



Toolkit for Greening General Practice

This PDF document contains hyperlinks to external websites (click once on blue-underlined web addresses).

It also contains hyperlinks connecting sections of the toolkit. Click on any of the headings in the index below to go directly to that section. 'Return to index' links occur throughout the document.

Index

Introduction	3
Environmentally responsible healthcare	3
Energy	4
Improve efficiency and reduce consumption	4
Assessing your practice's efficiency—EcoSmart electricians	5
Electricity – choose renewable generation sources	6
Lighting	8
Lighting consumes 1/3 of business energy needs	8
Appliances	10
Computers	11
Heating / Cooling	12
Heating options other than electricity	13
Insulation	13
Office paper	14
Why recycle or buy recycled paper?	14
Glossary of Paper Certification	15
Recycled paper products	15
A4 paper	16
A5 paper	16
Envelopes	16
Hygiene Paper	16
What about the increased cost of recycled products?	16
Suppliers in New Zealand	17
Tips for reducing/reusing/recycling paper in your practice	17
Operational changes	18
Re-use where possible	18
Supply-chain Sustainability	19
Waste Minimisation	20
Composting	20
Cleaning of clinical areas	21
Hazardous or Specialty waste	22
Promote Green and Healthy Lifestyles to Staff and Patients	22
Assisted Home Insulation and Home Heating for patients	23
Other Ideas	24

<u>Lead by example</u>	24
<u>Make environmentally responsible changes to your personal lifestyle</u>	24
<u>Waste and Recycling</u>	25
<u>Accessing recycling</u>	26
<u>More on recycling providers</u>	26
<u>Where does it go?</u>	28
<u>Sale or gifting of unwanted equipment</u>	28
<u>Medical Waste</u>	29
<u>Sharps</u>	29
<u>Biohazard waste</u>	30
<u>Why does it matter?</u>	31
<u>Flourescent Light-bulb Disposal (traditional long tubes and new compact CFLs)</u>	31
<u>Batteries</u>	32
<u>Electronic waste and e-recycling</u>	33
<u>Pharmaceutical wastage</u>	34
<u>Medication wastage in NZ</u>	35
<u>Quantification is difficult</u>	35
<u>Co-benefits of reducing pharmaceutical wastage</u>	36
<u>Problem areas</u>	36
<u>Prescriber actions – guard against over-prescribing</u>	38
<u>Maximise opportunities for education</u>	40
<u>Medication Use Reviews (MURs)</u>	40
<u>Other pharmacist-led medication reviews</u>	41
<u>Modifying behaviour – making it happen!</u>	42
<u>Championing change in your practice</u>	42
<u>Procurement of supplies</u>	44
<u>‘Full life-cycle’ considerations of medical supplies</u>	44
<u>Product Stewardship</u>	44
<u>Packaging Product Stewardship Scheme</u>	45
<u>Avoiding ‘Greenwash’</u>	45
<u>Procurement of medical supplies</u>	45
<u>Procuring supplies in a sustainable way</u>	46
<u>Useful resources</u>	47
<u>Appendices</u>	49
<u>Appendix 1—Lighting myths and facts</u>	49
<u>Appendix 2—Regional insulation initiatives</u>	50
<u>Appendix 3—Heating sources other than electricity</u>	52
<u>Appendix 4 – Why compost?</u>	53
<u>Appendix 5 – Reducing carbon demand</u>	54
<u>Appendix 6 – Key messages for pharmacists</u>	55
<u>Appendix 7 – DUMP campaigns</u>	56

This toolkit has been prepared from open-source information by Dr Rebecca Randerson FRNZCGP and Dr Rochelle Phipps FRNZCGP. Many thanks to all who contributed to the preparation of this toolkit with their time and expertise. Suggestions on content or enhancing the toolkit’s functionality are welcome. Contact: greeningyourpractice@gmail.com.

