

Environmentally Sustainable Primary Care

Edited by Sawyer & Tomson

<https://www.routledge.com/Environmentally-Sustainable-Primary-Care-Good-for-the-planet-good-for-practices-good-for-patients/Sawyer-Tomson/p/book/9781032793573>

Quiz 2

1. Which one of the following is the reduction in emissions when switching from a car to a bike for short journeys?
 - A 33%
 - B 50%
 - C 65%
 - D 75%
2. You should do which one of the following?
 - A What brings you joy
 - B What needs doing
 - C What you are good at
 - D A combination of two or three of these
3. The carbon footprint of the NHS as a proportion of the total UK carbon footprint is which one of the following?
 - A 0-1%
 - B 2-3%
 - C 4-5%
 - D More than 6%
4. **True or false.** The UK is one of the world's most nature depleted countries?
5. **True or false.** When considering wearing gloves when working with patients, which one of the following is true?
 - A It discourages handwashing which can increase the transmission of infection
 - B it is always a great way to reduce transmission of infection
 - C It's a matter of choice and the environmental impact is not an appropriate consideration when deciding when to use them
 - D It's appropriate as it gives a clear message to patients that you respect the importance of preventing disease transmission whether body fluids are likely to be touched or not
6. Which of the following are true about dental amalgam?
 - A 95% of UK dental amalgam is collected through separator technology
 - B The mercury in amalgam is not dangerous and so there is no need to collect this
 - C As of 2024 it is not used in UK as Resins have replaced it for fillings
 - D It is responsible for one third of dental practice environmental impacts

7. In the UK which proportion of all prescribing is carried out by Primary Care?
- A 15%
 - B 25%
 - C 50%
 - D 75%
 - E 88%
8. Studies suggest that the adverse effects of medicines are linked to what proportion of UK hospital admissions?
- A 33% About 1 in 3 admissions
 - B 18% Nearly 1 in 5 admissions
 - C 14% Approx 1 in 7 admissions
 - D 11% Around 1 in 9 admissions
9. **True or false.** Regarding a community pharmacy which of the following is or are true:
- A The acceptance of medication which is expired or unwanted by the patient by a community pharmacy is a contractual obligation
 - B Once a medication has left the pharmacy it cannot be accepted back and supplied to another patient even if unopened
 - C Community pharmacists must accept back Metered Dose inhalers and other medication even if they are from a different or online pharmacy
 - D Community pharmacists are only obliged to accept back Metered dose inhalers
10. What proportion of the carbon footprint of medicines is related to the manufacture of the Active Pharmaceutical ingredient?
- A 20%
 - B 40%
 - C 60%
 - D 80%
 - E 90%

11. Match the outline history with the diagnosis for the following cases.

	History	Diagnosis
A	56y woman returning from southern France with fever Malaise & Rash	TB
B	80y man with transient one sided weakness and slurred speech in a heat wave	SCC due to sun exposure
C	30y woman with poor sleep, poor concentration and angry outbursts	Dengue
D	60y male agricultural labourer with a scalp issue	End stage renal failure due to recurrent dehydration
E	30y non-smoking woman with haemoptysis working in a hostel	Fever PTSD in an asylum seeker
F	56y man who use to be a front-line construction worker in the Gulf who is now tired persistently and whose skin colour has changed	Erectile dysfunction
G	56y man on an SSRI for mild depression who has never been offered CBT. counselling or Green/ Blue prescriptions	TIA/ CVA triggered by climate change

12. Which of the following have been shown to reduce the risk of AF?

- A A 10% reduction in weight for those who are obese
- B Controlling Obstructive Sleep Apnoea
- C Stopping consumption of alcohol
- D Smoking cessation
- E Regular participation in yoga

13. Medications can be an enormous power for good but can also cause harm, especially as polypharmacy starts. For every extra medication a patient receives the risk of medication error increases by how much?

- A 2%
- B 4%
- C 8%
- D 16%
- E 32%

14. **True or false.** Antibiotic prescribing is a challenge in primary care with pressures to ensure that nobody with sepsis is ever missed and also pressure to reduce prescribing as part of reducing antimicrobial resistance (+ financial costs + environmental harms). Which of the following is/are true?
- A Primary care prescribes over 70% of NHS antibiotics.
 - B Primary care prescribes less than 50% of NHS antibiotics
 - C Delayed prescriptions achieve lower rates of antibiotics use compared to immediate scripts but not by much (85% vs 93%)
 - D Delayed prescriptions achieve significantly lower rates of antibiotics use compared to immediate scripts (30% vs 93%)
 - E in a systematic review of RCTs in non-pregnant women with UTI 62% treated with antibiotics had complete resolution and 26% with no antibiotic had complete resolution

15. Physically active people have lower health risks. Match the condition with the % reduction in risk according to Public Health England

Cognitive decline	19%
Type 2 diabetes	25%
All cause mortality	20%
Bone fractures	35%
Colorectal cancer	66%
CHD and stroke	40%
depression	48%
Hypertension	33%
Breast cancer	30%

16. **True or false.** For each of the following statements, relating to energy use in primary care practices, identify which are true and which are false
- A Energy use is between 10-40% of a practice's non clinical carbon emissions
 - B Gas boilers are (depending on age) normally 60-75% efficient
 - C It is normally better for the environment to keep running two small fridges than one new bigger efficient one.
 - D It is possible to reduce the electricity bill in some GP practices by 30% by behaviour change and without buying new equipment
 - E If items are not being used, it still matters if they are plugged into the mains and the plug is switched on
 - F The efficiency/convenience for patients of each clinician having their own printer means that all consulting rooms should have their own printer

17. Considering all UK Greenhouse emissions how important is travel (including air travel) as a proportion of the total?
- A 5% (same as the health sector)
 - B 10%
 - C 21%
 - D 34%
 - E 43%
18. What proportion on average of a child's daily intake/exposure to air pollution is on the school run?
- A 30%
 - B 45%
 - C 60%
 - D 90%
19. **True or false.** The ocean is a powerful regulator of our environment but how big an influence does it have? Which of the following statements are true?
- A Carbon stored in the ocean and marine ecosystems ('blue carbon') is 30 times that stored in soils
 - B 3 billion people depend on the marine ecosystems for their livelihoods
 - C 65% of all living organisms are in the ocean
 - D Marine cyanobacteria have produced 87% of the planet's oxygen
 - E 55 % of the world's climate regulation is from oceans
20. What proportion of NHS plastic waste was from packaging?
- A 5%
 - B 25%
 - C 50%
 - D 65%
21. **True or false.** Which of the following statements is or are true?
- A Almost half of the world's land is agricultural
 - B Almost half of agricultural land is used to grow crops
 - C Livestock contributes about 18% of human calories
 - D Livestock raising accounts for half of antibiotic use globally
 - E Animal based agriculture is responsible for 28% of global greenhouse gas emissions
22. Eco-anxiety or distress
Eco-distress or Eco-anxiety is common (a survey suggested 78% of participants were affected). Which of the following are appropriate responses to this?
- A Joining with others to work to develop positive visions of the future
 - B Taking time for regeneration when we are struggling
 - C Practising gratitude for ourselves, the people around us and the natural world
 - D Keeping up to date with solutions focused visions of the future
 - E Allow space to process distress and time to shut off from it