

Welcome

Welcome back after an unexpected hiatus caused by the reallocation of our time and energy to the first phase of COVID-19.

It has not been an easy time.

Perhaps this shouldn't have come as such a surprise. Pandemic flu has been sat high on the 'Likelihood v Impact' graph of the National Risk Register of Civil Emergencies since 2008 when they started producing them. The National Risk Register provides information to the public about risks that could cause 'serious disruption' to their lives and how the Government is identifying, assessing, preparing for, and dealing with, such emergencies. Risks included on the register range from terrorist attacks to natural events like flooding. It is based on information from the National Risk Assessment (NRA), which is a classified assessment of risks that could happen in the United Kingdom (UK) over the next five years. Updated editions were released in 2010, 2012, 2013, 2015 and most recently in 2017. Throughout these six editions there remained one constant. Every National Risk Register has pandemic flu as the most probable and devastating threat to the UK. The government knew it would likely happen and that it had cataclysmic potential.

With this knowledge we should have had time to prepare...

As a global community we need to take heed like never before!

There is a climate and ecological emergency ahead of us. It does not fit neatly into the NRA 5-year assessment timeframe. However it is linked to a number of emergencies listed (including pandemic disease) and presents an ever concerning risk that could cause serious disruption to people's lives and human civilisation as we know it.

It is time to re-energise our efforts like never before. We hope as many of you as possible can join us on 21st October for WEAN's 2nd Annual Conference.

If there was ever a time to start transforming the way we do things, then we believe it is now.

- WEAN Committee

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Newsletter produced and edited by our amazingly talented (soon to be) 5th year Medical Students: Tiffany and Ryan (with a little help from the WEAN committee: Fiona, Farzad, Alex, Jayne and Dan)



Follow us on Twitter:

@WelshEnviroNet





Join our virtual conference
from the comfort of your own
home!

James Hospedales and Maggie Fay:
EarthMedic and EarthNurse
Scott Brady: Healthcare Without Harm
Jane Davidson: Future Generations Act
Tom Downs: Bevan Exemplar Fellow
Amarantha Fennell-Wells: Welsh
Healthcare Sustainability Fellow
Fiona Brennan: Uncovering carbon
hotspots
Farzad Saadat: Updating Drawdown

Consultants £25
Trainees £10
AHP & students FREE
CPD POINTS - TBC

BOOK YOUR STUDY LEAVE NOW
21ST OCTOBER 2020



Welsh Environmental Anaesthesia Network

2020 ANNUAL CONFERENCE

To book your space or submit an abstract
please drop us an e-mail:
walesenvanaesnetwork@gmail.com

Bevan Exemplars Advert

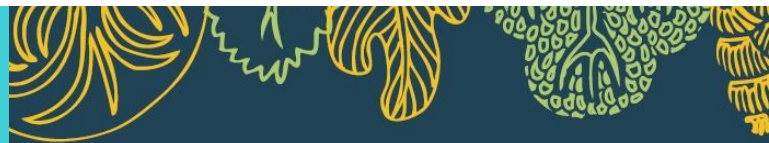
The Bevan Commission have put out their annual call for Bevan Exemplars. This year it includes a section for **Climate Smart Healthcare** proposals amongst other things. In return they will provide you with a programme of knowledge, skills and leadership development, facilitate access to expert leaders and provide coaching and mentoring to support you in running and implementing your proposal.

Closing date 15th September 2020

For more information and to apply see
<https://www.bevancommission.org/bevan-exemplars>

Dr Tom Downs, FP2 based in Ysbyty Gwynedd has been working with them this year. See his take on what is needed for a healthy recovery for Wales.

<https://www.bevancommission.org/post/a-healthy-recovery-for-wales-a-wake-up-call-for-planetary-health>



BECOME A GREEN CHAMPION

The Association of Anaesthetists is looking for at least one anaesthetist to volunteer from every hospital in the UK and Ireland

The network aims to coordinate local participation and implement national initiatives, in order to improve sustainability in health care

More details on how to apply and what the role involves can be found by clicking the link below



<https://anaesthetists.org/Home/Resources-publications/Environment/Environmental-champions-network>

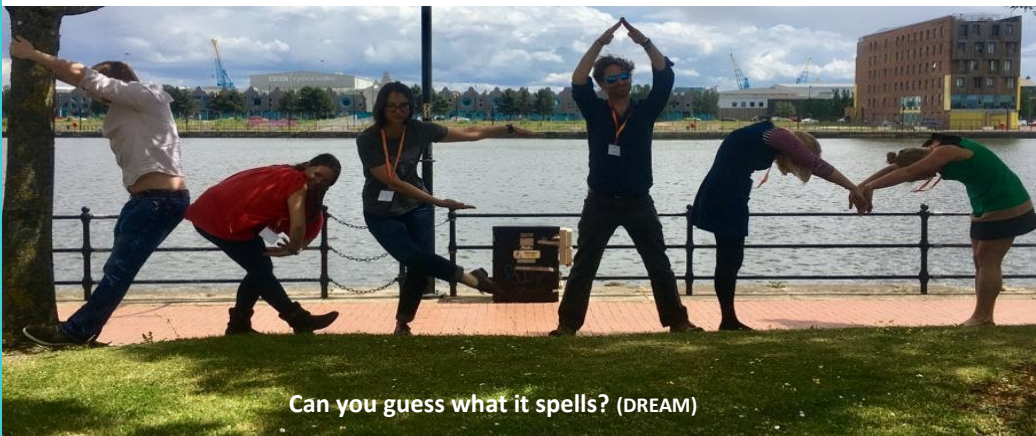
WEAN's Success Stories

Looking back over last year's accomplishments

One thing we can't 'wean' from is great achievements...

Alongside working hard on the big fish like 'Project Drawdown', (which so many of you are contributing to and deserve a massive round of applause for!) we know there is a huge amount of hard work being put into other sustainability projects throughout Wales. Here are a few of the WEAN stars and their recent successes that we wanted to share and applaud!

- ◇ **Dr Eluned Fisher** (ST4, University Hospital of Wales) **OAA Trainee essay competition 2019: Junior Category 2nd Prize Winner**: 'How Can We Reduce the Environmental Impact of Obstetric Anaesthesia?'
- ◇ **Dr Keiran Gillick** (CT2, Royal Glamorgan Hospital) and **Dr Stephanie Wallis** (ST5, University Hospital Wales) who have both been independently shortlisted for 'Green Stars' at the **Association of Anaesthetists Winter Scientific Meeting January 2020**.
- ◇ **Dr Saba Iqbal** (ST6, University Hospital Wales) (along with Drs I. Patchell, C. Griffiths, E. Thomas, H. Johnson-Hughes and S. Rassam) shortlisted for an **oral presentation at the Association of Anaesthetists Trainee Conference 2020**: 'Reducing the financial and environmental burden of mechanical thromboprophylaxis'.
- ◇ **Dr Anna Williams** (ST7, Ysbyty Glan Clwyd) shortlisted for an **oral presentation at the Association of Anaesthetists Trainee Conference 2020**: 'A survey on current anaesthetic practice and attitudes amongst anaesthetists in Wales with regards to sustainable healthcare'.
- ◇ **Dr Farzad Sadaat**, (ST5, University Hospital Wales). For his hard work co-ordinating Project Drawdown, his contribution on behalf of WEAN and hundreds of healthcare workers to the Welsh Government calling for environmental issues to be prioritised as part of a healthy recovery following the pandemic and starring in the recent 'Healthcare Leadership Academy Live episode: Climate change and Sustainable healthcare'.
<https://www.youtube.com/watch?v=FL1TstsDyZ4&feature=youtu.be>
- ◇ **Craig Holley** (ODP, Royal Glamorgan Hospital) for quietly turning off the desflurane vaporisers and 'just' double checking if people really want to use it or not. We like your style!
- ◇ **Dr Fiona Brennan & Mr Dan Morris** (Sustainable Surgery in Wales, CAVUHB) recently shortlisted for **BMJ Awards 2020** under the category of 'Sustainability and Climate Action Team'.



Can you guess what it spells? (DREAM)

Reserve your place at
the annual webinar and
email

walesenvanaesnetwork
@gmail.com

ABUHB Balancing the Triple Bottom Line

Dr Poonam Bopanna and Dr Jenna Stevens
Consultant Anaesthetists ABUHB

It is a time of change for ABUHB with the planned specialist critical care centre due to open next year. As we try to improve outcomes for patients and our population in general, it is a good time to consider how we reduce our impact on the environment and build a sustainable workforce. We are the first health board in Wales to conceptualise and develop a staff led Climate Change Network.

The members are passionate individuals from different specialities medical and allied. We have immense support from the management to carry out a broad range of activities to try and reduce our impact on the environment. The main ethos are the 5R- Reduce, reuse, recycle, rethink, and research. We meet every month to discuss issues and ideas. So far we have been able to influence the restaurant to serve staff in recyclable takeaway containers and their own lunch boxes. Biodiversity activities and resilience have been actively promoted and this is evidenced in the Llanfrechfa walled garden community and the design of the new hospital gardens to be sustainable. The health board also has a Going Green page on the intranet which provides a wealth of information on energy, recycling, travel and transport.

Within anaesthetics we have adopted the project Desflurane draw down led by Dr R Walpole and Dr Farzad Sadaat. Desflurane has been removed from the back bars of anaesthetic machines and over the last 5 months there has been a 90% sustained reduction in desflurane usage. After adjustment for a slight increase in sevoflurane usage this is a saving of 40,000kg of CO2 equivalents. Our health board has at least 5 awake regional anaesthesia lists weekly.

This is an area where we currently balance the triple bottom line in every aspect. We have collaborated with RecoMed and are awaiting delivery of bins to recycle facemasks. We have the waste management team from works and estates due to visit shortly and map out how we can streamline and reduce incineration waste and encourage recycling.

Health, wellbeing and fatigue are constantly discussed currently. Within our health board we have free lunchtime massage and wellbeing sessions available at all the different sites. These are run by trained staff usually in the chapel. The uptake and satisfaction with these sessions have been immense. Within our department there are mentors available and one of our biggest assets is our fantastic coffee room where all grades of anaesthetists congregate to talk about work or life. Building on this a CIRCLE (Critical Incident Reporting for Change and Learning) was introduced a few years ago. It is our chance to discuss that difficult case or situation, learn and disseminate information.

Over the next few months the Climate change network hope to put forward their agenda for agile working and carry on working on sustainable travel and transport strategies. Within anaesthetics we hope to keep down our desflurane usage and increase the uptake of regional anaesthesia. We are due a feasibility visit to SAGE tech shortly. It is an exciting time with opportunity to bring about real change and we are enjoying the challenge.

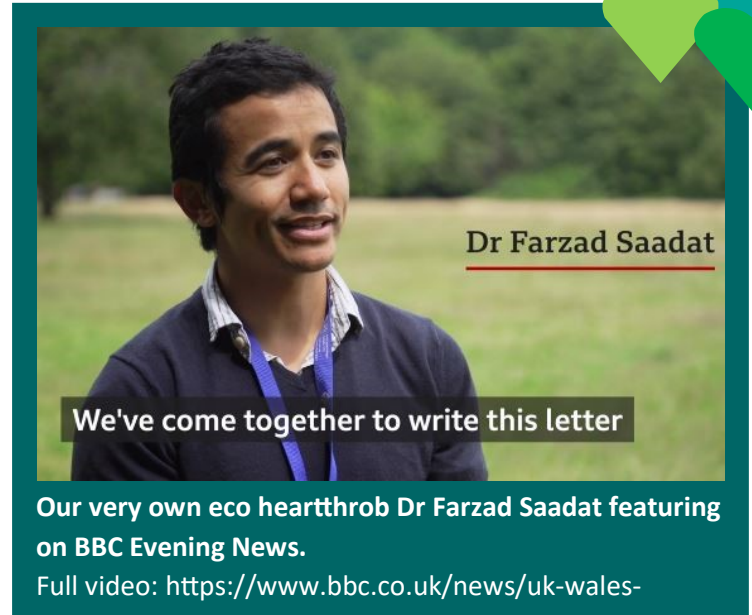


WEAN hits the headlines

WEAN have recently featured on the BBC evening news, lobbying the Welsh government to reduce pollution and carbon emissions.

Not content with reducing the impact of anaesthetic practice across Wales, WEAN have recently branched into government lobbying. We were one of a group of signatories of a letter sent to the Welsh government, drawing attention to the need to build back from the COVID-19 crisis in a manner that is mindful of the environment, stressing the link to population health. Other signatories were, Ysbyty Gwynedd Green Group, Students for Global Health and the British Association of Dermatology Environmental Sustainability Working Group.

Yasmina from Ysbyty Gwynedd and Farzad Saadat from WEAN were both given the chance to speak on the S4C and BBC about the link between the environment and our health. Last year air pollution contributed to an estimated 40,000 deaths in the UK, as well as being a well documented cause of chronic lung disease and cancer. The WHO estimates that by 2030 there will be 250,000 annual deaths attributable to climate change. Whilst the BBC headline of 'Health professionals say climate change will be worse than COVID' was headline grabbing, it is, sadly, accurate.



The Welsh Government has responded to say that the environment is at the forefront of their plans as they build back from lockdown. We are delighted to have played a part in raising awareness of crucial environmental issues and are now trying to raise our profile as a wider organisation, and perhaps this won't be the last time WEAN makes the national headlines.



WEAN Conference

Abstract
submission deadline:

2nd October!

WAAREN Update from Anna Williams

After a Coronavirus induced hiatus, we are hoping to launch VOLT (Volatile vs TIVA) across Wales. This project will capture data across Wales on how much volatile vs TIVA is commonly used and the environmental impact and economic cost of these. We will need interested trainees and consultants in each site as trainee leads and PIs respectively. Watch this space for more information in the coming months.

Check out our website <https://www.waaren.com>

Follow us on Twitter [@waarengroup](https://twitter.com/waarengroup)

Contact us via email waarencommittee@gmail.com



Recycling update



COVID -19 has had a dramatic impact on everyone's working practices. In University Hospital Wales there is a renewed drive to restart waste segregation and recycling from our waste management team. Guidance about what can be done safely is not yet confirmed but we are working together on this. WEAN have been in contact with the AAGBI who have confirmed their waste management streaming guideline is still in progress and we look forward to sharing and implementing it as soon as it is available. If you have any guidelines or advice to share about what is being achieved in your trusts please get in touch through our e-mail, WhatsApp group or our new twitter account.

You may recall a company called RecoMed who were mentioned in last year's conference. They recycle plastic oxygen tubing and masks. Their collections are currently on hold as they restructure their waste collection and expand processing capacity. They hope to be in a position to recruit new hospitals by the end of this year, or early next year.

If you are interested in finding out more, contact Mick Claes via e-mail: mclaes@axiongroup.co.uk

Education corner

WEAN Conference

21st October

Free for AHPs and students!

Inspiration

Health Leadership Academy Live series. It features discussions from health care professionals on different topics each week.

<https://youtu.be/FL1TstsDyZ4>

The globalised supply chain of the suture: industry and healthcare organisations' responsibility to sustainable healthcare. Our very own Dr Fiona Brennan is a co-author with her fellow surgical colleagues.

<https://publishing.rcseng.ac.uk/doi/pdf/10.1308/rcsbull.2020.144>

Check out the newly formed NGO EarthMedic "EarthMedic and EarthNurse seek to partner with individuals and organisations of like mind to address planetary health issues, which are the health of human civilisations and the state of the underlying natural systems that support it."

<https://earthmedic.com/>

Education

Link to the Association of Anaesthetists Facebook page where you can keep up to date with recent Anaesthetics news and events. The Facebook page is free to join to anyone interested.

https://www.facebook.com/AssociationofAnaesthetists/about/?ref=page_internal

The Climate and Ecological Emergency Bill Campaign (CEEBill). "This Bill outlines the path needed to avoid the catastrophe outlined by the United Nations...it is farsighted aiming to protect those at risk now and in the future."

<https://www.ceebill.uk>

The article below also speculates the positive impact the CEEBill could have.

<https://www.robhoptkins.net/2020/08/18/why-the-climate-and-ecological-emergency-bill-could-lead-to-a-revolution-of-the-imagination/>

Online courses / Webinars

Free:

The Health Effects of Climate Change. Enrol to learn about the effects of climate change on air quality, nutrition, infectious diseases and migration.

<http://www.edx.org/course/the-health-effects-of-climate-change>

Free online course published by WHO, to gain insight into the topics discussed at the UN Climate Change Conference in December 2019.

<https://www.who.int/news-room/detail/28-11-2019-who-launches-online-training-on-climate-and-health-in-the-un-climate-negotiations>

Paid:

Sustainable Quality Improvement

Thursday, October 15, 2020 - 09:45 - 14:15

<https://www.eventbrite.co.uk/e/sustainable-quality-improvement-tickets-116630044...>

Carbon Footprinting for Healthcare

Thursday, October 22, 2020 - 10:00 - 14:00

<https://www.eventbrite.co.uk/e/carbon-footprinting-for-healthcare-tickets-116412...>

Webinars

Sustainability in Scottish Healthcare

Thursday, September 19 2020 - 09:00 - 11:00

Hear from a variety of speakers who are addressing sustainability in anaesthesia and operating theatres across Scotland.

<https://anaesthetists.org/Home/Education-events/Events/Event-Details/eventDateId/311>

Virtual conference examining the role of COVID-19 in preventing sustainability within healthcare. Join Fiona Daly along with other speakers to hear their solutions.

<https://www.gotostage.com/channel/1a6fb96e990947f79ee671976b822c07/recording/128a12115b104a07a59c03d1c881d752/watch>