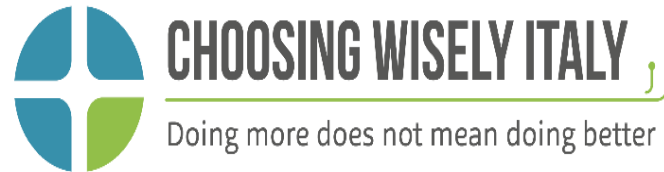


# Choosing Wisely International Roundtable 2023

*Day 2 – September 12, 2023*

## Choosing Wisely and Environmental Sustainability



## Towards a Green Choosing Wisely Italy

**Sandra Venero MD**

Slow Medicine [www.slowmedicine.it](http://www.slowmedicine.it)

Choosing Wisely Italy <https://choosingwiselyitaly.org/en/>

## Towards a Green Choosing Wisely Italy

in collaboration with the **International Society of Doctors for the Environment (ISDE)**

**Choosing Wisely Italy campaign** contains a network of more than 50 professional societies of physicians, nurses, pharmacists and physiotherapists and more than 300 recommendations.

To mobilise the clinical community around planetary healthcare, we are inviting professional societies since 2021:

- to study and to describe the **environmental consequences of unnecessary tests, treatments and procedures** (imaging, antibiotics, other drugs, etc.) \***Matching supply to demand of health services**
- to develop new recommendations on **tests, treatments and procedures that cause harm to the environment** (inhalers for asthma or COPD, some inhalational anaesthetic agents.....)

\* **Reducing emissions from supply of health services**

New recommendations have recently been developed on **primary prevention** (physical activity as well as healthy diets) and on **nature prescribing**, in order to improve people's health and to reduce tests and treatments as well as the harm to the environment (cobenefits) \* **Reducing demand for health services**

\* **Sherman G et al. Net zero healthcare: a call for clinician action BMJ 2021;374:n1323 | doi: 10.1136/bmj.n1323**



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



- 1** Air: do not consume fuels of “fossil” origin (coal, oil, gas). Whenever possible, use renewable energy (solar, photovoltaic, wind, geothermal, energy-saving buildings) and reduce the use of private vehicles in the city by encouraging the use of: bicycles, public transport, shared private vehicles, pedestrian mobility. Limit travel by plane as much as possible by favoring the use of the train, not necessarily at High Speed. Try to oppose against the fashion of cruise tourism.
- 2** Water: do not drink bottled water but, where possible, prefer tap water which often has better organoleptic characteristics and is subjected to rigorous quality controls. Always use water sparingly.
- 3** Biodiversity. Antibiotics: only when indispensables! 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 exception.
- 4** Ionizing Radiation: X-rays should not be carried out unless a specific clinical indication.
- 5** Nutrition: Limit the foods of animal origin and industrial production. Give preference to fruits, vegetables, whole cereals and legumes, better if fresh, from your local area, and cultivated according to current season and in a biological way.

*released: 1 April 2015*

*last updated: 1 April 2021*

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



Recommendations from

ITALIAN ASSOCIATION OF DIETETICS AND CLINICAL NUTRITION – ONLUS

Last updated: March 2021

**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**

## AIGO Italian Association of Hospital Gastroenterologists and Digestive Endoscopists

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

- 1 Do not prescribe endoscopic examination when low-waste, less invasive alternatives endorsed by evidence-based clinical guidelines are available.
- 2 Do not take mucosal biopsies when the histopathological results would not change the patient management.
- 3 Do not plan most elective endoscopic procedures on an inpatient basis if they can be performed safely without hospitalization, to avoid overnight hospital stays.
- 4 Do not use single use endoscopes regularly as they should be reserved for highly selected patients, on a case-by-case basis (immunocompromised patients or those with multidrug-resistant bacteria).
- 5 Do not abuse of periprocedural and intraprocedural medication and prefer their use only when strictly indicated (e.g. avoid inadequate antibiotic prophylaxis and saline fluid intravenous solution)

released: 1 March 2023

last updated: 1 March 2023

Bortoluzzi F, Sorge A, Vassallo R et al. Sustainability in gastroenterology and digestive endoscopy: position paper from the Italian Association of hospital gastroenterologists and digestive endoscopists (AIGO). Dig Liv Dis 2022; 54: 1623-1629



## Five Recommendations from the International Society of Doctors for the Environment – ISDE Italian section - **FOR A GREEN GENERAL PRACTITIONER** - released: July 2023

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

1	Do not focus on illness: don't forget <b>primary prevention and health empowerment</b>
2	<b>Do not prescribe periodic examinations</b> without a specific diagnostic hypothesis
3	<b>Do not prescribe drugs first</b> in many chronic illness but advise lifestyles modifications
4	<b>Do not routinely prescribe metered-dose inhalers</b> but dry powder inhalers
5	<b>Do not use printed medical prescriptions</b> but transmit prescriptions electronically



## 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.

**Primary prevention** (physical activity as well as healthy diets) and **Nature prescribing** could be an alternative to unnecessary prescriptions of drugs and can promote deprescribing: a project in Aosta Valley in Italy >> **Reducing demand for health services – Advocacy role of physicians**

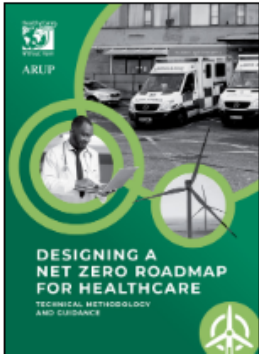
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Technical methodology and guidance

## Designing a net zero roadmap for healthcare: Technical methodology and guidance

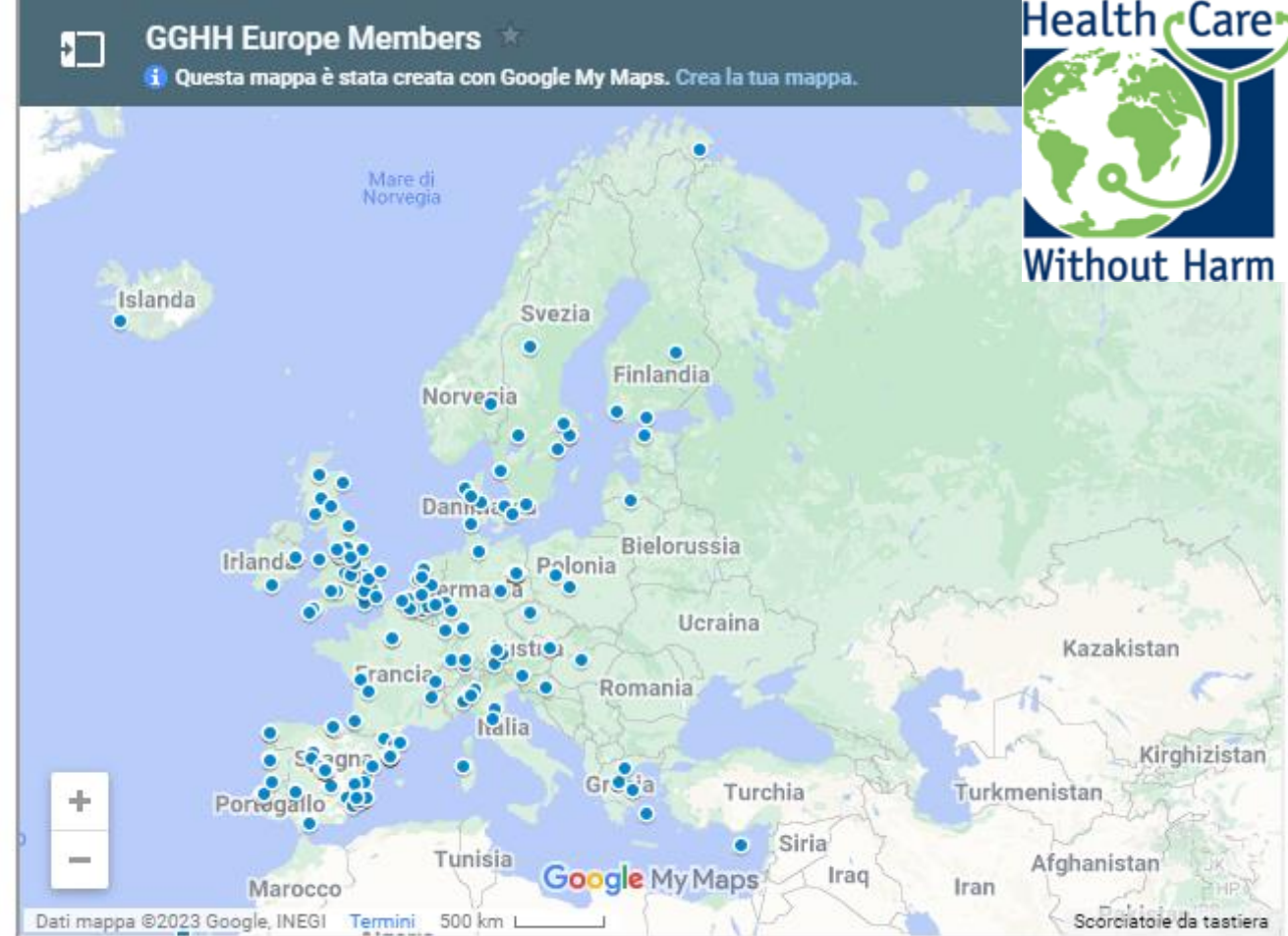
Document Type: **PDF** | Language: **English**

Tags: **climate-smart healthcare, net zero healthcare, Decarbonisation**



Our latest Climate-smart Healthcare publication, *Designing a Net Zero Roadmap for Healthcare: Technical Methodology and Guidance*, supports any national or regional health authority to measure its healthcare emissions and develop a Paris-compatible decarbonisation roadmap.

Developed as a part of our *Operation Zero* project, in collaboration with Arup and three national and regional health ministries/authorities, this methodology was developed for the healthcare sector by the healthcare sector.



We look forward to a collaboration of **Choosing Wisely** with leading international organizations such as **Global Green and Healthy Hospitals (GGHH)** and **Health Care Without Harm (HCWH) Europe**

It will be very important to include appropriateness of care, the role of healthcare professionals as well as the implementation of **Choosing Wisely recommendations** in the Road Map for approaching the objectives indicated by the Paris agreements (**cobenefits**).

<https://greenhospitals.org/>

<https://noharm-europe.org/>



## A proposal for a Road Map to reduce the ecological footprint of healthcare

- Reduce greenhouse gas emissions from buildings
- Limit transfers and improve transport efficiency
- Reduce the volume of medical waste
- Promote healthy and sustainable diets
- Contain environmental pollution from drugs and anesthetic gases
- **Improving the appropriateness of care**

### **The ecological footprint of health care: what health professionals should do**

Bonaldi A, Venero S, Giustetto G, Romizi R. L'impronta ecologica dei servizi sanitari: cosa dovrebbero fare i professionisti della salute. *Il Cesalpino* 2022;56:14-17