



Leadership skills for sustainability and health

Tuesday 11th June 2019, 9:30am -5pm

Lift Islington, 45 White Lion Street, London, N1 9PW

Register at: <https://www.eventbrite.co.uk/e/csh-sustainability-school-june-2019-tickets-60807360452>

FPH has accredited this training course for 5 CPD credits

Introduction

"The Faculty of Public Health believes that sustainability and carbon reduction are fundamental to all core competency areas of the curriculum statement and are essential to ensure continuing improvement of quality public services" (PHSTC 2015)

Human health is inextricably linked to the health of the earth's natural systems, which determine the air we breathe, the food we can grow, the spread of disease and much more. Currently, many natural systems are being disrupted on both a local and a global scale as a result of human activities – including healthcare delivery. This complex set of relationships is sometimes referred to as 'planetary health' and is increasingly recognised as a critical perspective in health improvement and protection.

The Public Health Specialty Training Curriculum (2015) reflects the central importance of sustainable development to health and the role of public health professionals in driving change, requiring trainees to *"demonstrate leadership in environmental sustainability with a focus on the links to health and climate change"*.

This interactive one-day course will help public health and other health professionals and trainees to develop leadership skills for environmental sustainability within and outside the health and care sector.

Drawing on real-life examples, the course will explore in-depth how health professionals can work with partners to incorporate environmental sustainability into public health programmes, healthcare facilities management and clinical care pathways. Intensive, small-group exercises will develop confidence and provide the opportunity to hone advocacy, partnership working and strategy development skills.

Participants will receive a reading list tailored to issues raised in advance by the group, and support in applying concepts to their own context. Before the course, participants will be expected to select a proposal on which to work on the day.

Course objectives:

- To describe the principles of sustainable development and the health impacts of climate change mitigation and adaptation;
- To develop leadership skills for advancing sustainable healthcare at different levels
 - Understand what is distinctive about leadership in sustainability
 - Identify own values and drivers
 - Identify own spheres of influence
 - Develop a strategy for integrating sustainability into your work
- To understand effective case studies integrating sustainable practices into clinical care and facilities management;
- To develop an approach for incorporating environmental sustainability into any health-related proposal and apply this to at least one real piece of work.

Who should attend?

We welcome a diversity of professionals working in healthcare including public health, clinicians, estates and management.

Course fees:

£300 + VAT

Reduced rate for attendance at this course and Sustainability in Quality Improvement course on the following day: £500

Size of group:

Up to 40 people

Online registration

<https://www.eventbrite.co.uk/e/csh-sustainability-school-june-2019-tickets-60807360452>

CPD accreditation

Faculty of Public Health (FPH) accreditation for up to 5 CPD credits.

Programme

- 0930 Registration/tea and coffee
- 0945 Presentation: Overview of sustainability and health
Frances Mortimer, Medical Director, Centre for Sustainable Healthcare (CSH)
- 1015 Exercise in groups: Knowing your Why for sustainable healthcare
Dr. Olivia Bush, Clinical Programme Lead, CSH
- 1045 Principles of leadership in sustainability
Rachel Stancliffe, Director, CSH
- 1130 Break
- 1145 Understanding your values and drivers for sustainability
Frances Mortimer, Medical Director, CSH
- 1200 Interactive exercise: identifying your values and drivers
- 1230 Understanding your spheres of influence
Dr. Olivia Bush, Clinical Programme Lead, CSH
- 1240 Interactive exercise: Identifying your spheres of influence
- 1300 Lunch, networking and green health walk
- 1400 Stories of change from participants
Dr. Olivia Bush, Clinical Programme Lead, CSH
- 1430 Making change happen: developing a strategy for integrating sustainability into your work
Rachel Stancliffe, Director, CSH
- 1500 Interactive exercise: developing your strategy
- 1530 Break
- 1545 Strategy to action
Frances Mortimer, Medical Director, CSH
- 1600 Individual exercise: creating a plan for change in your own context
With support from the team
- 1630 Sustaining change
Rachel Stancliffe, Director, CSH
- 1700 Close

Faculty

Rachel Stancliffe – Director, Centre for Sustainable Healthcare



Rachel has a first degree in Human Sciences from Oxford where her interest in systems thinking and population health was stimulated by Muir Gray. Her interest has always been in working across disciplines on complex problems. Following an MSc in Demography from the LSE, she worked in public health in the UK on population profiles and needs assessments using census data. She then spent 5 years in Moscow, Georgia and Kazakhstan where she worked for Save the Children, The Norwegian Refugee Council, UNDP, Unicef and the Red Cross on projects including capacity building for the government, running household surveys and writing the Human Development Report.

Moving back to Oxford, she helped to develop *The Cochrane Library* for its first ten years which gave her a thorough understanding of evidence based medicine, an appreciation of the importance of methodology, and practical experience of how to integrate evidence with healthcare guidelines and policy. Rachel has been working on the intersection of health and the environment for the past 10 years since she founded The Centre for Sustainable Healthcare (CSH) in 2008. She remains interested in the best use of good quality evidence and in creative partnerships to achieve change.

Dr Olivia Bush, Clinical Programme Lead



Dr Bush qualified from Imperial College, London in 2006. She went on to train in general medicine, specialising in palliative medicine from 2011-17. In 2017 she gained the positions of Clinical Research Fellow in Oncology Early Phase Clinical Trials at Oxford University and Visitor at the Ethox Centre for Bioethics, Oxford University (which included acting as a founder member of the Oxford University Hospitals Clinical Ethics Committee and teaching). Dr Bush joined the team at the Centre for Sustainable Healthcare in 2018 to take up the post of Clinical Programme Lead. The core of work involves mentoring teams within Trusts to build a community of clinical

staff with expertise to run quality improvement projects with environmental sustainability as the focus of the work. Dr Bush also advises Trusts on spreading pilot projects (at local and national levels) and offers bespoke advice on ways to improve sustainable working in clinical teams.

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.

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

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

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

[†] 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