

# PenSwitch

## A campaign promoting reusable insulin pens for sustainable diabetes care

Have you switched yet?

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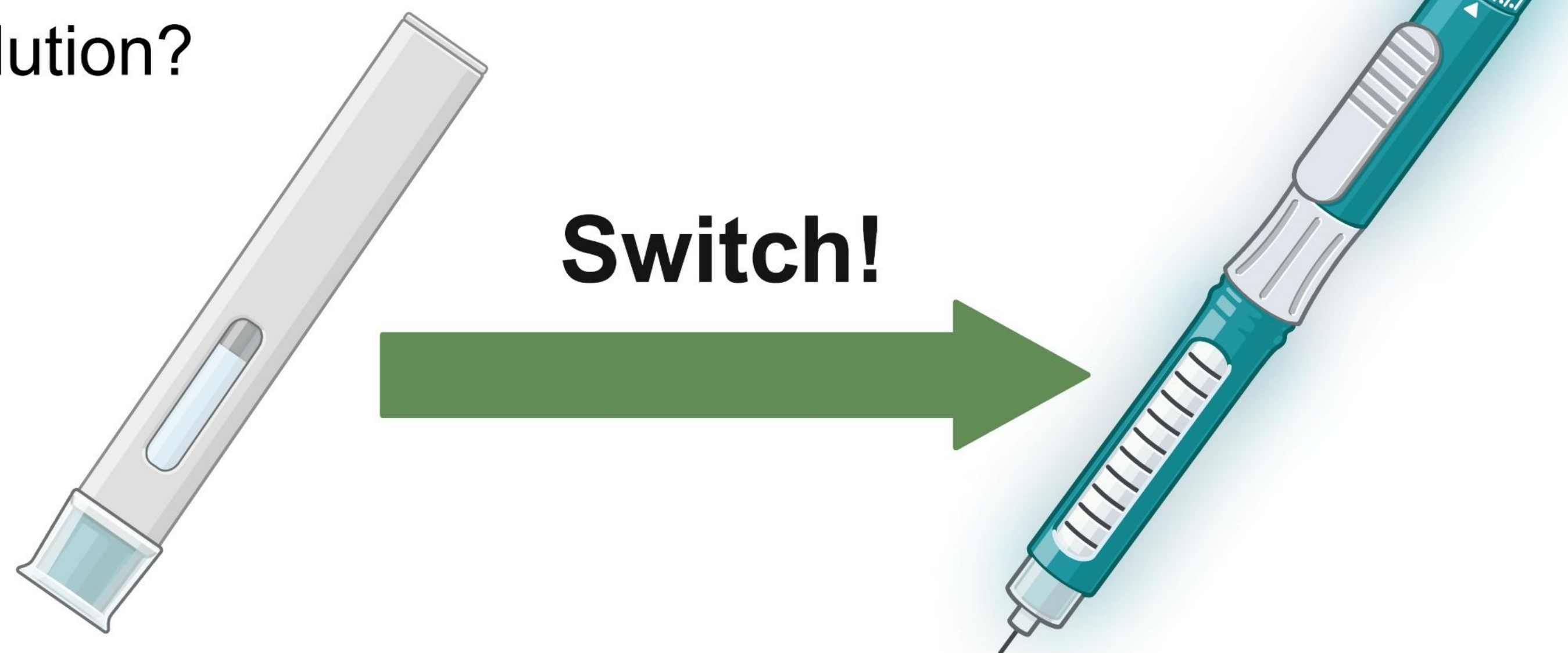
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**The Problem** (1)  
Disposable insulin pens generate:  
~8,549 tonnes CO<sup>2</sup> and  
~821 tonnes plastic waste each year

**Reusable pens:** (1)  
✓ 89% reduction in plastic waste  
✓ 40% reduction in carbon footprint  
✓ Reduced fridge space and sharps bin use

**Aim:** Switch 50% of disposable pen prescriptions in Devon to reusables over 36 months

The solution?



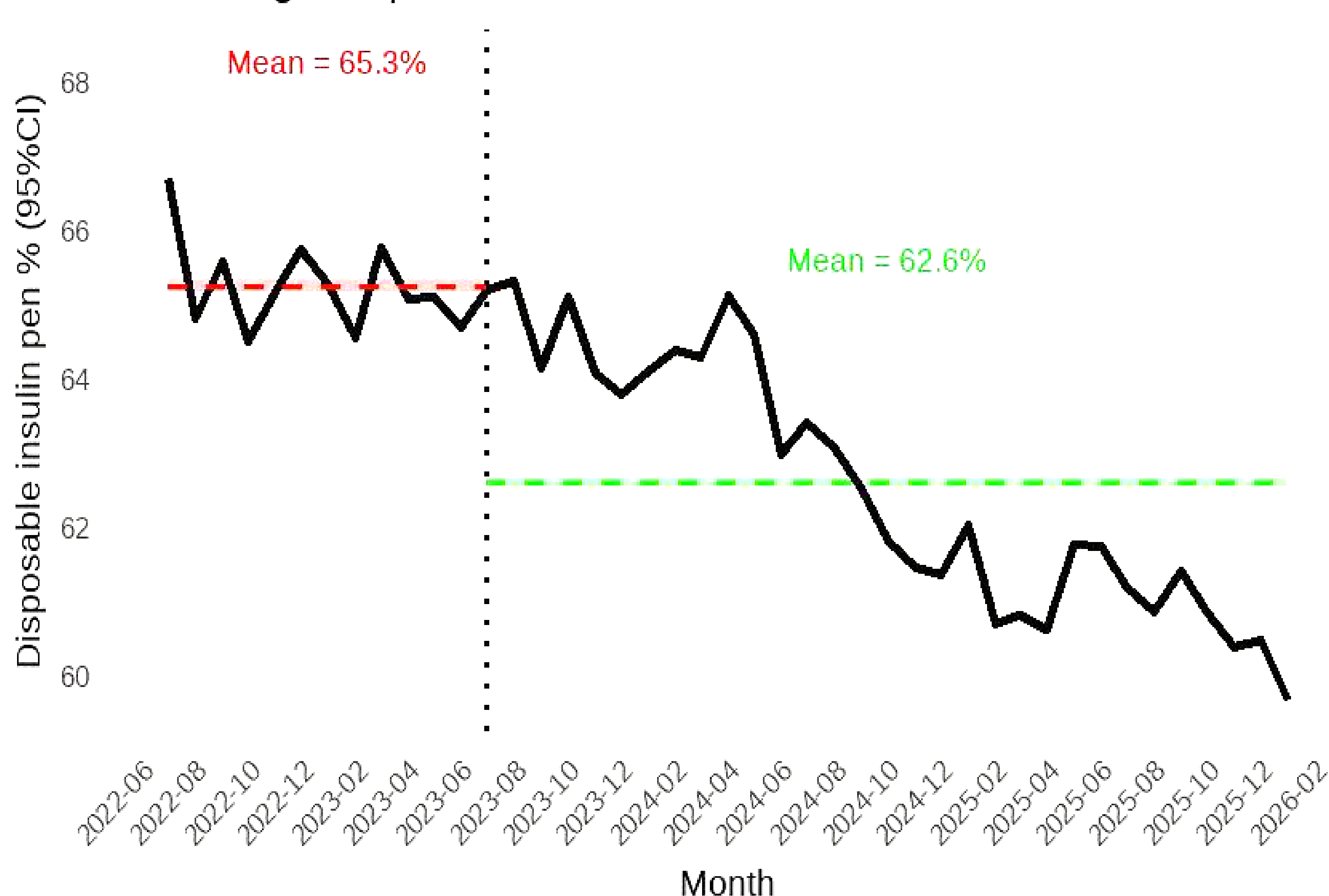
Created in <https://BioRender.com>

### System-level interventions used:

1. Electronic prescribing prompts
2. Local sustainable diabetes guidance
3. Public awareness campaign including BBC Spotlight
4. Quarterly emails to practices with prescribing patterns



Percentage Disposable Insulin Pens used in Devon (1)



### What changed? (1)

Pen prescriptions increased by 33,926.8  
Total plastic waste saved: 1,198kg  
Carbon footprint reduced by 15,310kgCO<sup>2</sup>eq  
Monthly averages:  
39.95kg plastic saved  
Carbon footprint 510 kgCO<sup>2</sup>eq reduction

**Conclusion:** High-quality diabetes care and sustainable prescribing are not competing goals

Learn how to access your prescribing

**Switch to a reusable pen**  
**A small change with a large impact**



### References:

1. Bennett Institute for Applied Data Science, University of Oxford. OpenPrescribing.net [Internet].