

# CLIMATE ACTION FOR GENERAL PRACTITIONERS



## WHY SHOULD GPs BE CONCERNED

5.5% of all climate emissions in Norway come from the health sector (1):  
this is **TWICE** that produced by air travel (2)  
Hospital, and primary care/community services produce similar  
amounts of emissions (1)  
Approximately 80% of GP emissions relate to prescribed medicines (3)



## WHAT CAN BE DONE IN THE WORKPLACE?

### RECIRCULATE

Recycle glass, metal and organic waste, such as food.

Don't buy new - look to **repair** broken equipment

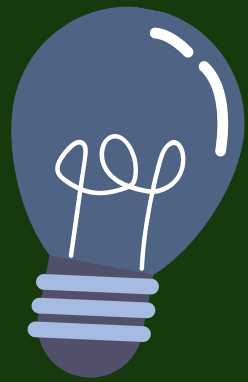


### SAVE ENERGY

Turn off unused computers or use **portable** PC's

Use **timed thermostats** to regulate office temperatures

Turn off lights in unused spaces



### TRAVEL

Encourage use of public transport or bicycles to work

Choose local updates/courses or, if not possible, use public transportation

Consider digital attendance at meetings



### GOOD HABITS

Avoid unnecessary use of disposable equipment

Consider using equipment that can be sterilized

Good hand hygiene can replace gloves



## WHAT CAN YOU DO AS A DOCTOR?

### CHOOSE MEDICINES WISELY

Aerosol based inhalers are a major contributor to GP emissions (3).

Using **powder-based alternatives** (or RespiMat) can cut emissions up to 400 CO<sub>2</sub>e/yr - equivalent to **2-3 flights** between Oslo & Trondheim.

Most patients will be able to manage this change



### REMOTE CONSULTATIONS?

Consider using remote consultations

Remember to discuss this with appropriate patients



### ENCOURAGE PATIENTS

Climate friendly choices are also healthy choices!

Eating more plant based

Being more active - bike or walk as transportation



### AVOID OVER-INVESTIGATING AND OVER-TREATING

Check patients' medicines - especially those on repeat prescriptions

Keep up to date with the **Choosing Wisely-campaign** and other advice on sustainability (5,6)



**Sources** 1: "Klimagassutslipp i helse- og omsorgssektoren". Helsedirektoratet (2023) 2: "Høring - rapporten fra ekspertutvalget for klimavennlige investeringer". Den norske legeforening (2022) 3: "Sustainable and environmentally friendly general practice". British medical association (2020) . 4: "Nytt om legemidler". Statens legemiddelverk (nr 18, 2019). 5: <https://www.choosingwisely.org>. 6: <https://www.bma.org.uk/media/2570/bma-sustainable-and-environmentally-friendly-general-practice-report-june-2020.pdf>.