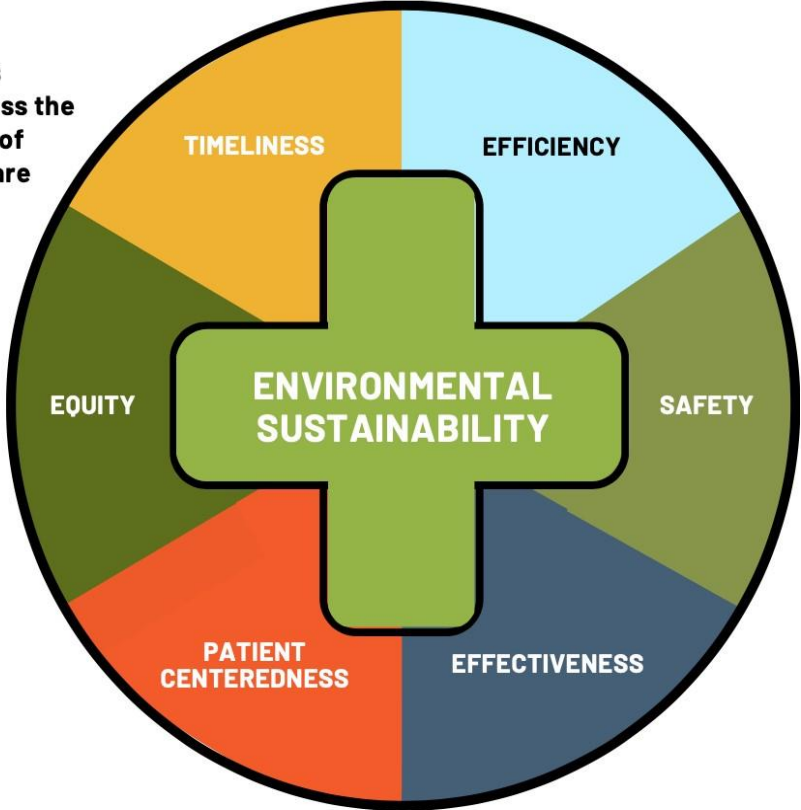


**ENVIRONMENTALLY SUSTAINABLE CARE IS BETTER CARE**



**Environmental Sustainability is Embedded Across the Six Dimensions of Quality Healthcare**



Examples of environmentally sustainable initiatives integrated across the six domains of quality:

Domain	Micro	Macro
Effectiveness	<p>Improving preventative care: increasing uptake of evidence-based strategies for disease prevention: e.g. exercise prescription, nature prescription, plant-rich diets</p> <p>Improving smoking cessation rates</p> <p>Supporting patients in reducing alcohol and drug use</p> <p>Improving vaccination rates</p> <p>Improving evidence-based cancer screening rates</p> <p>Improving chronic disease screening rates e.g. hypertension, diabetes</p>	Investing in primary and preventative care in order to reduce upstream costs of health complications
Patient centeredness	<p>Shared decision making - integrating use of patient decision aids</p> <p><a href="https://decisionaid.ohri.ca">https://decisionaid.ohri.ca</a>  <a href="https://decisionaid.ca/cvd/">https://decisionaid.ca/cvd/</a>  <a href="https://decisionaid.ca/diabetes/">https://decisionaid.ca/diabetes/</a></p> <p>Empowering patients to make decisions about their health through education about the connections between climate change and their own health decisions (e.g. early prevention through lifestyle modification, exercise, good diet)</p> <p>Asking patients "What matters to you?"</p> <p>Advance Care planning:  <a href="https://www.advancecareplanningontario.ca/acp/acp-workbook">https://www.advancecareplanningontario.ca/acp/acp-workbook</a></p>	Appropriate IT infrastructure and remuneration systems to enable virtual visits for all patients when appropriate

<p>Safety</p>	<p>De-prescribing potentially dangerous medications e.g. benzodiazepines in the elderly, opioids, NSAIDs or DOACs in renal failure.</p> <p>Systematic approaches to reviewing appropriate prescribing in polypharmacy, especially in high risk groups. <a href="https://deprescribing.org">https://deprescribing.org</a></p> <p>Incident analysis to learn from and prevent future repetition of harm.</p>	<p>Organizational structures in place to assess system vulnerabilities that can contribute to preventable harm to patients.</p>
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<p>Efficiency</p>	<p>Following Choosing Wisely Canada recommendations: <a href="#">Summary of choosing wisely recommendations relevant to primary care.</a></p> <p>Also see: <a href="https://choosingwiselycanada.org/recommendations/">https://choosingwiselycanada.org/recommendations/</a></p> <p>Reducing waste from unnecessary bloodwork, diagnostic imaging, procedures, treatments including medications.</p> <p>Examples:</p> <ul style="list-style-type: none"> <li>- reducing antibiotic prescriptions for viral URI or asymptomatic bacteriuria.</li> <li>- Penicillin allergy desensitization <a href="https://doi.org/10.1503/cmaj.221266">https://doi.org/10.1503/cmaj.221266</a> - <a href="https://doi.org/10.1503/cmaj.220973">https://doi.org/10.1503/cmaj.220973</a></li> <li>- minimizing dispensed quantities for newly prescribed or short term medications</li> <li>- Ensuring diagnosis of asthma or COPD is documented on chart when renewing inhaler prescriptions</li> <li>- Reducing prescription of SABAs for postviral cough</li> <li>- Switching patients on inhalers from MDI to DPI <a href="https://cascadescanada.ca/resources/sustainable-inhaler-prescribing-in-primary-careplaybook/">https://cascadescanada.ca/resources/sustainable-inhaler-prescribing-in-primary-careplaybook/</a></li> <li>- Optimizing the use of long-acting medications when appropriate e.g. IUDs</li> <li>- Optimizing flow processes within the clinic to increase efficiency of clinic operations e.g. avoid duplication, space visits appropriately for stable patients, optimize team function and use of virtual visits</li> <li>- Reusables first procurement strategy in clinic e.g. shifting from disposable speculums, laceration trays, gynecological instruments to reusable ones.</li> </ul>	<p>Inclusion of sustainability measures in medical technologies e.g. life cycle assessment.</p> <p>Green design in healthcare infrastructure: renewable energy, use of sustainable materials, energy efficient building designs and management, electrification of vehicular fleets.</p> <p>Integration of health services.</p> <p>Integration of health information services to allow access across the system.</p>
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Equity	Social prescribing <a href="https://tools.cep.health/tool/social-prescribing/">https://tools.cep.health/tool/social-prescribing/</a>  <a href="https://cascadescanada.ca/resources/socialprescribing-primer/">https://cascadescanada.ca/resources/socialprescribing-primer/</a>	Ensuring universal and equitable access to health services  Sustainable food systems
Timeliness	Improving TNA (third next available appointment time)  Improving timely access to care for urgent issues	Improving access to primary care across the system

Summary of Choosing Wisely recommendations most relevant to primary care:  
 From Planetary Health for primary care, Dr. Ilona Hale et East Kootenay Division of Family Practice and CASCADES.