net Zero and Sustainable Procurement Team:

“Rule of thumb 1: moving an instrument set down a tray banding by one yields approximately 15% reduction in costs and more optimally grouping instruments into fewer sets may yield even higher savings”

“Rule of thumb 2: reducing a surgical set by a standard sized tray yields approximately 1.5kg of CO2e per set decontamination”

SURGICAL INSTRUMENT SET RATIONALISATION: UNDERSTANDING THE BENEFITS AND REPLICATING THE PROCESS

UNDERSTANDING THE BENEFITS OF A SWITCH FROM SINGLE-USE TO REUSABLE SURGICAL AND ISOLATION GOWNS

Source: <https://www.healthinnovationnw.nhs.uk/media/News/2023/SURGICAL%20TRAY%20RATIONALISATION%20REPORT%20-%20FINAL.pdf>

Lots of research funding is available, however, there is a need to get more of this funding into the NHS. Pete encouraged networking between NHS and innovators.

Take home messages:

- Observe: what use a lot / travel / what pressures?
- Measure: What do we already measure / What could we measure (easily)?
- Does our data highlight any hotspots? (seek support)
- Network with people / ask questions / be open with challenges.
- Funding – what funding could we apply for / partner on?
- Testing and trialling – How we can test and trial? (QI / PDSA)
- Work with Health Innovation Network – meet our Innovators / hear more about our work.

**Nature Connection in a Community Mental Health
Tammie Cook-Duncan Community Mental Health Nurse, East Brighton
Community Mental Health Centre,**

A growing body of research has shown that being in nature, in green spaces and being outdoors is beneficial to our mental well-being. The idea of the group was for participants to connect both with nature, and each other, with a view to them continuing some nature-based practice after the group – either by attending other groups or by taking themselves out into nature independently

Tammie talked about her newly developed programme, supporting people with mental health difficulties to connect with nature, and as a social group.

Created a six session programme, taking place weekly. Looking at people who were isolated and found:

- Nature is good for our mental well-being. We should all spend more time connecting with nature.
- Nature is good for our client's mental well-being. We should do what we can to facilitate their connection with nature.
- Local nature spots are essential to mental well-being. We should do what we can to keep these thriving - e.g. joining our local community garden.



6 main activities:



- Week 1 – Introduction: Boundary-walk and planting
- Week 2 – Making wildflower seedbombs
- Week 3 – Using eye-loops and doing art/ haiku writing
- Week 4 – Using the 5 senses in the garden
- Week 5 – making bug hotels
- Week 6 – Green walk and evaluation

Feedback from these 4 participants was that useful aspects of the group were the peaceful setting, the craft activities, the connecting to others in the group, the mindfulness exercises, the woods, making new friends, the surroundings, the facilitators encouragement. They felt they would miss the course, would've liked it to be longer and would return again if offered.

Thursday Take home Messages:

- ‘Don’t let perfection get in the way of progress’. We don’t have all the answers on how to be a completely sustainable healthcare system. It’s never been done before and will require innovative thinking, and, most importantly, action.
- Be curious; often the best innovations come from simple solutions to problems we’ve just gotten used to. Always try to discover the ‘why’ or ‘how’ behind things.
- Embrace frugal innovations! Frugal innovations do more with less for more people, but also have the potential to reduce the environmental impact of healthcare globally. Think through a frugal lens.

Actions:

- Link with your local QI team to see if they have any sustainability related projects going on. If they don’t, consider starting one.
- Reduce your meat consumption, just one day a week if that works for you. Try plant-based alternatives, or going meat free.

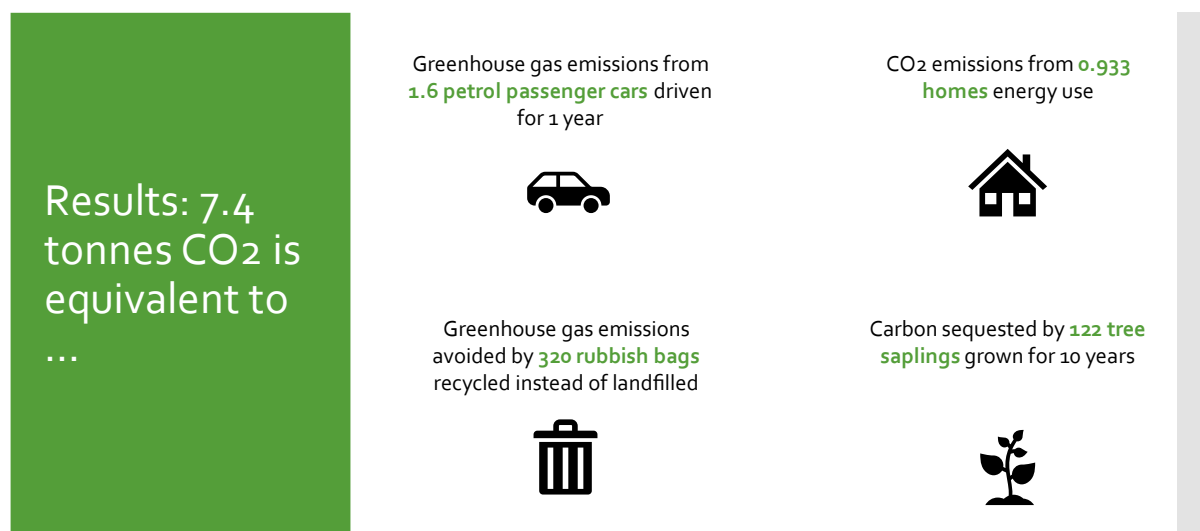
Day five: Clinical Leadership and Awards Ceremony

Feasibility and impact of a lift-sharing group on commuting and CO2 emissions Miranda Rogers, Raafay Khan, Cleo Huang, Claire Occle-Brown Thames Valley Paediatrics, Frimley Healthcare Trust

A small lift sharing group was established to reduce the number of individual journeys taken for doctors working within Wexham Park Hospital but living and commuting from Oxford. Established in Sept 2022 and communication via WhatsApp.

They calculated that it was approximately 38-mile distance each way and 15 active members with a mix of petrol and electric cars. They evaluated in a pilot project over a 20-week period. They were able to demonstrate that lift sharing was possible 35% of the time and if weekends and bank holidays excluded, it would be 45% of the time.

Findings: They reduced single journeys by 18% and estimated over a year this would be 437 fewer single journeys and 7.4 tonnes of co2 saved



Source: Greenhouse Gas Equivalencies Calculator, United States of America Environmental Protection Agency

Conclusion: Lift sharing is possible!

Despite

- Complexities of on-call rotas.
- Relatively small number of trainees involved.
- Liftsharing can have substantial effects on CO₂ emissions.
- Especially when considered over the course of the year.
- Additional wellbeing benefits of decompressing after a shift.

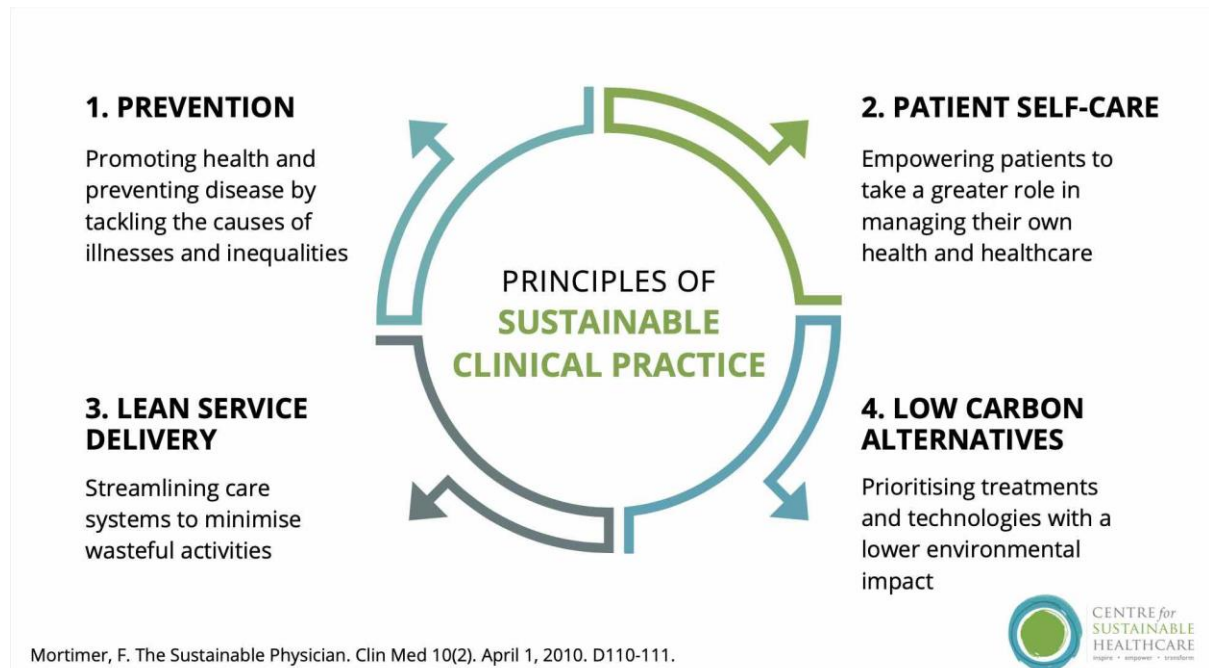
Could you start a lift sharing group where you work?

A Call to Action: Nurses and Midwives Leading the way
Lucy Brown Clinical Delivery Lead, Centre for Sustainable Healthcare Co-Founder of
Beltane Consulting Contact Details

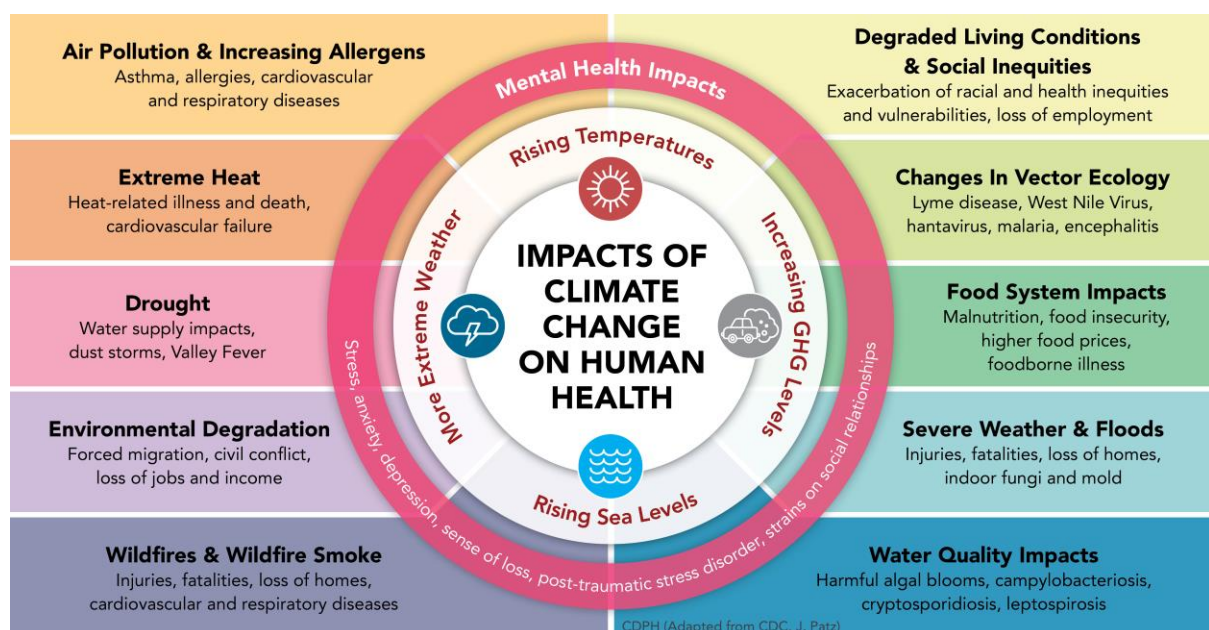
What is Sustainable Healthcare?

The ability to provide healthcare to meet the needs of the present without compromising the health of future generations. Understanding that our health and the environment are intrinsically linked and act in a way that supports both people and planetary health.

Principles of Sustainable Clinical Practice:



Empowering and inspiring talk which show cased the severe challenges we are facing with global warming. This included difficult topics such as the scale of deaths from air pollution, and the devastation from heat risk and fatalities.



California Department for Public Health. Climate Change and Health Equity Program (CCHPEP), 2020. <https://www.cdph.ca.gov/programs/OHE/pages/CCHPEP.aspx>

Inspiration with Hope form collaboration:



[Planetary Health Education - Planetary Health Alliance](#)

[About Nursing Sustainability Network | Sustainable Healthcare Networks Hub](#) _Join network

Centre for Sustainable Healthcare

Our vision is that all people in the health system can shape and deliver sustainable healthcare which supports our communities and our natural world.

We aim to inspire and empower people with the knowledge, skills and tools to play their part in the transformation to sustainable healthcare



CENTRE for SUSTAINABLE HEALTHCARE
inspire • empower • transform



Modules include ELFH and the winners of the awards were given vouchers to support their CPD for themselves and their colleagues through choosing relevant courses from the Centre for Sustainable Healthcare.

18 March- 22 March 2024

SOUTH EAST CHIEF NURSE GREEN AWARDS

AWARD WINNERS :

- Keeping People Healthy:

Beverley George and Lynne Birt,

*Quality Manager and Quality Facilitator
Hampshire and Isle of Wight ICB*

- Right care, Right place, Right time:

Paediatric Diabetes team,

Frimley, Cross site

- Low carbon treatment and care settings:

Suzy Moody ,

Clinical Auditor and Lead Educator, University Hospital Southampton

Samantha Whybrow and Cath Cooksey,

CYP Lead Asthma and Lead Medicines Optimisation Pharmacist, Medway and Swale Health and Care Partnership

- Clinical leadership, systems, and workforce:

Sadie Sullivan,

*Practice Development Nurse for Children's Services
University Hospitals Sussex*

Award ceremony: Winners

Category 1: Keeping People Healthy

- Beverley George Quality Manager and Lynne Birt, Quality Facilitator. (HIOW ICB): Escalation pathways for hospital avoidance for older people

Category 2: Right care, Right place, Right time

- Frimley Cross site paediatric diabetes team, including Carolyn Hill, Matron for the Paediatric Diabetes team.
Paediatric Diabetes team project on Hybrid Closed Looped (HCL) insulin pumps improving patient outcomes and significantly improving in DKA admissions.

Category 3: Low carbon treatment and care settings

- Suzy Moody, Clinical Auditor and Lead Educator,(University Hospitals Southampton): Pie and Porridge Food waste project. Suzy was also a presenter on the Thursday webinar
- Samantha Whybrow, Clinical Lead for CYP Asthma, & Cath Cooksey, Lead Medicines Optimisation Pharmacist, Medway & Swale Health and Care Partnership): Working to improve Asthma outcomes as a significant area of health inequalities in children. The programme has worked on system wide initiatives, to support not just NHS workforce but the wider system including schools, the Voluntary, Community, Social Enterprise & Faith (VCSEF) sector and CYP to promote better Outcomes for Asthma.

Category 4: Clinical leadership, systems, and workforce

- Sadie Sullivan, Practice Development Nurse for Children's Services: University Hospitals Sussex
The Practice Development Team for Children's Services have developed a Children and Young Person Mental Health 5 day Programme for staff working in acute clinical services. Sadie was also a speaker on Day three's webinar.

More information on these projects found [South East Nursing and Midwifery Green Week - South East Greener NHS - FutureNHS Collaboration Platform](#)

South East end of week pledges

I pledge to...

- ... encourage small changes that everyone can get on board with.
- ... ensure that I share as much as I can from this week.
- ... raise awareness and ask Children and Young People and the CYP team's what we can co-produce across the region.
- ... add a GREEN workstream to the MatNeo team and build this in to everything.
- ...talk more about Pie and Porridge and inspire others to challenge waste and sustainability
- ...support, signpost and raise awareness across our nursing and midwifery communities
- ...raise general awareness
- ...more discussions with my colleagues re sustainability in our service
- ...make the little changes to enable the big differences together
- ...amplify the projects featured this week



Reading and resources

Develop and read information which will equip you to identify changes in clinical practice to reduce the environmental impact of care.

- RCN sustainable nursing practice website: <https://www.rcn.org.uk/library/subject-guides/sustainable-nursing-practice>
- NMC Strategy 2020-2025: [nmc-strategy-2020-2025.pdf](#)
- Environmentally Sustainable Healthcare E-Learning Module: [NHSE elfh Hub \(e-lfh.org.uk\) Be a leader on sustainability within your service; identify and highlight opportunities for change and support awareness raising.](#)
- Consider using SAP tools which provide a suite of tools that you can use to engage colleagues and make a plan:
- <http://sap.sustainablehealthcare.org.uk/>
- Join South East future's page
- [South East Nursing and Midwifery Green Week - South East Greener NHS - FutureNHS Collaboration Platform / Nursing and Midwifery Green Week - Recordings now available - South East Greener NHS - FutureNHS Collaboration Platform](#)
- [Nursing & Midwifery Sustainability Network - FutureNHS Collaboration Platform](#)
- [UK Health Alliance on Climate Change](#)
- [Glove awareness | Campaigns | Royal College of Nursing \(rcn.org.uk\)](#)
- [2023 Report - Lancet Countdown](#)
- <https://ics.ac.uk/static/4e8acc7b-44c7-4aff-8edd62aba9f421f9/Gloves-Off-Implementation-Guide.pdf>
- [Professor Mahmood Bhutta on disrupting unhealthy supply chains and promoting environmental sustainability in health care - PMC \(nih.gov\)](#)
- [International Confederation of Midwives | Strengthening midwives and midwives' associations globally. \(internationalmidwives.org\)](#)
- <https://pubmed.ncbi.nlm.nih.gov/38272843/#:~:text=Main%20outcome%20measures%3A%20'Carbon%20footprint,kqCO2%20e%20at%20home.>
- [Environmental Sustainability Plan \(nmc.org.uk\)](#)
- [SBRI Healthcare - Search our Innovation Portfolio](#)

Regional nursing team actions:

- Individual pledges were made.
- A touch point webinar will be planned for September as a six month greener week where are we now.

Actions for all:

- Sustainability is everyone's business; how can you change your practice?
- We challenge you to join a network, local group and [National sustainability future's page](#) and come to the six month touch point to share your work. Join the [South East Nursing and Midwifery Green Week - South East Greener NHS - FutureNHS Collaboration Platform](#) to keep up to date with future plans.
- Share the great work you are doing in this space and champion sustainability in nursing and midwifery practice.

IPC Messages

- Reduce waste - be glove aware, promote appropriate glove use in health and care settings.
- Invasive devices – avoid the use of unnecessary invasive devices to support patient safety and reduce waste.
- Waste – use the right healthcare waste stream, reduce use of unnecessary consumables.

Future events

To sign up for the South East Nurse and Midwifery Green Week six month touch point webinar on 11 September 24: 10.00-12.00 click on the following link:

[South East Nursing and Midwifery Green Week touchpoint | NHS England Events](#)