Quick wins to promote sustainable prescribing

- Liquids meds less sustainable -crushing meds/enable kids to swallow tablets
- Review multiple dose meds –atorvastatin 30mg, ramipril 7.5mg
- Tablets V injectables e.g SGLTs Rybelsus oral (semaglutide) first line
- Improve use of refill options – Spiriva, Respimat
- Swop insulin single use pens to penfills -Tresiba pens/Novopen cartridges
- Consider combination products
- Synjardy (empa/metformin), Xigduo XR (dapa/metformin)
- Bempedoic acid 180mg/ezetimibe 10mg (Nustendi)
- Combination tamsulosin/dutasteride
- Vagilux 10mcg has reusable applicator (estradiol 10mcg vag pessary)
- Consider increasing durations of treatments where appropriate
- Repeats 56/84 days

  3M versus 1m injections Zoladex/Prostap

Tackle overprescribing/deprescribing

- multiple creams/oints/shower gels –watch out for NH requests
- Review use multiple meds e,g multiple prescribing for analgesia
- Caution with drugs known to increase risk of bleeding –multiple SSRIs/SNRIs
- Antibiotic stewardship
- Compass items that link directly to sustainable prescribing
  - Implement ‘stop list’
  - Review ‘drugs less suitable for prescribing’
  - Review highest cost ‘specials’
  - Reduce unnecessary BG testing

Other considerations

- **Make every contact count** –bloods, LTC reviews
- **Virtual care -**encourage more online/telephone communications
- **Less posting**
- **BP self-monitoring**
- 25% of NHS carbon emissions coming from **medicines wastage**
  - Automatic ordering of repeats
  - Scripts not collected
  - Medicines not taken
- Being aware of the harm of **water contamination**
- **Optimising medicines use**
  - Evidence based medicines
  - Med reviews
- **Wish list for NI**
  - Recycle schemes-inhalers, blister packs
  - electronic prescribing –the long wait!



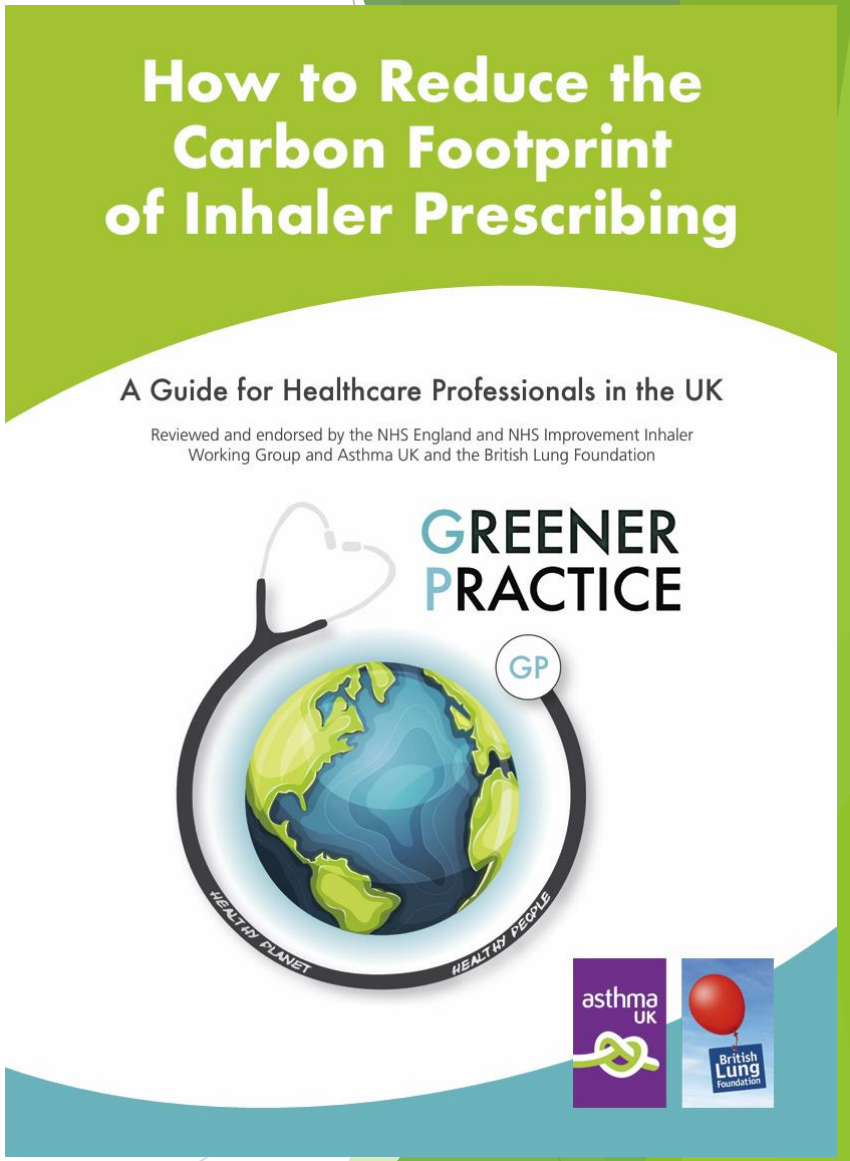


Greener Practice - greenerpractice.co.uk

- Informative website
- Asthma toolkit → →
- Local groups (inc NI)

Pharmacy Declares - pharmacydeclares.co.uk

- Resources for pharmacists



QI resources

1) SusQI website - susqi.org



- Helpful step by step guide

2) EURIPA planetary health QI ideas - euripa.org/page/planetary-health

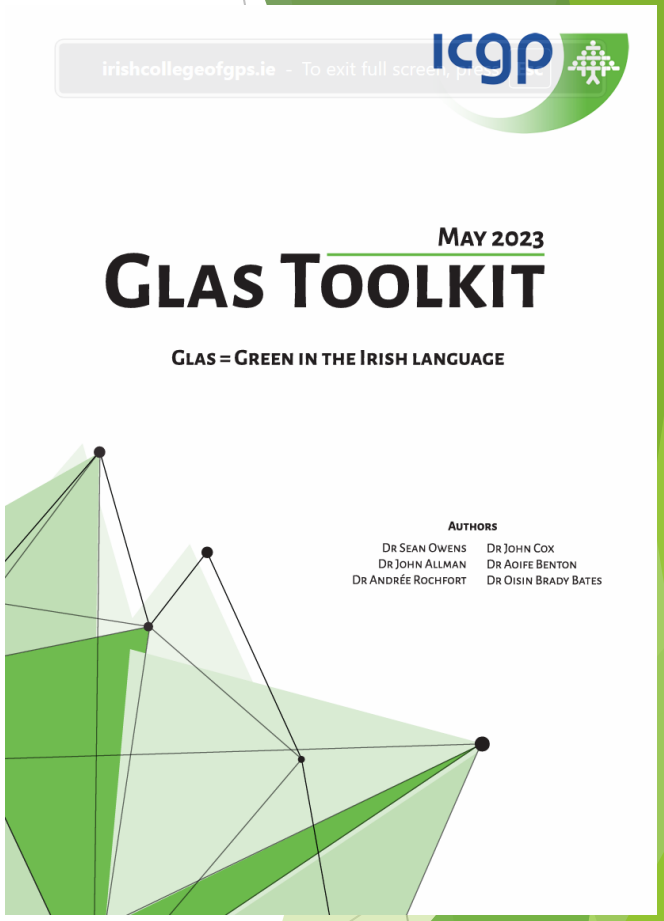
- 5 small QI project ideas

Toolkits

Green Impact for Heath

- toolkit.sos-uk.org/greenimpact/giforhealth/login

(To register code is 134)



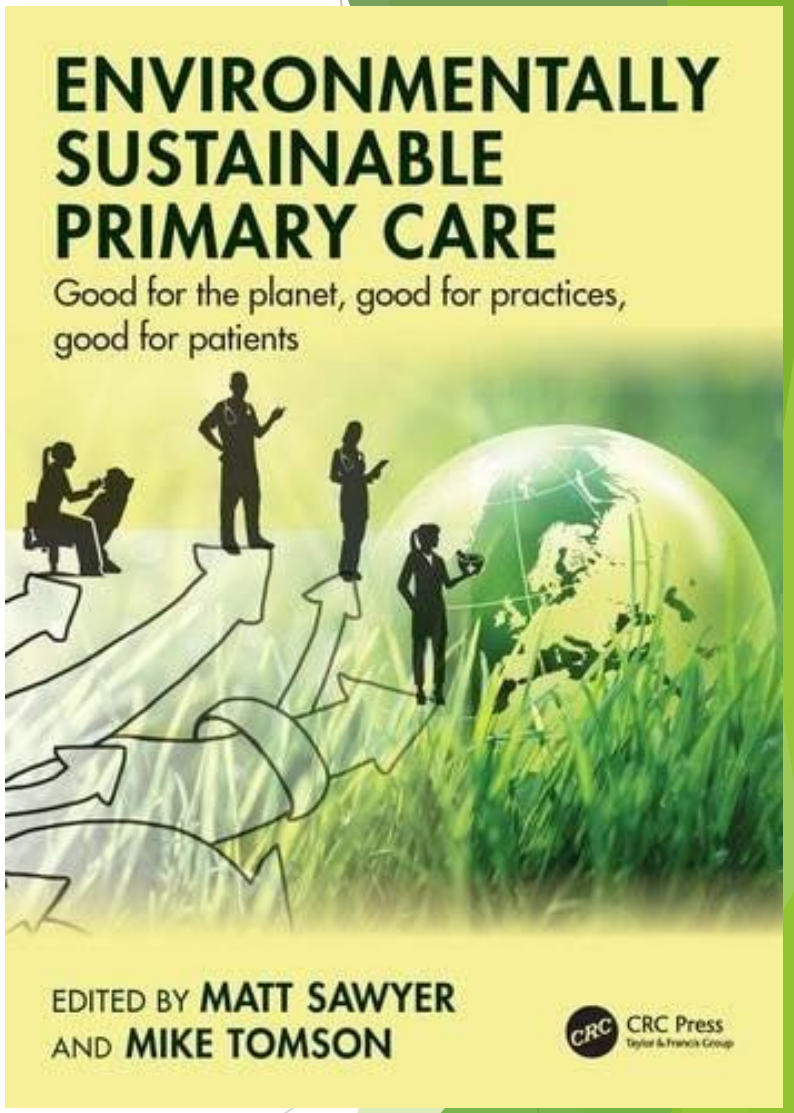
ICGP ‘Glas’ Toolkit

- irishcollegeofgps.ie

RCGP Net Zero Hub - elearning.rcgp.org.uk

- E-learning modules
- Non-clinical decarbonisation guide





NEW BOOK – available from Nov ‘24