



Sustainability School

# Introduction to Sustainable Healthcare

Wednesday 24 June, 10:00-14.00

## Register at:

<https://www.eventbrite.co.uk/e/introduction-to-sustainable-healthcare-tickets-105967381290>

## Course Description

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. Many natural systems are now disrupted as a result of human activities, including the delivery of healthcare. The understanding of these two sets of relationships is called planetary health.

This interactive 8-hour course is designed for those working in health and social care including clinicians, public health and healthcare facilities management. It is conducted in two parts.

The first part explores the how our understanding of planetary health will affect health system in the coming decade, and highlights examples of good practice in sustainable healthcare 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 second part uses intensive, small-group exercises to plan activities in your setting, with guidance from CSH instructors and your inter-professional peers (see programme outline below).

## Learning Outcomes

- Describe the links between disruption of the earth's natural systems and the protection of health for all
- Apply the principles of sustainable development to the health sector
- Identify effective cases of sustainable practice in clinical care and facilities management

## Course Fee:

£120 + VAT

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

t +44 (0) 1865 515811 email [info@sustainablehealthcare.org.uk](mailto:info@sustainablehealthcare.org.uk) [www.sustainablehealthcare.org.uk](http://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.

## Programme

### Part I. Preparation

Prepare for the workshop at your convenience, using our interactive self-study package to review core concepts in planetary health and sustainable healthcare. Topics include (1) the relationship between sustainability, health and the health sector, (2) the NHS sustainability journey to date, and (3) examples of sustainable practice. Preparation requires 3-4 hours to complete, depending on your particular interests and pre-existing knowledge. Materials are available two weeks before the Workshop.

### Part II. Workshop

Join a 4 hour, in-person, online workshop with our instructors to clarify your understanding of the self-study material, and apply them to your professional setting.

- 0930 Registration and technical assistance
- 1000 Workshop overview and participant introductions
- 1030 Q&A on preparatory materials
- 1100 Identifying a problem (small groups)
- 1200 Lunch and networking
- 1230 Connecting individual actions with systemic change (small groups)
- 1330 Developing your vision for sustainable healthcare (small groups)
- 1400 Close

## Instructors

### Dr Frances Mortimer, Medical Director, Centre for Sustainable Healthcare



Frances led the development of CSH's principles of sustainable clinical practice and the innovative Sustainable Specialties programmes. She has a particular interest in engaging health professionals in clinical transformation and sustainable leadership.

### Stefi Barna, Education Director, Centre for Sustainable Healthcare



Stefi teaches planetary health at Queen Mary University of London and previously taught public health at Norwich Medical School. She has degrees in medical history (UC Berkeley) and international public health (UCLA).

### Shashank Kumar, Fellow in Sustainable Healthcare Education, Centre for Sustainable Healthcare



Shashank is a PhD candidate at the Ontario Institute for Studies in Education, University of Toronto and Senior Lecturer in Education (on leave) at Azim Premji University, Bengaluru, India. His research explores how higher education can enable responses to climate change that address both social equality and ecological sustainability.

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## The Centre for Sustainable Healthcare

CSH is an independent charity leading efforts to incorporate the values of environmental sustainability into the health sector since 2008.

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<sup>1,2,3</sup> to integrate sustainability into quality improvement methodology. It has been at the forefront of developing training and supporting sustainable QI projects.

For further information, please contact [info@sustainablehealthcare.org.uk](mailto:info@sustainablehealthcare.org.uk)

*"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

<sup>1</sup> Mortimer, F. The Sustainable Physician. Clinical Medicine (2010), Vol 10, No 2: 110-11

<sup>2</sup> Sustainability in quality improvement: redefining value. Mortimer F et al. Future Healthcare Journal, 2018 Vol.5(2):88-93

<sup>3</sup> Sustainability in quality improvement: measuring impact. Mortimer F et al. Future Healthcare Journal, 2018 Vol.5(2):94-97