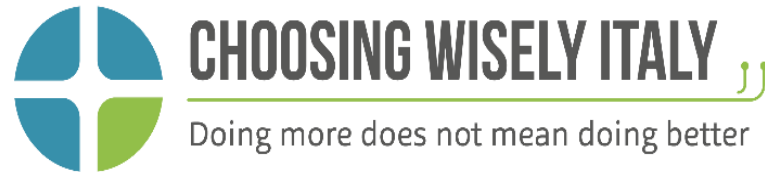


Choosing Wisely International Roundtable 2024

Day 1 – October 9, 2024

Choosing Wisely and Climate Change



Climate sustainability work in Choosing Wisely Italy

Sandra Venero MD

Slow Medicine www.slowmedicine.it

Choosing Wisely Italy <https://choosingwiselyitaly.org/en/>

Towards a Green Choosing Wisely Italy



in collaboration with the **International Society of Doctors for the Environment (ISDE)**

<https://choosingwiselyitaly.org/en/green-choosing-wisely-italy/>

Choosing Wisely Italy campaign contains a network of more than 50 professional societies of physicians, nurses, pharmacists and physiotherapists and 320 recommendations.

We aim to promote awareness and assumption of responsibility among healthcare professionals and their professional societies about climate change and the climatological footprint of health services.

We are inviting professional societies since 2021:

- to describe the environmental consequences of unnecessary tests, treatments and procedures
- to develop recommendations on practices that cause harm to the environment
- to develop recommendations that help decrease the demand for healthcare services.

Sherman G et al. Net zero healthcare: a call for clinician action BMJ 2021;374:n1323 | doi: 10.1136/bmj.n1323

Many **green recommendations** were developed by professional societies:

- Five Recommendations from **the International Society of Doctors for the Environment – ISDE Italian section** – released 2015 and updated 2021 **on AIR, WATER, FOOD, X RAYS, ANTIBIOTICS**



- **A recommendation from the Italian Association of Dietetics and Clinical Nutrition – Onlus – 2021 on OCCIDENTAL STYLE DIETS**



- Five Recommendations from **AIGO - Italian Association of Hospital Gastroenterologists and Digestive Endoscopists - on GREEN ENDOSCOPY** – 2023



- Five Recommendations from **the International Society of Doctors for the Environment – ISDE Italian section - FOR A GREEN GENERAL PRACTITIONER - 2023**



- Five Recommendations from **ANIPIO - National Association of Nurses for the Prevention of Hospital Infections** – 2023 **on GLOVES, SURGICAL SHEETS AND OTHER DEVICES**



In development:

- **SIPMeL - Italian Society for Clinical Pathology and Laboratory Medicine** – **on green laboratory**



- **ANIARTI - Italian Association of Critical Care Nurse**



PLASTIC CAMPAIGN

Choosing Wisely Italy, together with some professional societies, collaborates in the National campaign to raise awareness among health professionals and the public on health effects caused by **PLASTICS**, launched by **ISDE Italian Section** and the **Italian Network of Sentinel Doctors (RIMSA)**.

<https://www.isdenews.it/campagna-plastica/>

<https://www.isdenews.it/wp-content/uploads/2024/06/Poster-Studi-medici-1-70x100-in-inglese.jpg>

ITALIAN NATIONAL INFORMATION CAMPAIGN ON HEALTH EFFECTS CAUSED BY PLASTICS

BEHAVIORS THAT ARE BENEFICIAL TO BOTH OURSELVES AND THE ENVIRONMENT

- Stop buying disposable plastic. Avoid plastic in everyday objects (cups, containers, straws) and look for alternative materials.
- Choose items affecting packaging, grocery and vegetables (reusable). Use for green packaging and/or cloth or paper bags.
- Don't tap water that plastic bottles use. A regular use of plastic bottles increases the risk of microplastics in the water.
- Use long-lasting water bottles (glass, metal) that don't melt.
- Always reuse plastic water in the appropriate bins. Recycle three plastic bottles in the environment.
- Be regular with other recycling activities (at least 30% of total) as the contribution that you can give to reduce plastic.

Plastic, made from fossil fuels, damages ecosystems and animal and human health and has strong implications in the climate crisis. Plastic can alter soil composition, visibility, food production and microscopic particles (microplastic) can be found in the atmosphere and can be inhaled.

Microplastic can pollute the water sea and accumulate in the sediments, becoming food for the fish we eat.

Microplastic can carry pathogens and antimicrobials. Ingested, they can alter microbial and immune functioning.

Only if we reduce the purchase of plastic we send a strong message to the manufacturers, together with preventing pollution and our children, saving the environment and helping the climate not to get worse.

Plastic is produced from dangerous substances such as vinyl chloride, 1,2-bisphenols, styrene with equally dangerous additives such as bisphenol A, phthalates, aliphatic polyurethanes. These substances are inhaled in the blood and distributed throughout the body. They also interfere with hormonal activity (endocrine disruptors). They have already been found in the blood and urine of adults and children and in the umbilical cord, proving to have the capability to pass through the placenta. The most vulnerable period for these health effects are the first 1000 days of life, because of the risk of malformations in the urinary tract and genital/ovary organs, decreased male and female fertility and increased risk of testicular cancer in males.

How to join the campaign
Read the poster, share your commitment with your doctor, follow the instructions, share the newly acquired knowledge.
To report your support, ask for information, express doubts or send advice, write to info@isde.it

SCAN THE QR CODE to fill in the survey and download the material.

This study joins the information campaign on health effects caused by plastics by committing to reduce plastics in the healthcare services.

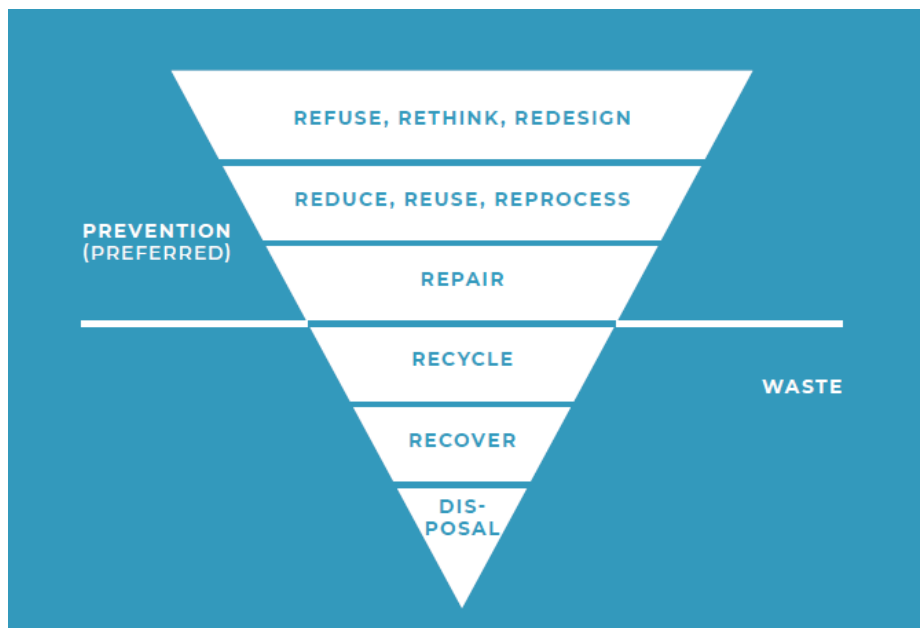
Our contribution to the campaign:

A call to reduce plastic consumption in healthcare

Healthcare professionals must adopt behaviors aligned with the principles of the circular economy in order to:

- **reduce** the consumption of plastic materials, especially disposable ones, without compromising the quality and safety of care following, for example, **Choosing Wisely recommendations on gloves, PPE, urinary and venous catheters**;
- **replace** disposable plastic products with biodegradable or reusable materials where possible (**reuse**);
- increase the separate collection of plastic, to allow its **recycling**.

<https://global.noharm.org/focus/plastics>



CAMPAGNA NAZIONALE
DI PREVENZIONE DEI RISCHI PER LA
SALUTE DA ESPOSIZIONE ALLA PLASTICA

Plastica e attività sanitaria

A cura di: Sandra Venero e Antonio Bonaldi

INTRODUZIONE

Oggi la plastica è onnipresente e condiziona ogni ambito della nostra vita. Il settore sanitario in particolare ha registrato un incremento esponenziale di prodotti di plastica, soprattutto a causa della repentina diffusione di materiale monouso, come siringhe, cateteri, dispositivi per infusione endovenosa, set per trasfusione, protesi, kits diagnostici, oltre che guanti, camici, mascherine, materiale d'imballaggio, pavimenti etc.

Certamente la plastica ha contribuito a migliorare e a rendere più sicuri molti processi assistenziali tanto che oggi non sarebbe più possibile farne a meno. Tuttavia è auspicabile giungere ad un utilizzo più attento della plastica, tenendo conto dei suoi possibili effetti negativi sulla salute, dei quali c'è ancora scarsa consapevolezza anche da parte dei professionisti sanitari.

L'80% della plastica di uso corrente si disperde nell'ambiente contaminando il mare, il suolo e l'aria; i suoi frammenti più piccoli, definiti microplastiche e nanoplastiche e gli additivi tossici in

essa contenuti come ftalati e bisfenolo A possono penetrare direttamente nel nostro organismo distribuendosi in tutti gli organi, i tessuti, la placenta e il latte materno. I loro effetti tossici si possono manifestare attraverso vari meccanismi: possono interferire sull'attività degli ormoni e sulla salute riproduttiva (interferenza endocrina), favorire l'insorgenza di obesità e diabete (effetto metabolico), provocare effetti infiammatori, aumentare il rischio di alcuni tipi di cancro e compromettere il neurosviluppo, specie negli organismi più vulnerabili come feti, neonati e bambini piccoli.

Oltre ad inquinare gli ecosistemi terrestri, la produzione, l'impiego e lo smaltimento delle materie plastiche generano una parte consistente delle emissioni di gas climalteranti attribuite al settore sanitario. Un problema non trascurabile se si considera che i servizi sanitari generano il 4,6% del totale delle emissioni di CO₂: un valore equivalente a circa il doppio di quello relativo all'intero trasporto aereo.

COSA FARE

In primo luogo occorre sensibilizzare i professionisti sanitari sull'importanza etica e professionale di contenere, per quanto possibile e senza compromettere l'efficacia e la sicurezza delle cure, l'utilizzo della plastica nella pratica sanitaria, allineando le decisioni ai principi dell'economia circolare che consistono nel ridurre i consumi, riparare e riutilizzare i prodotti esistenti il più a lungo possibile ed infine recuperare e riciclare le materie prime. Ecco qualche esempio.

• Ridurre i consumi

Una delle più importanti misure di contenimento dell'uso della plastica consiste nel migliorare l'appropriatezza delle cure, cioè assicurare a ciascun paziente trattamenti efficaci e utili alle sue specifiche condizioni cliniche, riducendo al minimo il rischio di subire effetti collaterali. Secondo

un recente studio australiano, infatti, solo il 60% delle prestazioni sanitarie correnti è basato su linee-guida di riconosciuta efficacia, il 30% delle cure è inutile o di scarso valore clinico e il 10% è addirittura dannoso. C'è quindi ancora molto da fare per adeguare la pratica corrente alle migliori conoscenze scientifiche.

https://www.isdenews.it/wp-content/uploads/2024/07/Scheda-9_Plastica-e-attivita-sanitaria.pdf

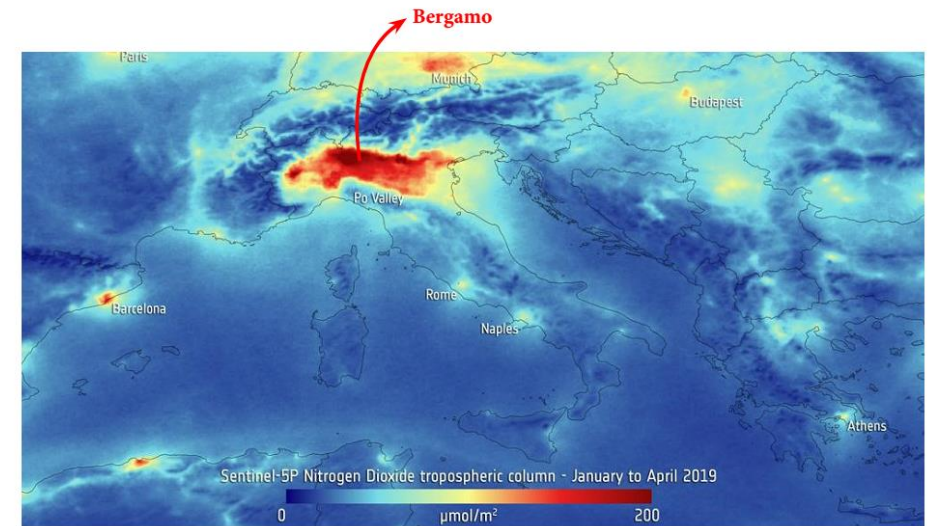
The Example of Bergamo in its Path for a Sustainable Future

The city of **BERGAMO**, with a little over 120,000 inhabitants, was chosen by the European Commission in 2022 as **one of 112 European cities (9 in Italy)** participating in the **CLIMATE NEUTRAL & SMART CITY PROJECT** <https://netzerocities.eu/>
These cities have committed to achieving climate neutrality **by 2030**, i.e. 20 years earlier than all the others.
41 public bodies, associations of citizens and private companies signed the **Climate City Contract** in Bergamo.

In Bergamo Healthcare: alliance to reduce greenhouse gas emissions generated by health services, between the Bergamo Medical Association, the Health Authorities of the province of Bergamo, the University, the Mario Negri Research Institute and the Municipality of Bergamo. >>> **COBENEFITS POLICY**

An inter institutional “**Green Team**” launched initiatives within **ten areas of work:**

1. Energy supply and building management
2. Transport and mobility
3. Digitisation and telemedicine
4. Medicines
5. Anaesthetic gases
6. Healthcare waste
7. Nutrition
8. Contract measures and procurement
9. Appropriateness of diagnostic and treatment services
10. Training, information and awareness-raising



Bergamo: The pollution in the area of the River Po Valley in 2019 was almost coincident with the area of the first hit of the pandemic, progressively becoming the most hit. Source: European Space Agency