

Decarbonising general practice – Net Zero

Your guide to a net-zero
action plan for non-clinical
emissions



Humber and North Yorkshire
Health and Care Partnership

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See Sustainability



**Humber and
North Yorkshire**
Integrated Care Board (ICB)



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Health and Care Partnership

Net-Zero Action Plan



What is a 'Net-Zero Action Plan'?

Introduction

A Net-Zero Action Plan can cover as many areas as the practice wishes. However, the major hotspots for non-clinical emissions for primary care to include in their plan are:

- Energy,
- Travel for patients and staff,
- Business services including IT and waste,
- Procurement covering medical and office equipment and consumables.

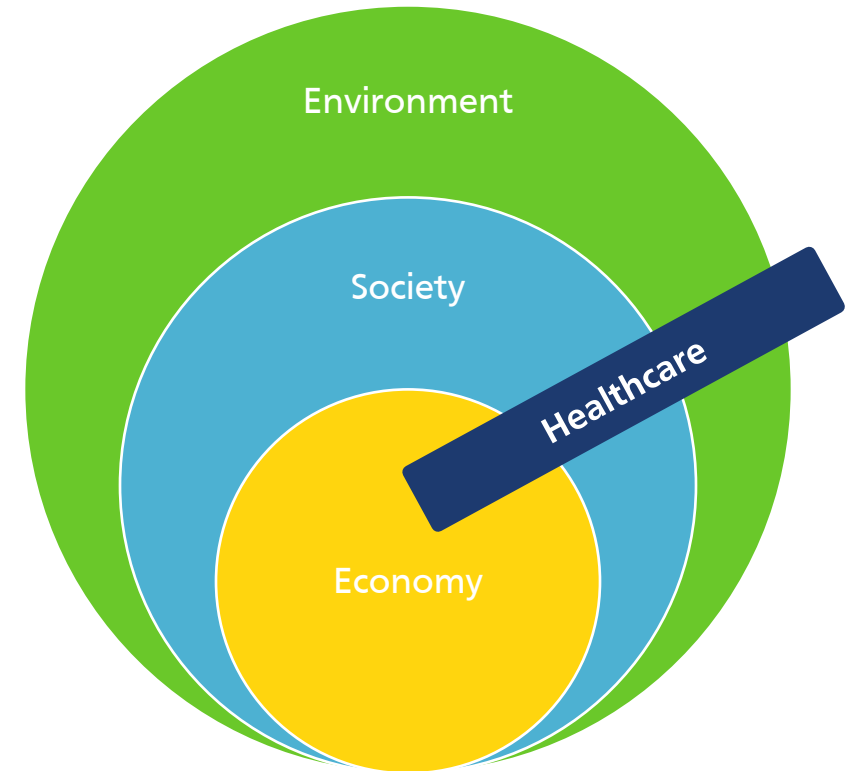
Before you start

What is already in place?

Look at the practice and identify good and great behaviour, ideas and systems that already exist.

Who needs to be involved?

Ultimately the aim is to involve all employees but at the start you need to decide who is best placed to lead the development of the practice plan.



Healthcare straddles **all** the above areas. It is influenced by the environment and impacts upon it; it is part of society, and it impacts on the economy both directly and indirectly.

Monitoring and measuring your impacts

As with all actions on a green action plan, you will need to build in a monitoring and measuring process to calculate how well your actions are leading towards your goals. This can fit with your annual QoF cycle.

Monitoring your actions is vital to make sure you are on the right trajectory and are on target to reach net zero as soon as feasible.

There are audit and other analysis tools available for each section of energy use, staff and patient travel, waste production, procurement and spend on business services.

There are plenty of carbon calculators and tools to use, such as [SEE Sustainability](#), [Compare Your Footprint](#) or [Smart Carbon](#) – who offer a simple and cost-effective way for you to measure the carbon footprint of your practice. There is no need for external consultants or additional specialist knowledge.

Target setting

You can use SMART planning to have Specific, Measurable, Achievable, Realistic and Timely goals so you know the aims to achieve and by when.



Implement your plan

1. Use the audit tools to identify carbon emissions for each aspect of non clinical emissions
2. Set a reduction strategy based on your priorities using SMART planning and
3. Complete the expandable guidance plan [here](#).

See [Frome Case Study](#) as an example.

Visit [SEE Sustainability](#) for a [downloadable action plan](#).

Develop your Net-Zero Action Plan

| | | Aim/target | | | | | |
|-----------------------|-------------------|--------------|-----|--------------|-----|--------------|-----|
| Area | Current footprint | 3 years time | | 6 years time | | 9 years time | |
| | | % reduction | How | % reduction | How | % reduction | How |
| Energy – electricity | | | | | | | |
| Energy – Gas | | | | | | | |
| Travel – staff | | | | | | | |
| Travel – patient | | | | | | | |
| Business services | | | | | | | |
| Procurement – Medical | | | | | | | |
| Procurement – Office | | | | | | | |
| | | | | | | | |
| Total | | | | | | | |

Forms can be downloaded [here](#).

Case study: Frome Medical Practice Plan to reduce their footprint

Frome Medical practice have had their carbon footprint calculated and have worked on reducing their emission hotspots. An extract is below.

| Area | Action |
|--|--|
| Measure Patient travel Staff travel (via travel survey completed in March) Energy Procurement | To work with SEE sustainability to measure our current carbon footprint, collate all data Spring 2021 and submit for analysis. To evaluate our report in summer 2021 and focus on any additional changes. |
| Staff travel | To look at plans to reduce carbon from travel to work through exploring alternatives, home working where appropriate. To measure NHS miles and reductions we can make through adoption of virtual meetings. Exploring electric bike and car options. |
| Patient travel | Promoting active transport. Encouraging less visits to the practice through telephone triage, video calls etc. Focusing on Chronic disease "one stop" clinics. |
| Procurement | Continued work to improve the knowledge of our supply chains and make improvements which reduce carbon. |
| Energy | To look at how we make the practice carbon neutral for energy. We currently have 100% renewable energy supplier and solar panels. The next step is look at alternatives with our landlord such as air source heat pumps. |
| Carbon literacy | To have a carbon literate workforce with 75% having completed training and working towards accreditation in this area so we maximise organisational impact and individual impact. |

Example of a low carbon general practice

What could a practice look like in the process of decarbonising their non-clinical emissions?

| Area | Current footprint (kg CO ₂ e) | Aim/target | | | | | |
|-----------------------------|---|--|---|-------------------------|--|----------------------------------|--|
| | | 3 years time | | 6 years time | | 9 years time | |
| | | % reduction | How | % reduction | How | % reduction | How |
| Energy - Electricity | 46,000 kg CO ₂ e | 25% in use 100% green | Green team, behaviour change, energy audit. Change to 100% renewable. | 50% | Install on site generation, more efficient equipment. | 75% | Intelligent building management system for heating. |
| Energy – Gas | 37,000 kg CO ₂ e | 20% in use | Improved insulation, reduced losses. | 80% | Replace with ASHP/GSHP. | 100% | Gas free premises. |
| Travel – staff | 46,000 kg CO ₂ e | 25% | Incentivise those closest to walk or cycle. | 50% | Actively encourage bike to work scheme, e-bikes, install facilities. | 75% | Install EV charge point at surgery, encourage those who travel most to EV. |
| Travel – patient | 24,000 kg CO ₂ e | 20% in use | Promote walking scheme, actively push active travel. | 80% | Look at practice boundary, install EV charge point for patients. | 90% | Arrange with local bus service re requirements. |
| Business services | 30,000 kg CO ₂ e | 20% in service use 25% fall in carbon | Identify services which are no longer needed. Use lower carbon services in the biggest hotspots. | 50% reduction in carbon | Actively identify further low carbon services; using only services with a decarbonisation plan in place. | At least 75% reduction in carbon | Use only carbon neutral suppliers for all new suppliers. Audit and press current suppliers to achieve carbon neutrality. |
| Medical procurement | 24,000 kg CO ₂ e | 25% | Audit and identify medical equipment and consumables. Manage stock better. | 50% | Identify alternative clinical pathways to reduce single use. | 75% | Identify reusable medical equipment; remove single use; 100% at end of life to refurb service. |
| Office procurement | 20,000 kg CO ₂ e | 20% in use | Paper free with digital as default for communication. | 50% | Use recycled equipment as default via Warp-it etc. | 100% | Remove all single use materials; only use suppliers with net zero policy. |
| Total | 227,000 kg CO₂e | | | | | | 40,900 kg CO₂e – 82% reduction |

How to use your influence

Anna Lappe is quoted as saying *"Every time you spend money, you're casting a vote for the kind of world you want"*. We can use our purchasing power for our energy, business services and procurement.

In addition to the power of our choices, we also have the power of our voices, and this is another one that we underestimate.

- Use your voice – ask your suppliers for better, demand change.
- Seek our suppliers who have measured their footprint and who have put in place positive changes
- Tweet brands and retailers to let them know if you're not happy with something (and indeed if you're really happy with something!).

We already influence our patients through our work, but we can use our trusted voices to help reduce carbon emissions for our practice, our staff, our patients and their families and the wider community we work in.

Tell others if you declare a climate emergency as a practice. Help to declare is [here](#).

Climate change is 'odd' as a challenge as we are all the **villains** but also all are potentially the **heroes**. It's why it can be such a hard sell as it requires everyone to look inward as well as outward.



Summary

What can I do first?

1. Measure your emissions
2. Set a decarbonisation target to zero
3. Make an action plan and take action

What could I prioritise?

1. Reduce energy use and decarbonise what is used
2. Make active travel default choice for staff and patients and decarbonise the rest
3. Reduce all procurement and use low carbon options for what is used