

Environmentally Sustainable Primary Care

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Quiz 1

1. If somebody moves from being a meat eater to being plant based, which one of the following is the reduction in their dietary carbon footprint?
 - A 20%
 - B 25%
 - C 33%
 - D 50%
2. **True or False.** Planning perfect climate actions is more important than getting on and starting something.
3. In 2019, primary care was responsible for what proportion of the NHS carbon footprint?
 - A 5-6%
 - B 12-15%
 - C 20-23%
 - D 31-33%
4. In the UK, what proportion of the carbon footprint of primary care is due to medication?
 - A 15%
 - B 30%
 - C 45%
 - D 60%
5. Looking at the provision of dental services, which of the following is or are true?
 - A Provision is better in areas of greater deprivation
 - B Greater private provision is associated with better services for the population as the benefits trickle down the system
 - C The poorer the population, the harder dental services are to access
 - D provision of services is worse in more areas where there is little public provision
6. The biggest carbon footprint in UK dentistry comes from which one of the following
 - A The creation of amalgam and resins for filling
 - B Maintaining the premises and keeping the premises at an appropriate temperature
 - C The travel of patients and staff
 - D The use of single use plastics and other plastics in dental practices

7. Which one of the following is the greatest carbon footprint related to an eye test?
- A Travel
 - B Energy use in the optometrist premises
 - C Procurement (including spectacles and lenses etc) by the practice
 - D Waste and water use by the practice
8. Though every prescriber might want to think that they only prescribe what is necessary, reviews of prescribing suggest that a % of prescriptions are unnecessary. What proportion of prescriptions do studies suggest are not necessary?
- A 2%
 - B 7%
 - C 10%
 - D 15%
9. **True or false.** Prescribing medications for 28 days is best for those who are on a stable medication mix and who are understood to have good concordance.
10. For a child's prescription which one of more of the following is or are true:
- A Liquid medication is more likely to be acceptable and so is environmentally better
 - B It is never appropriate to crush the medication as this normally alters the properties of the drug
 - C Orodispersible formulations are best
 - D Using KidzMed approaches is better financially, for the environment and for the patient
11. **True or false.** Considering Hay Fever, which of the following is or are true?
- A Hay fever is commoner in UK now because the average pollen levels are increasing with hotter temperatures
 - B Warm and wet weather promotes grass pollen, and trees produce more pollen if the previous summer was hot
 - C Co- exposure to air pollution and allergens increases the problem
 - D Clothes left or worn outside when temperatures cool will carry pollen that has settled on them causing the person to have hay fever even on days with low pollen counts
12. **True or false.** Considering disposable menstrual products, which of the following statements is or are true?
- A They are mostly cotton and contain little plastic
 - B They are 90% plastic products
 - C Most menstrual products take about 500y to break down
 - D They are in the top 10 items found on beach cleans

13. Avoiding overprescribing is dependent on patients in Primary Care being offered approaches based on good evidence which is applicable to their situation. A review of NICE guidelines relevant to primary care looked at what percentage of recommendations which were based on evidence derived from populations typical of primary care and found the figure was
- A 88%
 - B 63%
 - C 45%
 - D 38%
 - E 21%
14. **True or false. Over prescribing.** In those over 75 years old, which of the following are true?
- A Frailty is an inevitable part of ageing and there is no prevention
 - B Reducing polypharmacy in those who are old and frail is beneficial
 - C NICE recommendations for management of hypertension are to aim for a target BP of below 140/90
 - D The optimal BP (i.e. with the lowest mortality) in this age group is 165/85
 - E Somebody with a Rockwood or Clinical Frailty score of 5 is classified as having moderate or severe frailty
15. **True or false.** While some diseases are purely genetic, many chronic diseases are caused by a mix of environmental and genetic factors. Some environmental factors are best addressed by governments or society (e.g. air pollution) and some environmental factors are possible to address as an individual. Which of the following are True?
- A 16% of Western European deaths can be attributed to genetics
 - B The ability of an individual to change their lifestyle is linked to their power and rank
 - C 15% of leukaemia is inherited from parents
 - D Changing the behaviour of a population or the risks to a whole population is likely to be more effective than working on individual choices
16. Across the UK, what proportion of GP surgeries are built on flood plains? (Answer this question for your country in UK! The proportions are different!)
- A 3%
 - B 5%
 - C 7.5%
 - D 10%
 - E almost 20%

17. According to Mike Berners Lee, how much life is lost for the whole community for each mile travelled across a town or city in an average diesel car?
- A Ten seconds
 - B One minute
 - C Three minutes
 - D Six minutes
 - E Twelve minutes
18. In 2019, how many people died globally due to exposure to particulate matter (PM 2.5) according to WHO?
- A 0.7 million
 - B 3.7 million
 - C 6.7 million
 - D 12.1 million
19. What proportion of all water on the planet is accessible for human use as freshwater in ponds, lakes and rivers?
- A 0.03%
 - B 0.3%
 - C 3%
 - D 30%
20. What proportion of the world's population faces a significant flood risk?
- A 3%
 - B 13%
 - C 23%
 - D 33%
21. Which one of the following is **not** in the top six global crops providing plant derived energy?
- A Oilseed rape
 - B Wheat
 - C Maize (or corn)
 - D Potato
 - E Soybeans
22. **True or false.** Behaviour change is crucial (as well as societal change). Which of these statements about behaviour change are true?
- A It is important to be absolutely balanced and scientific detailing all the negatives as well as outlining positives
 - B Humans, because they are good at being logical, respond best to facts and logical explanations
 - C Social norms are important so doing stuff with other people is key so that they can belong
 - D It is more effective to use the language of the people you are talking with than to use the right technical terms
 - E 'Positive deviants' are dangerous and to be avoided