

**WELCOME
TO
QIMP 2: WASTE**



Outcomes from today

By the end of this session you will have...

A quick **overview of the Waste QIMPs**
Case studies – what have other practices done?

Resources available to you

Action planning on your chosen QIMP

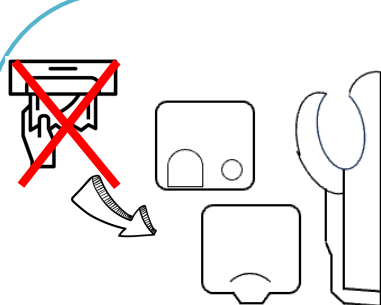
An understanding of the **evidence**
needed to secure your **ICB funding requirements**





What we will cover in this QIMP 2: Waste Webinar

In this hour, we'll walk you through the business case for your practice making at least 1-2 of the following behaviour changes:-



B1. Replacing paper towels with electric hand dryers in your toilets.

1.



B2. Putting used, unsoiled couch roll + paper towels in your green recycling bins instead of yellow clinical waste bins.

2.



B3. Replacing paper letters with e-letters and text messages to patients via NHS app or text.

3.



B4. Educate your workforce about unnecessary glove use post COVID.

4.



B5. Replacing paper fit notes with e-fit notes via AccuRx.

5.



B1 Paper towels to hand dryers

Let's take a look at the business case for Action B1 in terms of cost + carbon saving :-



How much money do you think switching from 'paper towels' to 'hand dryers' could save your practice?

A typical practice uses 10 paper towels per hour.
That's 25,000 paper towels/ year costing c. £600.
A hand dryer = a one-off cost of c. **£100¹**
(+ installation and basic electricity costs.)



25,000 paper towels / year!

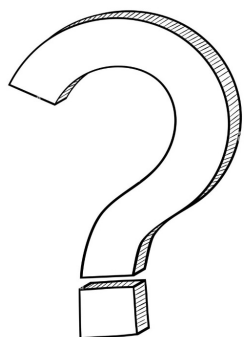


Image credit: Cam & Uley practice, Glos

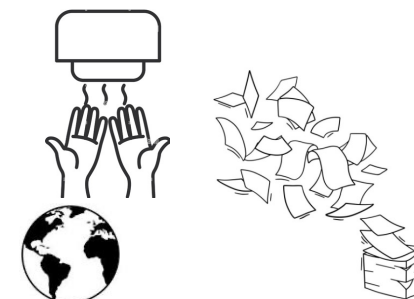
What level of carbon reduction do you think this action would save for your practice?

An estimated **300kg Co2e²** - that's almost 1/3 of 1 tonne.³

Here's a simple poster you could put up to thank patients and staff for supporting you. ->

HELPING YOUR PRACTICE GO GREENER

Thank you for using our hand dryers. This year, we have saved **£500¹** and over **300kg** of CO₂e².

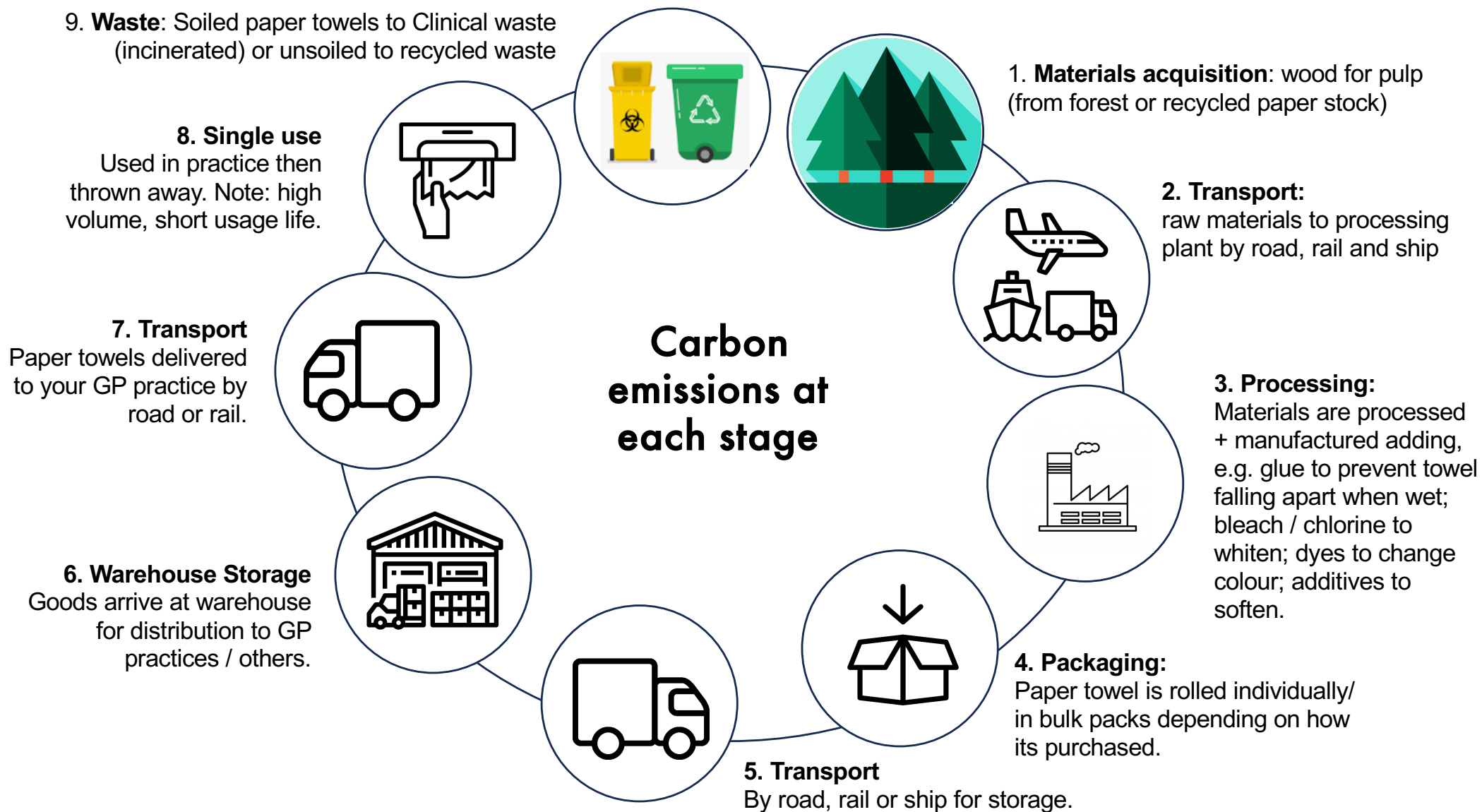


¹ this is from cost savings on paper towels

² this is how a carbon footprint is measured

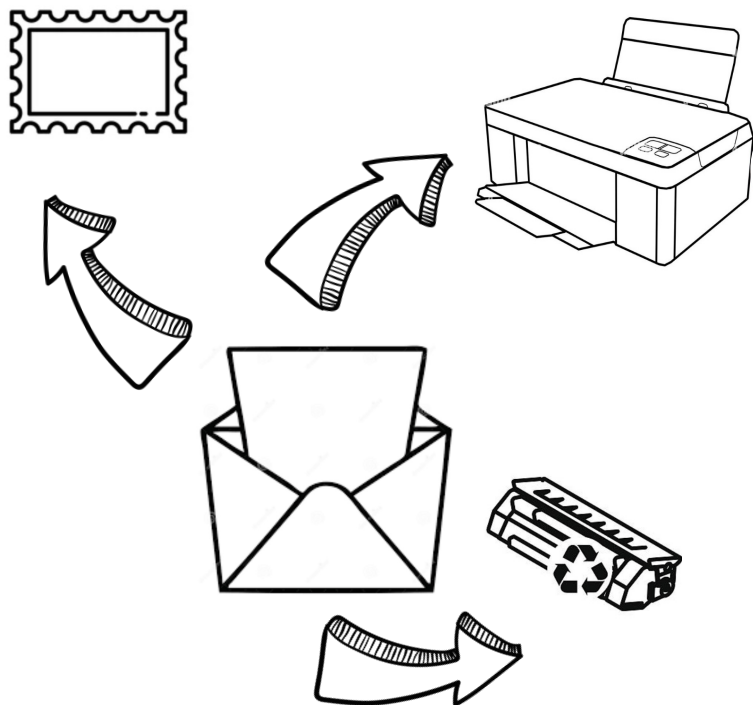


Life cycle of paper (B1, B2, B5)





B2 Letters to NHS app or text

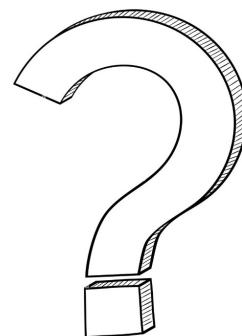


Think about the whole 'ecosystem' of costs that sit around sending a letter, e.g. stationery, stamps, printer + ink cartridges.



How much money do you think switching from 'snail mail' letters to 'text' could save your practice?

Estimated financial savings per 1000 letters is £1,100 (before postage.)
For an 11,000 patient practice = **£3,500.**

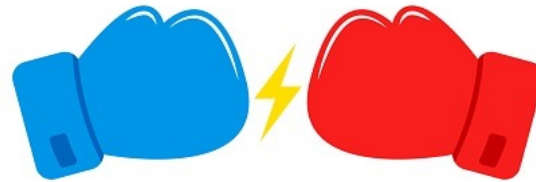


What level of carbon reduction do you think this action would save for your practice?

This action saves an estimated **140kg Co2e!** - that's about 1/7th of 1 tonne.



Letters



E-letters,
texts or
NHS app

Poster ideas – for staff:



**Think before you print: do we
really need to send this letter by
snail mail?**



Poster ideas – for patients:



**You might receive a message via text,
email or the NHS app from us soon. Help
us reduce our environmental impact for
paper and post by 10% this year*.**



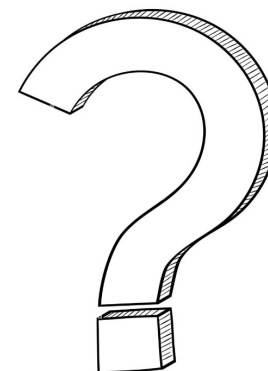
*We will be times when it is still more appropriate to send a letter. Please talk to our friendly Reception Team if you have any concerns about receiving messages electronically.



B3 Recycling unsoiled but used couch roll



WHICH BIN?



RECYCLING



£114

NON-CONFIDENTIAL PAPER, CARD, CANS, BOTTLES. ALSO CONSIDER NON-KERBSIDE RECYCLING SCHEMES LIKE TERRACYCLE & REFACTORY WHO TAKE PACKAGING ITEMS E.G. BLISTER PACKS, NEEDLE CAPS, & SOFT PLASTIC

DOMESTIC



£142

PAPER TOWELS, STICKY STRIPS FROM PATHOLOGY BAGS. ALSO PLASTIC WRAPPERS (E.G. FROM SWABS, SYRINGES, DRESSINGS, COIL KITS, ETC) & NEEDLE CAPS, BUT ONLY WHERE NO RECYCLING BOX SCHEME EXISTS (SEE LEFT)

OFFENSIVE



£241

INFECTION NOT SUSPECTED BUT CONTENTS CONTAINS BODY FLUIDS, E.G. SANITARY PADS, INCONTINENCE PADS, SOILED COUCH ROLL, NAPPIES, USED GLOVES

INFECTIOUS



£475

WASTE FROM PATIENTS WITH KNOWN INFECTIONS E.G. WOUND DRESSINGS, INFECTED SWABS, PPE USED FOR INFECTED PATIENTS

COSTINGS ARE APPROXIMATE PER TONNE, FROM 'LESS WASTE, MORE HEALTH: A HEALTH PROFESSIONAL'S GUIDE TO REDUCING WASTE' (2018, ROYAL COLLEGE OF PHYSICIANS). SCAN QR CODE FOR MORE INFO



Do you know the cost of the different bins / waste streams your practice generates?

It costs the NHS more if you generate 'offensive waste' (£241 per tonne) or 'infectious waste' (£475 / tonne). The estimated savings are 860kg CO₂e per tonne of waste saved from incineration.

The best saving is in the waste you don't generate in the first place!



B3 Reusing used but unsoiled couch roll



Thank you for using this **YELLOW** bin for **soiled CLINICAL WASTE** only.

Did you know that **used unsoiled** couch roll + paper towels can be placed in the **GREEN RECYCLING** bin, saving us cost and carbon? ==>





B4 Reduce unnecessary glove use

As a group, discuss 3 examples of areas where we might not need glove use: Do we really need to use gloves when we ...

- Taking blood
- Patient care – moving a patient from chair to bed
- Handling medication

Common myths we might need to bust around gloves being better than handwashing:-

- Infection control – who decides about this in your practice?
- Patient experience
- To avoid skin irritation / dermatitis

When to wear ?- ‘when wet, sticky and not yours’



B4 Educate staff about great hand hygiene

Who makes decisions in practice about infection control?

Resources available for you from UCLH:-

1. A cover letter to the pack explaining its contents
2. A document for staff that can be emailed or printed which outlines the project in more detail
3. A read out that can be used at team meetings
4. A letter than can be given to patients that would like to know more about the project
5. Posters for gloves off that can be printed and put on the walls.

UCLH link here:

<https://www.uclh.nhs.uk/news/gloves-better-safety-and-greener-nhs>

For any general questions about the Gloves Off Campaign, please contact uclh.sustainability@nhs.net





B4 Great posters on this topic

NHS
University College London Hospitals
NHS Foundation Trust



Gloves Off

Don't use gloves (unless you are at risk of infection or contact with blood or bodily fluids) when:

- Taking patient's vitals (eg blood pressure, temperature etc)
- Examining or touching a patient
- Assisting a patient with food and drink
- Giving vaccinations
- Administration tasks near a patient (eg answering the phone, using a computer)
- Moving a patient's belongings
- Tidying the bedspace

Be mindful... hand hygiene **FIRST** gloves only if required

Always follow [hand hygiene guidance](#) before and after assisting a patient, even when gloves are required.

uclh



Royal College of Nursing

Staff don't always need to wear gloves when delivering care

Only wearing gloves when needed is safer.

Using fewer examination gloves is better for staff, patients and the environment.

Please feel free to talk to us about this if you have any questions.

IN COLLABORATION WITH
Mölnlycke **3M**
Johnson & Johnson
A family company

Glove Awareness Week : 2-6 May 2022 #GAW22 rcn.org.uk/glove-aware

Glove Awareness Week
2-6 May 2022
#GAW22

Royal College of Nursing



Gloves on?

- When in contact with blood/body fluid, non-intact skin, or mucous membranes.
- When in contact with chemical hazards such as disinfectants, preserving agents or cytotoxic drugs.
- Only when hands are thoroughly dry (post-hand washing or alcohol rub) to reduce risk of dermatitis.
- When in an operating theatre, or carrying out a high risk procedure, it is recommended to double glove.

Gloves off?

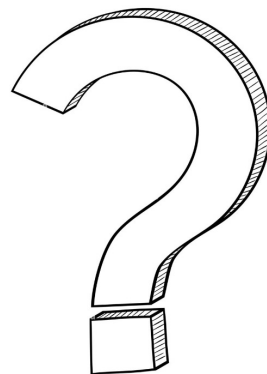
- As soon as gloves are suspected to be damaged.
- When no longer in contact with blood/body fluids, non-intact skin or mucous membranes.
- When a single aspect of patient care/treatment has ended (e.g. gloves may be required to empty a urinary catheter before providing mouth care).
- When it's necessary to carry out hand hygiene.
- When contact with chemicals has ended.

in collaboration with

“Research says that nurses and other HCPs put on gloves because they think it is protecting their patient in some way - but it’s not. The gloves used are non-sterile nitrile gloves, so your clean hands are better for patients. We should only wear those gloves if we’re going to come into contact with a bodily fluid, non-intact skin, or mucus membrane.” – GOSH Practice Educator, Nicola Wilson



B5 Fit notes via AccuRx rather than paper



How much time and cost do you think patients and practices use to get people to physically come and collect a 'fit note'?

The estimated savings per 1000 letters is **£1,100** (before postage) and **140kg CO₂e**. **£3,000** for postage for an 11,000 patient practice plus cost of ink cartridges, printer, stationery etc.



The average distance a patient travels is 2.5km to visit a practice

+

cost of car travel (**£1.50** and **275g CO₂e** / mile) or bus travel (c.**£2** for a return fare and **46g CO₂e** / mile)

VERSUS

cost to your practice of e-sending (base level electricity costs + messaging software costs)



Comparison of QIMP 2 – Waste Choices

	1. Install Hand dryers	2. Recycling unsoiled couch roll	3. E-letters, texts and NHS app	4. Reduced glove use	5. Fit notes via AccuRx
Cost saving (p/a)	£500 (ex installation costs +basic electricity use)	£127 per tonne of waste	£1,100 per 1,000 letters (before postage)	£6 per box of 100 gloves (the average 11k px practice uses 25,000 p/a). If practice reduces by 50%, the saving is £750.	1000 sheets of paper - £8.00
Carbon saving (CO₂e)	300kg	860 kg per tonne of waste	140kg	325kg of CO ₂ e saved with a 50% reduction.	1202 kg from 1000

N.B. The exact figures will vary by practice. It's also worth considering where a one-off investment would lead to a long-term cost reduction. For example, investing in a £100 hand dryer would reduce the ongoing costs of buying 1,000s of paper towels each year.



Evidence needed to secure your ICB funding requirements

On the See Sustainability website, there's a full list of sample templates for the Waste QIMPS in the Resources Section: <https://tinyurl.com/mpfman36>, e.g, if we look at switching to hand dryers:-

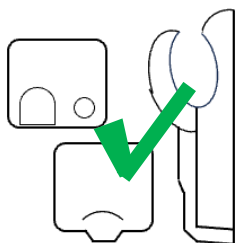
<small>B1</small> Please select a suitable toilet to switch from paper towels to an electric hand drier (the more heavily used the quicker you will pay back the cost of the hand drier)
Please ask your cleaning staff to weigh the wastepaper towels from that toilet over the course of a week and insert the figure in kg.
Please insert the date of your switch to a hand drier, model and make.
Please calculate the paper weight of wastepaper towels you will now save over the course of a year.

1. Please select a suitable toilet to switch from paper towels to an electric hand drier (the more heavily used the quicker you will pay back the cost of the hand drier).
2. Please ask your cleaning staff to weigh the wastepaper towels from that toilet over the course of a week and insert the figure in kg.
3. Please insert the date of your switch to a hand drier, model and make.
4. Please calculate the paper weight of wastepaper towels you will now save over the course of a year.



What covered in this QIMP 2 – Waste Webinar

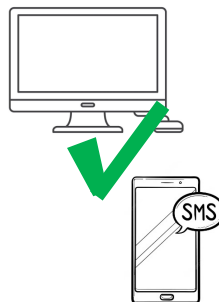
In this hour, we've walk you through the business case for your practice making at least 1-2 of the following behaviour changes so now you are ready to choose the right ones for you:-



B1. Install electric hand dryers in toilets.



B2. Unsoiled couch roll/ paper towels ->put in green bin.



B3. Send e-letters/ text messages to patients via NHS app / text.



B4. Educate workforce about hand hygiene.



B5. Set up system to send e-fit notes via AccuRx.



**We hope you feel enthused and informed about which actions to pick and how they'll boost your finances and your reputation as a sustainable GP practice.
Thanks for listening! 😊**



Next Steps?

We have a series of other webinars coming up from now until the end of November, as follows:-

Medical QIMPs: Oct 24th, Nov 1st, 14th and 30th

Waste QIMPs: Oct 25th, Nov 7th, 15th and 23rd

Testing QIMPs: Oct 19th, Nov 2nd, 21st and 28th

Find out more here: <https://tinyurl.com/38829afx>



Who can you usefully share the knowledge about these w
your practice / practitioner group?



Resources List: Waste QIMP

Here are the links from today's webinar for future reference. Feel free to up-date us with any more you know of and we'll share it with other practices to improve our collective knowledge bank:-

1. Hand dryer info: <ul style="list-style-type: none">- information on hand driers bought by other practices- understand carbon footprint for everyday practice activities: https://howbadarebananas.com/- lifecycle of paper towel: https://prezi.com/muzmfoorlgyp/paper-towel-life-cycle/	4. Reduced glove use info: <ul style="list-style-type: none">- Dr Rumina Önaç's site: https://www.thegreeningoflife.com/- RCN resource page: https://www.rcn.org.uk/Get-Involved/Campaign-with-us/Glove-awareness/resources#GAWresources- GOSH 'Gloves off' resources: https://www.gosh.nhs.uk/news/gloves-are-off/- WHO steps of handwashing
2. Unsoiled couch roll info: <ul style="list-style-type: none">- example of sign on bin from local practice- poster showing cost of different methods of waste disposal in primary care	5. E-fit notes via AccuRx info: <ul style="list-style-type: none">- carbon footprint information for consumables and utilities in primary care via https://howbadarebananas.com/ or below via using the government 'conversion factors' to figure it out.
3. E-letter, texts and NHS app: <ul style="list-style-type: none">- understand carbon footprint for everyday practice activities: https://howbadarebananas.com/- also, see 'General' info around the figures government provides to help you work out the carbon footprint of different parts of your day-to-day practice life (see right).	General: <ul style="list-style-type: none">- the international standard for carbon calculation is the 'Greenhouse Gas Protocol'. You can find specific 'conversion factors' for different activities here to work out the amount of carbon they generate: https://www.gov.uk/government/publications/greenhouse-gas-reporting-conversion-factors-2022