



Background

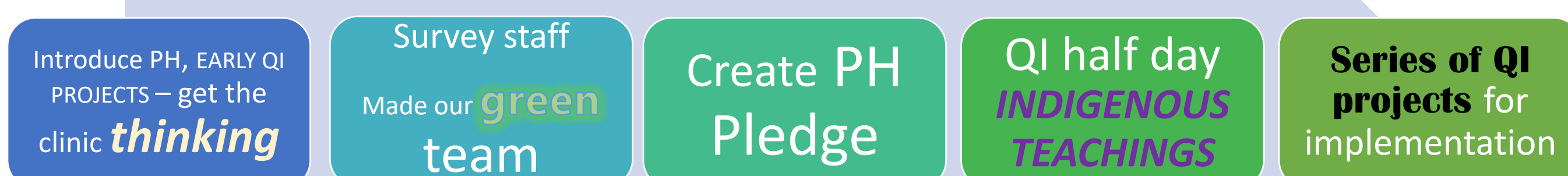
As impacts of climate change increase, community medical practices are applying Planetary Health (PH) principles to “green” their workplaces.¹ However, community-based physicians are often left unsupported in this process. There are some published tools which provide broad ideas for greening of clinical care, but few describe practical implementation strategies.^{2,3}

The University of Calgary (UofC) Central Family Medicine Teaching Centre (CFMTC) is in downtown Calgary, Canada and has 66 total staff and 11,000 patients).

We conducted key informant interviews, and then applied the COM-B theory of behaviour change⁴ to implement greening of our physical workspace, operations, and clinical care. The ultimate goal of this initiative is to provide workable, pragmatic strategies for greening primary care throughout the UofC Department of Family Medicine, including urban and rural teaching practices in southern Alberta.

Methods

Our change process



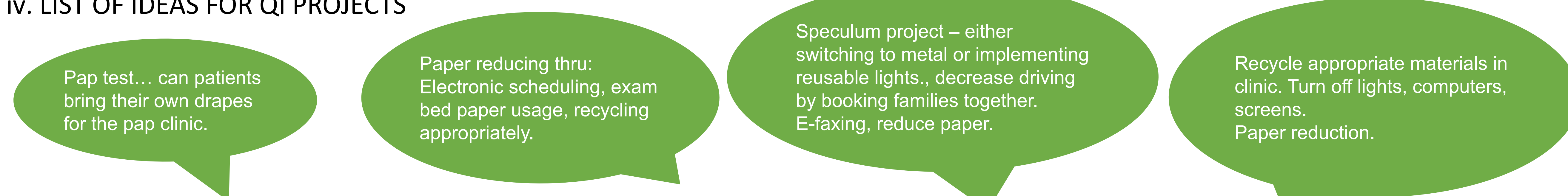
Our quality improvement process has 5 steps:

- 1) pre-work: present PH concepts to staff, including policy brief⁵ and literature reviews,² as well as information about early QI projects on climate-conscious inhalers, sterile glove reduction, and table paper waste reduction.
- 2) staff survey: establish interest, create Green Team,
- 3) pledge to action: create a clinic PH pledge (Figure 2),
- 4) large group session: quality improvement half day for all clinic staff: workshop QI initiatives and introduce Indigenous Ways of Knowing, and
- 5) small group workshop: develop QI projects for future implementation.

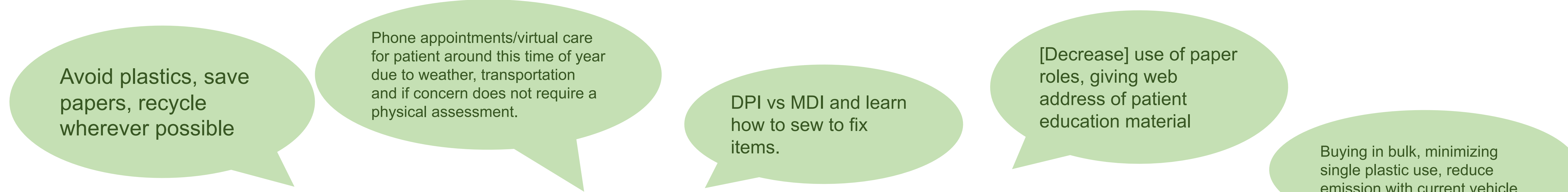


Results

- Early projects resulted in greater awareness of PH and **13%** reduction in use of climate-unwise metered-dose inhalers clinic wide.
- Initial survey results (n = 27)
 - a. Median 4 out of 5 felt it was important our clinic became environmentally friendly
 - b. 63% interested in advocating for change
 - c. Our green team grew from 3 to 9 individuals
- PH pledge becomes our own!
- QI half day
 - a. Indigenous Ways of Knowing, care for ourselves so we can care for the planet – Elder Pablo Russell
 - b. Workshop quality improvement projects
 - c. Update: **15%** clinic-wide reduction in climate-unwise metered-dose inhalers
 - d. Pre/post paired workshop findings (n=30) improvements in:
 - i. understanding of PH principles
 - ii. comfort in initiating quality improvement projects
 - iii. and 23, yes 23, new members added to our Green Team!
 - iv. LIST OF IDEAS FOR QI PROJECTS




i. LIST OF PERSONAL CHANGE IDEAS



**The Central Family Medicine Teaching Clinic
Planetary Health Pledge**

I, as a healthcare worker, solemnly pledge to:

- Practice my career with conscience and dignity and in accordance with good practice, taking into account planetary health values and principles.
- Advocate for equity and justice, inclusive of Indigenous Ways of Knowing, by actively addressing environmental, social, and structural determinants of health while protecting the natural systems that underpin a viable planet for future generations.
- Attend to our own health, wellbeing, and abilities in order to provide care and serve the community to the highest standards.
- Be a role model for my patients and society by embodying planetary health principles in my own life, acknowledging that this requires maintaining the vitality of our common home.



Conclusions

To date, the greening process at the CFMTC has engaged staff beyond expectations and will serve as an excellent framework for other UofC affiliated community primary care clinics to model as they begin their greening journey.

References:

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3. Hale I. Planetary Health for Primary Care. Report. CASCADES Canada; n.d. [cited February 16, 2024]. Available from: <https://cascadescanada.ca/resources/sustainable-primary-care-toolkit/>.
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5. Wicklum SC, Svrcek C, Nuique K, Kelly M. Building climate-resilient and sustainable healthcare: A plan of action for Alberta Health. O'Brien Institute for Public Health: Health Horizons Policy Brief Series [Internet]. 2022 [cited 2022 November 7]. Available from: <https://obrieniph.ucalgary.ca/public-health-policy-briefs>.