

To drive forward the sustainability agenda within the UK healthcare sector through leadership development and nurse led scalable and impactful change projects.



MONTREAL
 ICN CONGRESS
 1-5 JULY 2023
 Nurses together: a force for global health

Introduction
 To support the United Nations' Sustainable Development Goals (SDG) to fight inequality and stop climate change, the Florence Nightingale Foundation (FNF) partnered with Nuffield Health to co-design and co-develop a bespoke nurse leadership development programme focused on sustainability in healthcare. The first of its kind in the UK independent healthcare sector which demonstrated how serious FNF and Nuffield are about the promotion of eco-conscious and green healthcare.

Results
 The 18 nurses SusQI projects collectively reduced **6281 tonnes CO2 Emissions** in their respective organisations. These projects are available for all organisations to access, replicate and collaborate to further reduce Carbon Emissions. A detailed overview of the projects are outlined in the table which include reduction in overprescribing, Begas as a plastic substitute, recycling PVC from oxygen therapy, increased home visits to limit unnecessary patient miles, digital handovers, waste segregation, efficiencies in patient care pathways and swifter de-escalation of treatment.

Project Overview
Removal of paper couch covers in examination and Outpatient rooms
Cessation of use of ophthalmology single use surgical equipment
Digital appointment booking system implementation
Digital Handover tool
Reduction of sterile packs used in cardiac cath lab procedures and also CE marking for use of Begas as plastic tray alternative
Reduction of sterile dressing pack through clinical education and patient need
Raised awareness on recycling and behaviour change in clinical staff
Reduction of the use of IVI sets in Oncology
Reduction of Tiger Stripe clinical waste disposal and launch of Green Team network
Introduction of virtual Outpatient appointments
Recycling of PVC and cardboard
Reduction of overprescribing with asthma inhalers - swap to dry powder alternative
Reduction of paper based records and introduction of EPR digital system
Nutritional education to improve wound healing
Improved discharge planning in ICU and subsequent reduction of length of stay
Reduction of use of single use aprons
Green Endoscopic pathways / Cessation of use of Pentrox as an anaesthetic gas
Digital patient appointment booking system

Methods
 The opportunity supported nurses to explore and **enhance their personal leadership attributes empowering them to innovate and lead change**. Each nurse led a sustainability quality improvement project which focused on a small incremental change to practice that can be replicated across other healthcare settings and in some cases other organisations nationally. The participants were supported by a team of leadership development experts from The Kings Fund, Royal Academy of Dramatic Arts (RADA), FNF and sustainability experts from Nuffield Health and the Centre for Sustainable Healthcare.

The seven day programme delivered over a 6-month period covered the following content : **Day 1 - Welcome Day/ Self Awareness** (Virtual) Framing and insights into climate change and how we can all make an impact. Myer Briggs Type Indicator (MBTI) explored how personality preference influence personal leadership styles and how awareness can enable the promotion of high performing teams. **Day 2 - Principles and Practice of Sustainable Quality Improvement** (Virtual) An introduction to SusQI including approaches to leading change management and measuring impact. **Day 3 - Presentation of Self: Presence & Impact** (Virtual RADA) Practical approaches to developing confidence and clarity in the delivery of key messages for a range of audiences and raising the nursing voice through improved impact and influence. **Day 4/5 - Stepping into your Authority** (The Kings Fund Virtual) Development of leadership attributes which enable influence from ward to board: exploring their sphere of authority in relation to influencing change and leading upwards. **Day 6 - Introduction to Co-consulting** (Virtual) An online module and facilitated action learning set focused on the use of coach skills to progress the SusQI projects and engage relevant stakeholders **Day 7 - Celebration event**(Virtual) An opportunity to network showcase and celebrate the impact of the programme and present the sustainability projects to a VIP audience. Using principles of sustainable clinical practice priorities participants developed projects aligned with either Prevention, Patient Self-Care, Lean Service Delivery and Low Carbon Alternatives.

Purpose
 To actively promote and encourage nurse collaboration on sustainable quality improvement across our sector for the future of our planet and our people



Discussion and Conclusions
 Through **small incremental changes to practice and empowerment to frontline nurses**, scalable SusQI change can be achieved rapidly. Only through collaboration across all levels of healthcare can we start to see tangible benefits. If 18 nurses can achieve this Co2 emission reduction In 6 months imagine what could be achieved as a nursing profession.

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