



CENTRE for
SUSTAINABLE
HEALTHCARE

CSH Sustainability School

Sustainability in Quality Improvement

Wednesday 2nd October 2019, 9am - 4.45pm

The Jam Factory, 4 Hollybush Row, Oxford, OX1 1HU

Register at: <https://www.eventbrite.co.uk/e/csh-sustainability-school-october-2019-tickets-63975460324>

The Royal College of Physicians (RCP) has approved this training course for 5 CPD credits.

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 understand the benefits of building sustainability into quality improvement in 21st century healthcare.
- To define 'sustainable value'; the relationship between quality, value and sustainability.
- To gain knowledge on 'how' to integrate quality improvement and sustainability, including:
 - Setting goals; how sustainability relates to other domains of quality.
 - Studying the system; system-wide resource-intensive activities and assessing resource use locally.
 - Designing the improvement effort; using the 4 principles of sustainable clinical practice to identify drivers and inform process change.
 - Measuring 'sustainable value'; using patient- and population-level outcomes, against the triple bottom line of financial, environmental and social impacts.
- To introduce the principles of spreading sustainable quality improvement projects.

The Centre for Sustainable Healthcare Cranbrook House 287-291 Banbury Road Oxford OX2 7JQ

t +44 (0) 1865 515811 email info@sustainablehealthcare.org.uk www.sustainablehealthcare.org.uk

The Centre for Sustainable Healthcare is registered as a company limited by guarantee in England & Wales No. 7450026 and as a charity No 1143189. Registered address 8 King Edward Street, Oxford OX1 4HL.

Who should attend?

Health professionals, quality improvement leads, educators, students any others involved in quality improvement.

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 40 people

Online registration

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CPD accreditation

This training course has been approved by the Royal College of Physicians for 5 category 1 (external) CPD credits.

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Programme

- 0900 Registration/tea and coffee
- 0915 Presentation: Sustainability, quality and value in 21st century healthcare
Dr. Frances Mortimer, Medical Director, Centre for Sustainable Healthcare (CSH)
- 0935 Welcome and introductions
Dr Olivia Bush, Clinical Programme Lead, CSH
- 0945 The 'how' of integrating quality improvement and sustainability; overview
Dr. Frances Mortimer, Medical Director, CSH
- 1015 Studying the system: environmental resource use and impacts
Ingeborg Steinbach, Project Manager, CSH
- 1045 Break
- 1100 Studying the system: social capital and social impacts
Dr Olivia Bush, Clinical Programme Lead, CSH
- 1130 Interactive exercise: worked example in studying the system
Dr Olivia Bush, Clinical Programme Lead, CSH
- 1215 Lunch, networking & Green Health Walk
- 1315 Presentation: Designing the improvement effort: applying the 4 principles of sustainable clinical practice
Dr. Frances Mortimer, Medical Director, CSH
- 1345 Interactive exercise: worked example in designing the improvement effort
Dr. Frances Mortimer, Medical Director, CSH
- 1415 Break
- 1430 Measuring impact; moving from cost as the 'bottom line' to using the 'triple bottom line' (financial, environmental and social resource use)
Ingeborg Steinbach, Project Manager, CSH
- 1500 Interactive exercise: carbon footprinting a sample QI project
Ingeborg Steinbach, Project Manager, CSH
- 1545 Individual working: applying SusQI to your own quality improvement work
- 1630 Identifying next steps and future direction
Dr. Frances Mortimer, Medical Director, CSH
- 1645 Close

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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.

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.

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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