

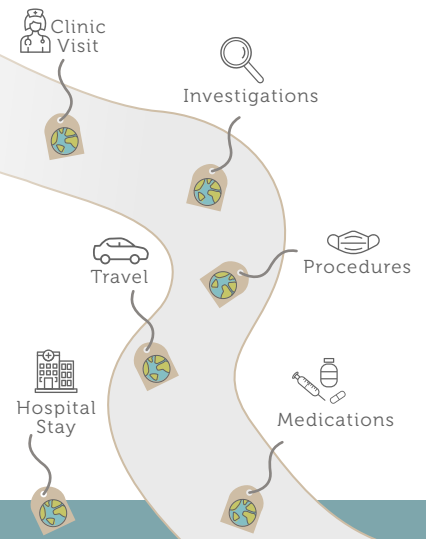
How can I provide high quality, environmentally sustainable care?

Better for:

- ✓ patients
- ✓ populations
- ✓ providers
- ✓ payors
- ✓ the planet

Almost everything we do in healthcare has an environmental cost.

Using these four principles for environmentally sustainable clinical care helps us identify ways to reduce our impact and provide high quality care.



Avoid Unnecessary Care

Up to 30% of investigations and treatments are unnecessary(1) providing no benefit to patients. This low-value care can negatively impact patients, the system and the environment and diverts valuable resources away from higher-value care.

- Use Choosing Wisely guidelines
- Deprescribe whenever appropriate
- Re-evaluate routine standing orders
- Be aware of commonly over-diagnosed conditions
- Ask "Will this change the outcome?"



Empowering Patients

Patient and family-centred care is a cornerstone of safety and quality in healthcare. It can improve outcomes(2) while reducing unwanted care and reliance on intensive healthcare services(3).

- Ask "What Matters to You?"
- Use shared decision-making tools
- Respect patient preferences and values
- Tailor guidelines to individual risks
- Have "serious illness conversations"
- Support self-management



Choose Environmental Alternatives

Rethink everything – materials, processes and approaches to care – to eliminate waste and increase sustainability and resilience.

- Switch from Metered Dose to Dry Powder inhalers when appropriate
- Choose reusables over single-use disposables
- Go virtual for visits and meetings
- Refuse unnecessary products like exam table paper
- Embrace "slow medicine"



Shift to Prevention

Prevention strategies are high impact, low-cost interventions with multiple health and environmental benefits(4,5). They reduce reliance on highly-resource intensive tertiary care interventions and are key to a sustainable healthcare system

- Promote plant-rich diets
- Regularly review vaccinations
- Provide appropriate screening
- Write nature, activity and social prescriptions

For more information go to the Planetary Health for Primary Care resource: cascadescanada.ca/resources/sustainable-primary-care-toolkit

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