

The pandemic has exacerbated the challenge of providing health and care services that can support people to manage their own health to avoid significant disease progression and the development of serious conditions. We have an opportunity to improve outcomes and reduce healthcare demand by focusing on, and enabling, effective prevention of illness at key encounters with your GP surgery, such as new patient registrations and chronic disease management. We are also looking at ways that we can contribute to the decreasing of the carbon footprint of the NHS as a whole as we all play a part in this.

To work towards this, we are currently working on two Quality Improvement Projects.

Healthy Behaviours

We have introduced a lifestyle medicines clinic which will initially be focusing on new patient's blood pressure and at a later date other long-term conditions.

Green Inhalers

We are working with our GP colleagues across Wales to support Welsh government and work towards decreasing the carbon footprint of the NHS. Pharmaceuticals are the second highest contributing factor towards the NHS carbon footprint, and the largest contributor in general practice.

Of this, inhalers account for 3-4% of the whole NHS carbon footprint and metered dose inhalers (MDIs) that use hydrofluoroalkanes (HFA) propellants which are potent greenhouse gases. In the UK approximately 70% of inhalers used are MDIs which is much higher than many other European countries.

Our project this year is to help achieve the targets of the NHS Wales Decarbonisation Strategic Delivery Plan. This means we are reviewing our patients who use inhalers regularly as some inhalers have a higher carbon footprint than others.