

No time to spare?

Simple swaps & practical prescribing tips to help busy GPs practise greener

Inhaler prescribing

If possible, prescribe DPIs instead of MDIs. Aim for AIR and MART regimes, as these are better for patients and better for the planet!



Medicine Stockpiling

On home visits, ask "can you show me your meds?" This can help address unused medicines and concordance issues, and aid deprescribing.



Depression

For mild/moderate symptoms, prescribe nature & physical activity first line rather than medications; efficacy is similar.



Dietary changes

Encourage a whole-food plant based diet to help improve numerous conditions including diabetes, CVD, high cholesterol, chronic pain, and more. Plant Based Health Professionals UK have free factsheets you can text & email patients.



Practice meeting

Add 'greener healthcare' as a regular agenda item so it becomes normalised at your workplace, positively affecting discussion and decisions, and helping your team to practise greener!

Couch roll

Update your policy to ensure staff only use it for intimate examinations/dignity, rather than for every patient.



Internet search engine

Switch your default search engine on your web browser to Ecosia (which uses Bing). This will bring up the same results, but also invests in environmental projects.



Iron prescribing

Prescribe OD or alternate days (leads to better absorption). Advise morning dosing, on an empty stomach, with vit C (e.g. orange juice). Limit Repeats to 3 months; most people don't need it indefinitely.



Vaginal oestrogen

Prescribe brands with no applicator (e.g. Imvaggis) or with a reusable applicator (e.g. Vagirux). Avoid multiple disposable plastic applicators.

Liquids to tablets

Liquids have a higher carbon footprint than tablets. Ask parents of children aged 5+ if they can swallow tablets. If not, direct them to KidzMed to help them learn!



Anticholinergics

Doing a medication review? Use the ACB score on SystmOne to help to identify potentially harmful combinations you can then aim to stop.



Turn OFF your computer

This saves loads of energy & usually doesn't take longer than just logging off. Remember to turn off your screen too; standby uses energy. Encourage colleagues to do the same!

Med Ed

Our ready-made QIP templates are perfect for registrars and trainees, helping them tick off e-portfolio requirements.

