

# Quick wins for sustainable healthcare

Prescribe **lower carbon** medicines where clinically appropriate

Optimise medicines

USE THE  
RIGHT  
BINS



**Recycle where possible**

Reduce **single-use** products



Help patients to stay well during heatwaves

Reduce unnecessary investigations



Limit paper usage

Explore **green** and **social prescribing** options



ENCOURAGE PATIENTS TO EAT HEALTHY FOODS, EXERCISE, QUIT SMOKING AND REDUCE ALCOHOL

Advocate for sustainable clinical practice in your trust



Royal College of Physicians



# Scaling up sustainable healthcare

Offer **remote** consultations

Remotely  
monitor  
clinical data

Patient-initiated  
follow up  
where clinically  
appropriate

Do **same day** care and procedures

**Teach** and **educate** others

Adapt care plans  
for risks like  
extreme heat  
and air pollution

Run multispecialty and  
multidisciplinary clinics

**GET INVOLVED  
IN SusQI AND  
RESEARCH**

Medication  
reviews ahead  
of heatwaves

Become a green  
champion  
or clinical  
sustainability lead



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