

CHOOSING WISELY INTERNATIONAL

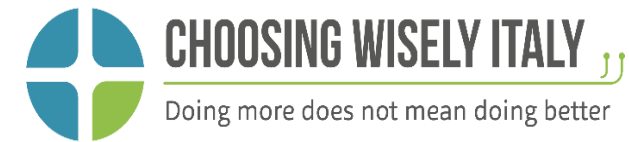
FALL 2021 INTERNATIONAL ROUNDTABLE

November 3 & 4, 2021
10:00 A.M. to 12:00 P.M. Eastern Time

Register here: <https://choosingwiselycanada.zoom.us/meeting/register/tZwrce2vrzsiGdZBEF0JB1GTJTtmkDMsr7Lm>

Cool Choosing Wisely Innovations

Choosing Wisely and environmental sustainability



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Choosing Wisely Italy www.choosingwiselyitaly.org

Health care is among the most important sectors in managing the effects of climate change and, simultaneously, **this sector has an important role in reducing its own carbon emissions.**

The 2020 report of the Lancet Countdown on health and climate change: responding to converging crises. Lancet 2021; 397: 129–70

Globally, healthcare is responsible for nearly 5% of total global greenhouse gas emissions.

Unnecessary tests, treatments and procedures constitute not only one of the most significant sources of waste in the healthcare sector, equal to 20-30% of total expenditure, and a possible harm to patients **but also an avoidable environmental damage.**

ACADEMY OF
MEDICAL ROYAL
COLLEGES

Protecting resources,
promoting value:
a doctor's guide
to cutting waste in
clinical care

November 2014

7. All those working in health should take steps to increase their understanding of the carbon costs of health care activities.

In the Italian Choosing Wisely campaign 5 recommendations from the **Society of the Doctors for the Environment - ISDE** were published in 2015, focused on the **environmental impact of inappropriate habits on the part of professionals and of individuals**

<https://choosingwiselyitaly.org/en/societa/isde-2/>



ISDE International Society of Doctors for the Environment – ISDE Italian section

- 1** Air: don't consume energy derived from fossil fuels (coal, petrol, gas). When possible, use renewable energy sources; these can be provided by solar power, photovoltaic systems, wind power, geothermic sources and buildings constructed using materials which save energy. The use of private cars should be reduced preferring the use of bicycles, public transport, car pooling and walking.
- 2** Water: don't drink bottled water, choosing, if possible, water from the tap which often has better organoleptic characteristics and is submitted to rigorous quality control.
- 3** Biodiversity: Antibiotics: only when indispensable! For common respiratory infections (colds, rhinosinusitis, cough/bronchitis, flu syndromes) and bacteria in the urine without symptoms, do not prescribe antibiotics, because generally they are useless, and expose patient and family to risks, both present and future. The rule is to avoid them, leaving to doctors' autonomy the assessment of any exceptions.
- 4** Ionizing Radiation: X-rays should not be carried out unless a specific clinical indication.
- 5** Nutrition: Limit foods of animal origin and industrial production. Give preference to fruits, vegetables, whole cereals and legumes, better if fresh, from your local area, seasonal and cultivated in a biological way.



Recommendations from

Last updated: March 2021

ITALIAN ASSOCIATION OF DIETETICS AND CLINICAL NUTRITION – ONLUS

Do not follow Occidental style diets with high environmental impact. Only healthy diets such as the Mediterranean diet can guarantee the physical health of individuals and the planet.

Food has an impact on environmental resources, in terms of consumption of water, soil, energy, as well as gas production, acidification and eutrophication. The "Occidental diets" (full of refined foods, animal fats, sugars and low in fiber) are those that involve the greatest environmental burden, as well as those that favor the onset of metabolic, cardiovascular and oncological diseases. Conversely, "healthy diets" (mainly plant-based - whole grains, legumes, vegetables, fruit - with good fish content, moderate amounts of meat - preferring white to red ones - and with vegetable fats) have the advantage of being protective for the health of individuals and more respectful of the resources used for the production of food.

<https://choosingwiselyitaly.org/en/societa/adi-2/>

COBENEFITS

- **for the health of human beings (benefits at multiple levels) and the biota**
- **for the ecosystems as a whole**

ONE HEALTH APPROACH

- **human health**
- **animal health**
- **ecosystem health**



Recommendations from



SITI Italian Society of Hygiene, Preventive Medicine and Public Health in collaboration with
The Italian Association of Doctors of the Hospital Directions

Don't replace hand hygiene with the use of non-sterile disposable gloves. Use alcohol-based product as a first choice for hand hygiene routine.

<https://choosingwiselyitaly.org/en/societa/siti/>



ANIPIO National Association of Nurses for the Prevention of Hospital Infections

Do not use gloves as an alternative to hand hygiene with alcohol solution for performing non-biological care work, especially in the presence of a patient with multi-drug resistant organisms (MDRO).

<https://choosingwiselyitaly.org/en/societa/anipio-2/>

Towards a Green Choosing Wisely Italy



in collaboration with Society of the Doctors for the Environment - ISDE

- 1) The impact on the environment can be made explicit in the text of the **recommendations** defined by professional societies. Professional societies will be encouraged:
 - to develop recommendations about **tests, treatments and procedures that cause harm to the environment** (inhalers for asthma or COPD, some inhalational anaesthetic agents.....),
 - to study and to describe the **environmental consequences of unnecessary tests, treatments and procedures** (antibiotics, other drugs, imaging, etc.)

- 2) In-person or remote **training initiatives** on CW Italy may include sections regarding the impact on the environment by unnecessary tests, treatments and procedures.

- 3) **Measurement tools and implementation initiatives** may include the environmental impact of unnecessary tests, treatments and procedures.



MONTAGNA SLOW (SLOW MOUNTAIN)

<https://www.slowmedicine.it/montagna-slow/>



for a Measured, Respectful and Equitable approach to the Mountains, which promotes health and well-being for all and protects the environment and biodiversity.

Green prescriptions with Forest Bathing and Nature Therapy could be an alternative to unnecessary prescriptions of drugs and can promote deprescribing: a project in Gran Paradiso National Park.