



Sustainability in Quality Improvement

Wednesday 3rd October 2018, 9am -5pm
The Jam Factory, Hollybush Row, Oxford OX1 1HU

Approved by the Royal College of Physicians for 6 CPD credits.

Register at: <https://www.eventbrite.co.uk/e/csh-sustainability-school-2018-tickets-48199579239>

Introduction

Sustainability has been recognised by the Royal College of Physicians as a domain of quality in healthcare, extending the responsibility of health services to patients not just of today but of the future. As a domain of quality, it follows that sustainability should be explicitly addressed in the course of 'quality improvement' activities. But how?

This intensive one-day course will introduce health professionals and educators to the concept of 'sustainable value' and the 'SusQI' framework for integrating sustainability into quality improvement. Learning from real examples, participants will explore in depth how the framework can be applied in practice to develop preventative, holistic, lean, low carbon care.

Participants will receive a reading list tailored to issues raised in advance by the group and support in applying concepts to their own context: exploring practicalities and developing confidence in engaging colleagues and overcoming barriers. If they wish, participants will be invited to identify a QI project or clinical pathway on which to work on the day.

Course objectives:

- To define the relationship between quality, value and sustainability – 'sustainable value' – and its importance in 21st century healthcare;
- To increase understanding of and knowledge about the ways in which financial, environmental and social resources are all used to deliver healthcare;
- To highlight examples of resource-intensive activities in health and care systems;
- To introduce the Principles of Sustainable Clinical Practice – prevention, empowerment, lean pathways and low-carbon alternatives – and examine how these can be applied in the context of quality improvement to identify opportunities for increasing 'sustainable value';
- To introduce ways of measuring 'sustainable value', using patient- and population-level outcomes, against the triple bottom line of financial, environmental and social impacts;
- To gain experience of measuring the carbon footprint of a clinical pathway.

Who should attend?

Health professionals, quality improvement leads, educators, students

CPD accreditation:

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Course fees:

£300 + VAT

Reduced rate for attendance at this course and Leadership Skills for Sustainability and Health course on the preceding day: £500 + VAT

Size of group:

Up to 20 people

Online registration:

<https://www.eventbrite.co.uk/e/csh-sustainability-school-2018-tickets-48199579239>

Programme

- 0900 Registration/tea and coffee
- 0930 Presentation: Sustainability, quality and value in 21st century healthcare
Dr. Frances Mortimer, Medical Director, Centre for Sustainable Healthcare
- 1000 Q&A
- 1015 Considering the full range of resources used to deliver healthcare: environmental hotspots.
Ingeborg Steinbach, Project Manager, Centre for Sustainable Healthcare
- 1045 Interactive exercise: identifying/prioritising environmental hotspots for a sample clinical pathway
- 1130 Break
- 1145 Considering the full range of resources used to deliver healthcare: role of staff, patients and carers; social impacts
Ben Whittaker, Occupational Therapy Programme Lead, Centre for Sustainable Healthcare
- 1215 Interactive exercise: identifying/prioritising social impacts / under-utilised social resources for a sample clinical pathway
- 1300 Lunch
- 1400 Introducing the Principles of Sustainable Clinical Practice and how these may be applied in a quality improvement project
Dr. Emma Vaux, Consultant nephrologist and general physician, Royal Berkshire NHS Foundation Trust, Vice President Education and Training, Royal College of Physicians, London
- 1430 Interactive exercise: applying Principles of Sustainable Clinical Practice to design of a QI project

- 1515 Break
- 1530 Measuring the 'triple bottom line' (financial, environmental and social resource use) of a sample care pathway
Ingeborg Steinbach
- 1600 Interactive exercise: estimating the carbon footprint of a clinical pathway
- 1650 Round-up/Summary of day
- 1700 Close

Faculty

Dr. Frances Mortimer – Medical Director, Centre for Sustainable Healthcare



Frances Mortimer is Medical Director of The Centre for Sustainable Healthcare (CSH), where she has led the development of the innovative Sustainable Specialty programmes, which combine research with practical action to improve patient care at a lower environmental and social cost. She has a particular interest in engaging health professionals in clinical transformation and sustainable leadership, Frances first identified CSH's four principles of Sustainable Clinical Practice and has developed a framework for incorporating sustainability into quality improvement in healthcare.

Until 2011, Dr. Mortimer continued part time clinical work in the Oxford Kidney Unit, having left specialist training in renal medicine in 2008 to work in sustainable healthcare. She studied medicine at Oxford University and at the Royal Free & University College London Medical School, graduating in 2003 before working for five years in the National Health Service.

Ingeborg Steinbach – Project Manager, Centre for Sustainable Healthcare



Ingeborg Steinbach has worked for CSH since 2008 and leads the work on carbon modelling and triple bottom line analysis in healthcare, including NHS organisations and clinical pathways. After a first degree in nutrition from the Justus Liebig University in Giessen, Germany, she worked in an Integrated Rural Nutrition Programme in Zambia before doing her Master's degree in Analysis for Healthcare Decisions at the London School of Economics and London School of Hygiene.

Ingeborg is a steering group member of Good Food Oxford, Oxford's sustainable food network which is part of the Sustainable Food Cities initiative.

Ben Whittaker – Occupational Therapy Programme Lead, Centre for Sustainable Healthcare



Ben Whittaker is a senior occupational therapist working in mental health services with Sussex Partnership NHS Foundation Trust. He holds an MSc in Health through Occupation from the University of Brighton. Leading the Centre's occupational therapy programme, Ben looks for sustainability principles to be integrated into OT education and practice. He co-ordinates the 600+ strong network, teaches about sustainable OT practice and links in with the College of Occupational Therapists and the World Federation of Occupational Therapists.

Dr. Emma Vaux – Consultant nephrologist and general physician, Royal Berkshire NHS Foundation Trust



Emma Vaux is a consultant nephrologist and general physician in Berkshire and senior censor and vice president (education and training) at the Royal College of Physicians (RCP).

As a clinical associate, Emma leads the Academy of Medical Royal Colleges' Quality Improvement: Training for Better Outcomes work on embedding quality improvement training into medical training, building on the RCP's Learning to Make a Difference programme which she led for 7 years. Emma also sits on the editorial board for the Future Healthcare Journal and QI4U, and is a Generation Q

fellow and Q founding member with The Health Foundation.

After completing her medical degree at the University of London, Emma was awarded a research doctorate from Oxford University. She has completed a postgraduate certificate in teaching and learning in higher and professional education at the University of London, and currently leads an active clinical research programme.

The Centre for Sustainable Healthcare

An independent charity, CSH has been leading efforts to incorporate the values of environmental sustainability into the health sector since its establishment in 2008. It has a particular focus on engaging clinicians, promoting the concept of 'sustainable clinical practice'^{*}, based on four principles:

1. Prevention - promoting health by tackling the causes of illnesses and inequalities
2. Patient self-care - empowering patients to take a greater role in managing their health
3. Lean service delivery - streamlining care systems to minimise wasteful activities
4. Low carbon alternatives – prioritising treatments & technologies with a lower environmental impact

^{*} Mortimer, F. The Sustainable Physician. Clinical Medicine (2010), Vol 10, No 2: 110-11

The Centre's pioneering Sustainable Specialties programme fosters change within existing clinical communities, supported by research into the carbon footprint of alternative technologies and models of care. The specialty-led approach is complemented by tools designed to empower clinicians, including [SAP](#) (Sustainable Action Planning for clinical teams), online clinical [Networks](#) and the Green Ward Competition.

CSH hosts the Sustainable Healthcare Education (SHE) network, which supports the integration of sustainability into health professional education. In 2012-13, the SHE network coordinated a national consultation on [priority learning outcomes for sustainability](#) which informed the revision of (and are referenced from) the General Medical Council's "Outcomes for graduates 2018". CSH runs sustainability scholarship and fellowship programmes for practising clinicians and provides sustainable healthcare training in a range of formats.

CSH has pioneered the integration of sustainability into quality improvement and has developed the "SusQI" framework^{†‡} for integrating sustainability into quality improvement methodology. It has been at the forefront of developing training and supporting sustainable QI projects.

"The Centre for Sustainable Healthcare supports clinicians to take a leading role in galvanising co-ordinated, systematic and evidence based action for sustainable healthcare.

Their sustainable specialties programmes and their work in medical education are excellent examples of what clinicians need to help them take exemplary action for tomorrow whilst continuing to deliver high quality care for today."

Dr David Pencheon, Director, NHS Sustainable Development Unit 2008-18

For further information, please contact info@sustainablehealthcare.org.uk

[†] Sustainability in quality improvement: redefining value. Mortimer F et al. Future Healthcare Journal, 2018 Vol.5(2):88-93

[‡] Sustainability in quality improvement: measuring impact. Mortimer F et al. Future Healthcare Journal, 2018 Vol.5(2):94-97