Introduction to Environmental Sustainability in healthcare

Dr Rob Chuter

The Christie NHS FT and University of Manchester on behalf of the:

IPEM Environmental Sustainability group



What will we cover?

1.Climate science - briefly

2.Impact of climate change on healthcare

3.Impact of healthcare on climate change

4. What can you do about it personally?

5.What can we do about it as medical physicists? a.IPEM Env Sus Group b.Carbon footprinting

6.Summary

7. Time for questions and discussion













Climate models of the different scenarios

Adapted from IPCC, 2018.



14th May 2021



Positive feedback loops:

 $_{
ightarrow}$ Melting ice ightarrow reduces albedo ightarrow decreases reflected sunlight ightarrow heats up the area $_{
ightarrow}$

 $_{
ightarrow}$ Melting permafrost ightarrow releases trapped methane gas ightarrow increase in temperature $_{
ightarrow}$

→ Increase extreme weather → more air conditioning/heating → increased CO₂ → increase in temperature ___

Negative feedback loops:

A warmer climate \rightarrow more water vapour \rightarrow increase in cloudiness \rightarrow reducing the sunlight \rightarrow less heat absorbed \rightarrow slow the increased warming.

A warmer climate \rightarrow more water vapour \rightarrow increase in precipitation \rightarrow more water vapour \rightarrow increase in plant growth \rightarrow removing carbon dioxide from the atmosphere.

https://climate.nasa.gov/nasa_science/science/ https://www.pnas.org/content/115/33/8252



https://www.globalcarbonproject.org/ca rbonbudget/index.htm















Climate change – extreme weather



Impact on Healthcare





Dr. Margaret Chan, DG of WHO:

"For public health, climate change is the defining issue for the 21st century... The evidence is there, and it is compelling. Here is my strong view: climate change, and all of its dire consequences for health, should be at centre-stage, right now, whenever talk turns to the future of human civilizations. After all, that's what's at stake."

15th September 2014



Impact on Health

Heat waves \rightarrow deaths due to dehydration, cardiovascular and other diseases.

Extreme weather (inc. severe storms and fires) \rightarrow reduce availability of clean food and water, damage infrastructure and strain emergency and healthcare services.

Animals displaced from their natural habitats (or habitats are invaded by human activity) \rightarrow diseases carried by insects or other animals will spread.

Reduced accesses to clean water increase \rightarrow incidence of waterborne diseases

Increased emissions (inc fine particulate) \rightarrow rise in respiratory and cardiovascular diseases and cancer risk.



Healthcare footprint

Health care footprint as % of national footprint



Figure 7: Health care footprint as a percentage of national emissions for all nations and regions covered in this study

https://noharm-global.org/sites/default/files/documents-files/5961/HealthCaresClimateFootprint_090619.pdf and https://www.theguardian.com/society/2019/sep/18/hospitals-planet-health-anaesthetic-gases-electric-ambulancesdialysis-nhs-carbon-footprint



Healthcare footprint





Healthcare footprint



SDU 2018. Reducing the use of natural resources in health and social care 2018 report

Sustainable		Outcomes for patients and populations
value	-	Environmental + social + financial impacts
		(the 'triple bottom line')



So what can you do about it?



Check our privilege

It is important to understand the context in which we are discussing environmental sustainability:

We:

Live in the UK - with 7th highest GDP in the world

Have gained a lot from starting the industrial revolution – used carbon to develop

Are scientifically literate and good problem solvers

Have (reasonably) well paid professional jobs (or are training for them) - if we don't push for env sus it who will? – comfortable enough to be able to care

Worlds richest 1% cause double the CO_2e of the poorest 50% of the population (Oxfam study)









Source: Seth Wynes; Kimberly A Nicholas | Environmental Research Letters, Volume 12, Number 7

The world has \sim a billion dogs and several hundred million cats.

Cats - estimated to kill between 1.3 and 4 billion birds and between 6.2 and 22.3 billion mammals each year.

Manchester to Amsterdam = $0.15 \text{ tCO}_2\text{e}$ Manchester to Barcelona = $0.43 \text{ tCO}_2\text{e}$ Manchester to New York = $1.61 \text{ tCO}_2\text{e}$

 CO_2 budget per capita is estimated ~ 1.6 tonnes per year to keep the global temperature rise within 2°C



What can you do? – An example

ESTRO 2020

PEM

Manchester to Vienna = 1,130 miles (1,820 km)

Return flight to Vienna (direct) = $0.44 \text{ tCO}_2\text{e}$

Return train to Vienna = $0.02 \text{ tCO}_2\text{e}$

Going once every 22 years by plane = going every year by train

Online in the end – very low CO_2e





NEW EDITION - UPDATED AND EXPANDED



Preferably buy it used from:

https://www.alibris.co.uk/

'Terrific! I can't remember the last time I read a book that was more fascinating and useful and enjoyable all at the same time." AREBAN **BILL BRYSON**

HOW BAD AR

THE CARBON FOOTPRINT

OF EVERYTHING

MIKE BERNERS-LEE









A:

	Items/processes	Carbon footprint (kgCO2e)	
G	1 email referral	0.004]_
В	1 banana	0.08]
Ν	1 * 500ml bottle of water	0.16]
L	1 letter referral (virgin paper & disposed of at landfill)	0.2]
Н	1 large cappuccino	0.235]
F	1 cannula	0.54	1
D	1 toilet roll (virgin paper)	0.73	
T	1 GP appointment	6]
J	1 pair of jeans	6]
E	1 Salamol inhaler	10]
Α	1 outpatient appointment	23	1
К	1 inpatient day - low intensity	37.9	1
0	1 return journey Oxford - London in an averaged sized car	40]
М	1 cataract surgery in the UK	180	
С	1 litre of Desflurane	3,720]

 50 times lower footprint than a letter.
 Rebound effect – send more emails that we do letters

> 0.45 kgCO₂e recycled paper

 \rightarrow 126 kgCO₂e in a 4x4



HOW BAD ARE BHI

THE CARBON FOOTPRINT

OF EVERYTHING MIKE BERNERS-LEE

Impacts of fast fashion

26.7kg

UK consumption of new clothing per head (highest in Europe)

235m items of clothing sent to landfill last year

700,000 fibres released in a single domestic wash

1.2bn tonnes of carbon emissions produced by global fashion industry (2015)

3,781 litres of water used in full lifetime of a pair of Levi's 501 jeans Enviro Audit Committee submissions



- 160 kg of CO₂ per person in the UK on consumption of clothing
- Average age of an item of clothing in the UK is 2.2 years*
- Be aware of what you buy and from who.
- Your choices as a consumer and voter/citizen are important.

TERRACYCLE



bank.green

WWW.HUBBUB.ORG.UK Registered Charity No. 1158700



*http://www.wrap.org.uk/content/clothing-waste-prevention

Foodprints by Diet Type: t CO2e/person



Malcolm Gladwell

Note: All estimates based on average food production emissions for the US. Footprints include emissions from supply chain losses, consumer waste and consumption.. Each of the four example diets is based on 2,600 kcal of food consumed per day, which in the US equates to around 3,900 kcal of supplied food.

Sources: ERS/USDA, various LCA and EIO-LCA data











What can we do?

- These are all personal things that we can do
- Often people have done a lot of these
- The next thing we need to change is our workplaces and our organisations
- A lot of the personal things can be translated to work (its just harder)
- \rightarrow So we started the IPEM Environmental Sustainability Group



What can we do?





IPEM Environmental Sustainability Group

Started in February 2020

Key aims:

- Promote environmental sustainability to and within medical physics and engineering
- Engage and support members on environmental sustainability
- Advise IPEM Trustees on environmental sustainability
- Engage with others, including manufacturers and funding bodies, nationally and internationally on environmental sustainability

https://www.ipem.ac.uk/AboutIPEM/SpecialInterestGroups/EnvironmentalSustainabilityGroup.aspx



IPEM Environmental Sustainability Group

First achievements:

- Environmental sustainability survey conducted
- Environmental sustainability session at MPEC 2020
- Introduction to Env Sus at STP induction day/HSST lectures
- SCOPE article in March 2021 issue*
- Setting up carbon footprinting projects





Given the significant impacts climate change will have on human health, the NHS and the clinical services delivered by IPEM members, an Environmental Sustainability Group has been formed Jinize change is the greatest challenge faced by humanity. While its affects may not be as acutely feld when compared to relatively short, sharp shocks. such as economic recessions, armed confits, or infectious disease pandemis. elimate change and environmental degradation present airming, long terr consequences for human health. These turn affect the NIS, its patients and how ors provided by IPEM members are delivered.

nternational priority

The post-World Worl I economic expansion saw a near some fold Increase in food II de mission. This has driven up atmospheric acrono dioxide levels, leading to measurable global average temperature increases. This is resulting in a loss of polar ase los, sea level rises and extreme workfore results, which will cance loss of natural habits, biodiversity and productive land. This is likely to itsel at lower economic growner common food stortages, and increased migration and geoeditical justability.

IPEM SCOPE 28 SPRING 2021



*https://www.ipem.ac.uk/ScientificJournalsPublications/SCOPE/E-SCOPE.aspx

Results

Responses from 189 people!

Do you think that health and sustainability are linked?

Are you interested in environmental sustainability?





Results

πεσαπσ	Improve recycling facilities	32		
	Continued remote working/meetings	19		
	Improve energy efficiency of the buildings	16		
What change would you most like to see in	Improved cycling facilities (e.g. showers and secure bike parking)	14		
what change would you most like to see in	Incentives for pubic transport use	14		
at change would you most like to see in in workplace in the next 5 years? (Free text ponse) andating environmental sustainability in cars eventative medicine	Build environmental sustainability into every aspec of work			
	Go paperless	6		
response)	Flexible working	6		
	Install solar panels	5		
	Electric car charging facilities	5		
/Jandating environmental sustainability	Move to renewable energy supplier	5		
	Environmental issues as part of procurement process	4		
	Buy electric cars	3		
NA	and a final sector in the sector in the sector in the sector is the sect	3		
iviandating environmental sustainability ti	raining with the Trust	3		
		3		
	Environmental and social costs included in the "triple bottom line"	3		
		2		
Ban cars		2		
Dan barb		2		
	Car sharing incentivised	2		
	Biodegradable materials used more often	2		
Preventative medicine		2		
rieventative meaterne		2		
	Reduced paper use	1		
		1		
Environmental and social costs included in	n the "triple bottom line" 🛛 🚽 🚽	1 1		
		1		
	Telemedicine	1		
	Mandating environmental sustainability training with the Trust	1		
	Environmentally responsible pensions	1		



Result - of MPEC Online feedback

- + More accessible to people that can't normally go to conferences
- + Cheaper for departments
- + Can invite more speakers from further a field
- + Reduces carbon footprint
- + Easier to see slides and hear speaker
- Less options to chat to colleagues and to network
- Potentially harder to get Study
 Leave/protected time

Ideally what would be your main preference in terms of how conferences are offered?





- Use a CO₂ footprint as a measure of impact on climate change
- 7 greenhouse gasses considered:
 - 1. CO₂ directly responsible for 86% UK's total climate impact
 - 2. Methane is 25 times more potent per kg than CO₂ (responsible for 7% UK's climate impact)
 - Nitrous oxide is around 300 x CO₂ (responsible for 6% UK's climate impact) [anesthetic and analgesic]
 - 4. Hydrofluorocarbons (HFCs) = $560 12,100 \times CO_2$ depending on type of HFC
 - 5. Perfluorocarbons (PCFs) = $6000 7,400 \times CO_2$
 - 6. Sulphur hexafluoride $(SF_6) = 22,800 \times CO_2$ [used in linacs]
 - 7. Nitrogen trifluoride $(NF_3) = 17,200 \times CO_2$

all converted to CO_2 and called CO_2 e





CENTRE for SUSTAINABL HEALTHCAR inspire • empower • transfor

- Two approaches to carbon footprinting:
 - 1. Top down (cost to CO₂e footprint) emissions factors applied to spend
 - + includes everything
 - + simple approach
 - Doesn't identify specific hotspots
 - Reliant on emissions factors being published
 - 2. Bottom up emissions factors applied to components of a process or product
 - + identifies specific items/processes that have a big footprint
 - + less reliant on emissions factors
 - time consuming to do
 - easy to miss out important bits of process



> BEIS/DEFRA database

Inventory of Carbon Energy (ICE) database



Estimate what the CO2e footprint of a face-to-face conference vs an online conference

Face to face conference

Flights						
https://calculator.carbonfootprint.com/calculator.aspx?tab=3						
CO2e fooprint of a return ec	onomy flig	ht froto Barcelo	ona from:			
		Proportion of	Total CO2e			
		people who	for all			
		whould have	deligates			
	tCO2e	flown	flights			
Amsterdam	0.36	0.9	248.3			
London	0.34	0.95	215.7			
Spain	Assume they didn't fly					
Berlin	0.41	0.9	165.1			
Rome	0.24	0.95	92.1			
Paris	0.24	0.8	71.8			
Brussels	0.3	0.95	85.7			
Bern	0.21	0.9	42.6			
Mid europe (other) Munich	0.3	0.9	680.2			
Darwin (Australia)	3.93	1	3124.4			
New York	1.72	1	368.6			
San Francisco	2.67	1	572.1			
Baghdad	1.06	1	118.5			
Rio de Janero	2.38	1	192.2			
Kampala	1.54	1	47.8			

Accommodation			
A night in a hotel (Book: How bad are			
bananas, Mike Burners-Lee, p108)			
	kgCO2e	Proportion in	each of these
Low CO2e (inc BnB) (assume for AirBnB too)	3	0.5	9316.5
Average	25	0.4	62110.0
High end	60	0.1	37266.0

Event space			
~ in proportion to a University (Book: How	v bad are bana	nas, Mike Bur	ners-Lee, p156)
Per each member of staff and student			tCO2e
			8
	Number of	f staff	100
		Total	800

DELEGATES

USA: 183

witzerland: 135





Estimate what the CO2e footprint of a face-to-face conference vs an online conference

Online

Travel					
Travel (as assuming post COVID so some					
	Distance (km)	kgCO2e			
Car Small car	0.47	0.5	40	20	28885.3
Car expensive	0.19	0.5	40	20	38923.5
Walk	0.09	0.25	4	1	44.4
Rail	0.09	0.8	40	32	3218.2
Bus	0.06	0.7	30	21	774.4
Other (bike?)	0.04	0.3	4	1.2	23.7
Work from home	0.05	0	0	0	0.0

Energy usage

Consumption of computer ener	gy (Book: How bad a	re bananas, M	like Burners-Lee, p124)	
	kgCO2e	Proportion of people	Number of hour online	Total
Electricity consumption	per hour			
Energy efficient aptop	0.012	0.5	28	1043.4
iMac	0.063	0.3	28	3286.9
Old desktop PC	0.16	0.2	28	5565.1
Servers and networks				
	0.05	per hour	28	8695.4

DELEGATES



Usual mode of travel to work TSGB0108-0109

Travel to work mode share, Great Britain: 2016

67%



Walk Rail Bus Other 10% 10% 7% 5%



Travel time to work TSGB0111

Travel time to work by usual mode, Great Britain: Oct-Dec 2016



Estimate what the CO2e footprint of a face-to-face conference vs an online conference





Carbon Footprinting – in healthcare

Q J Med 2010; 103:965-975 doi:10.1093/gjmed/hcg150 Advance Access Publication 18 August 2010

The carbon footprint of a renal service in the **United Kingdom**

A. CONNOR^{1,2,*}, R. LILLYWHITE³ and M.W. COOKE⁴

From the ¹The Campaign for Greener Healthcare, Oxford, ²Department of Renal Medicine, Dorset County Hospital, Dorchester, ³Warwick HRI and ⁴Warwick Medical School, University of Warwick, Coventry, UK

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Published in final edited form as: J Cataract Refract Surg. 2017 November ; 43(11): 1391-1398. doi:10.1016/j.jcrs.2017.08.017.

Cataract surgery and environmental sustainability: Waste and lifecycle assessment of phacoemulsification at a private healthcare facility

Cassandra L. Thiel, PhD, Emily Schehlein, MD, Thulasiraj Ravilla, R.D. Ravindran, MD, Alan L. Robin, MD, Osamah J. Saeedi, MD, Joel S. Schuman, MD, and Rengaraj Venkatesh, MD Department of Population Health, Langone Medical Center, and Wagner Graduate School of Public Service (Thiel), New York University, and the Department of Ophthalmology (Schuman), New York University School of Medicine, New York, New York; the University of Maryland School of Medicine (Schehlein), the Department of Ophthalmology (Robin), University of Maryland, the

The impact of surgery on global climate: a carbon footprinting study of operating theatres in three health systems

Andrea J MacNeill	. Robert Lillywhite,	Carl	Brov
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Summarv

Background Climate change is a major global public health priority. The delivery of health-care services generates Lancet Planet Health 2017; considerable greenhouse gas emissions. Operating theatres are a resource-intensive subsector of health care, with 1:e381-88 high energy demands, consumable throughput, and waste volumes. The environmental impacts of these activities are generally accepted as necessary for the provision of quality care, but have not been examined in detail. In this study, we estimate the carbon footprint of operating theatres in hospitals in three health systems.

oa
OPEN ACCESS

See Comment page e357

Division of General Surgery, University of British Columbia, Vancouver, Canada

Journal of	Cleaner	Production	286	(2021)	125446
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The carbon footprint of waste streams in a UK hospital

Chantelle Rizan a, b, *, Mahmood F. Bhutta a, b, Malcom Reed b, Rob Lillywhite c

* Brighton and Sussex University Hospitals NH5 Trust, Royal Sussex County Hospital, Eastern Road, Brighton, BN2 58E, UK ^b Brighton and Sussex Medical School, Falmer, Brighton, BN1 9PX, UK

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Carbon Footprinting – in Med Phys

Open Access

Research

BMJ Open Environmental and social benefits of the targeted intraoperative radiotherapy for breast cancer: data from UK TARGIT-A trial centres and two UK NHS hospitals offering TARGIT IORT

> Nathan J Coombs,¹ Joel M Coombs,² Uma J Vaidya,^{3,4} Julian Singer,⁵ Max Bulsara,^{4,6} Jeffrey S Tobias,⁷ Frederik Wenz,⁸ David J Joseph,⁹ Douglas A Brown,¹⁰ Richard Rainsbury,¹¹ Tim Davidson,¹² Douglas J A Adamson,¹⁰ Samuele Massarut,¹³ David Morgan,¹⁴ Ingrid Potyka,⁴ Tammy Corica,^{4,9} Mary Falzon,¹⁵ Norman Williams,⁴ Michael Baum,⁴ Jayant S Vaidya⁴

Radiology

ORIGINAL RESEARCH · HEALTH POLICY AND PRACTICE

The Energy Consumption of Radiology: Energy- and Cost-saving Opportunities for CT and MRI Operation

Tobias Heye, MD • Roland Knoerl, MBA, B Eng • Thomas Wehrle, Dipl-Ing • Daniel Mangold • Alessandro Cerminara • Michael Loser, PhD • Martin Plumeyer, Dipl-Ing • Markus Degen, PhD • Rabel Lüthy, MSc • Dominique Brodbeck, PhD • Elmar Merkle, MD

From the Department of Radiology, University Hospital Basel, Petersgraben 4, Basel 4031, Switzerland (T.H., E.M.); Siemens Healthineers, Forchheim, Germany (R.K., M.L., M.P.); Building Management, University Hospital Basel, Basel, Switzerland (T.W., D.M., A.C.); and School of Life Sciences, University of Applied Sciences and Arts Northwestern (FHWN), Muttenz, Switzerland (M.D., R.L., D.B.). Received September 16, 2019; revision requested November 4; revision received January 20, 2020; accepted January 23. Address correspondence to T.H. (e-mail: *tobias.heye@usb.ch*).





Carbon Footprinting – in Med Phys

14th May 2021

IPEM ESG – proposing a project for funding with title:

"A multi-centre study estimating the carbon footprint of the radiotherapy pathway"

Aim to determine the CO_2e of the patient's:

- travel
- imaging
- treatment on the linac
- medical interventions (antibiotics, Buscopan etc)
- immobilisation
- consultations

For 3 centres (The Christie, Mt Vernon and Worcester)

Still work in progress.....







Climate change is a huge issue – politicians don't lead they follow public opinion so we need to lead.

If climate change occurred over the same timescale as COVID we would be turning our lives upside down to solve it.

Healthcare makes up ~5% of UK carbon footprint

NHS aims to be net carbon zero by 2040

As scientists and scientists that work in healthcare we are uniquely placed to help develop solutions to these problems.

IPEM (and its network and ability to lobby government) is key to this

If you are keen to get involved or want to hear more please feel free to contact me:

robert.chuter@nhs.net or follow



@RobChuter or @IPEMEnvironment



Thank you for listening

Any questions?

robert.chuter@nhs.net



