

Background

- The NHS has set a target to be the world's first 'net zero¹' national health service by 2040. Dentistry contributes to **3% of the carbon footprint** in NHS England and this is not including the contribution from private practices
- As a profession we have a social and ethical responsibility to reduce our contribution towards this
- Within the General Dental Council curriculum², there is

Results

Patient Questionnaire:

Average age was 47 (18-80). The average distance travelled to appointment was 30km (2-144km).

How do patients get to their appointment?



currently no specific requirement to providing teaching on sustainable healthcare

Objective

To raise awareness of sustainable dental care in a teaching hospital among patients, staff and students

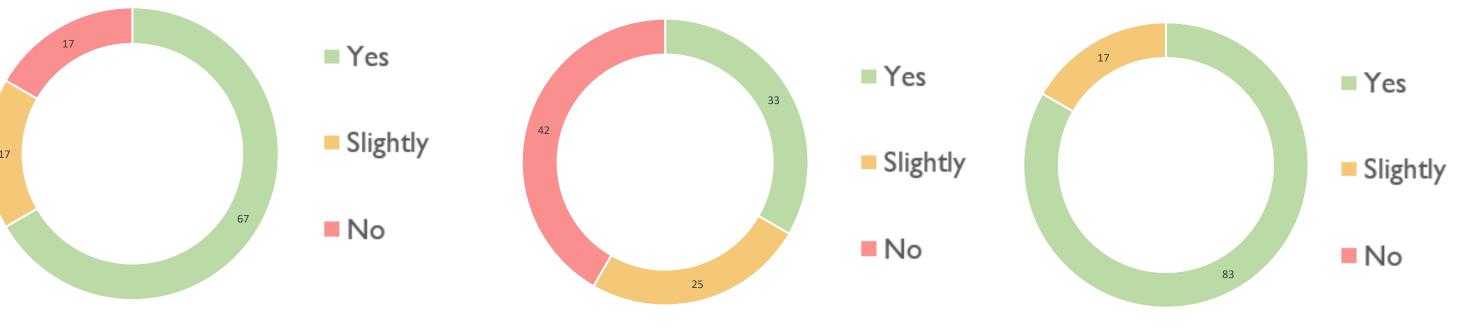
Methods

A multicomponent quality improvement project (QiP) was registered with the **Clinical Effectiveness Library and** conducted at the Royal London Dental Hospital. The QiP followed the Sustainability in Quality Improvement (SusQI) Framework³.

A sustainability event for staff and students was organised, hosting several exhibitors including DentAid and educational stands designed by dental students. The themes for the stands included; waste management, travel, reducing treatment needs through preventative practices and procurement.



Are you aware of the Are you aware of Would you care more the environmental environmental for your mouth if you impact of your impact of your dental knew the environmental lifestyle? treatment? impact of dental treatment?



Sustainability Event:

- 150+ attendees; dentists, dental care professionals, medical staff, domestic staff and dental students
- 99% of those who attended wanted futures sustainability events
- 97% learnt something new about how their lifestyle impacts the environment



97% of attendees felt motivated to adapt their lifestyles to be more sustainable

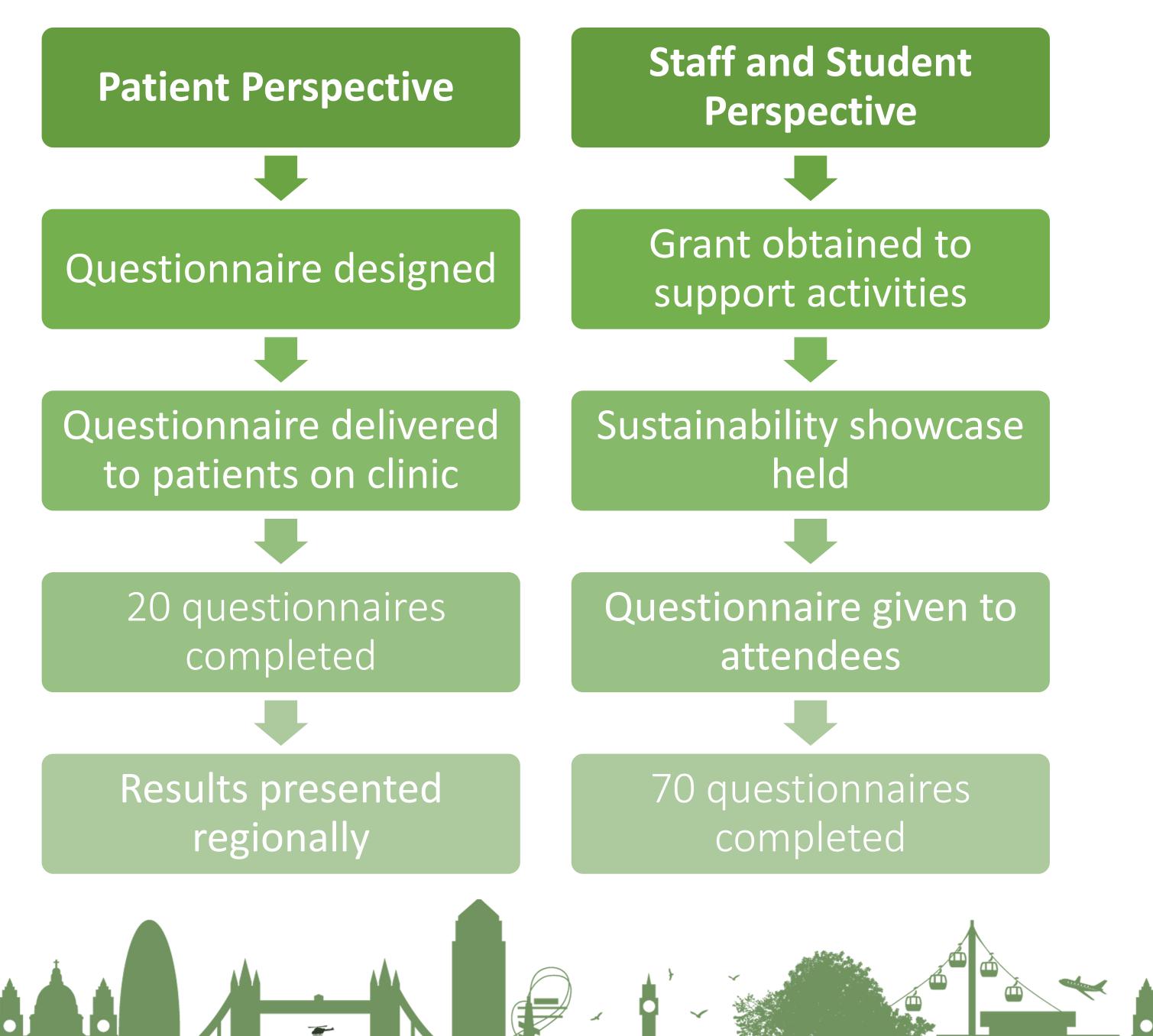
Conclusion

Patient awareness regarding the environmental impact of dental care was low however patients felt that having a better awareness would motivate them to reduce their oral health risk. A peer led extracurricular sustainability event was well received by attendees. This QIP emphasises the need to integrate sustainable dentistry into secondary care and educational settings. **Future directions**

Piloting of a patient information leaflet to increase awareness of



your dental care on the environment



environmental impact of dental care⁴

- Integration of sustainability into teaching
- Hosting future sustainability themed educational events

and the environment

The Royal London Dental Hospital are passionate about helping the NHS to reach this target by reducing the carbon footprint associated with dental care.

Your dental treatment

In this leaflet you will find information on the environmental impact of dental treatment. This information will teach you about the environmental impact of dentistry and you may choose to use this information to inform the choices you make about vour treatment.

Why is the environmental impact of dentistry important?

Understanding why the environmental impact of dentistry is important begins from understanding that 'the climate emergency is a health emergency.' Climate change not only eads to major climate disasters but poses a direct threat to overall health. There are many health effects of climate change including increased risk of respiratory diseases and infections and local impacts like floodings of houses and hospitals. These can have an impact on your dental and overall health



For example, below we compare two patients, one of which requires only an examination and the other also needs 1) A dental examination 2) One root canal

3) A metal crown

5.5kgCOze = 13.7 miles driven in a 34.01kgCOze = 159 miles driven ir a car

What can I do to make my dental care more sustainable?

There are a few things that you can do to help reduce the impact of your dental treatment on the environment: Look after your mouth by brushing twice a day with a fluoride toothpaste, eating a low sugar diet and visiting your dentist for check-ups



References: <u>health-service.pdf</u> `<u>....</u>\$ Available from: dentistry.pdf

NHS England. Delivering a 'net zero' National Health Service. 2020. vailable from: <u>https://www.england.nhs.uk/greenernhs/wp-</u> content/uploads/sites/51/2020/10/delivering-a-net-zero-national-GDC. Standards for education. 2015. Available from: ttps://www.gdc-uk.org/docs/default-source/qualityassurance/standards-for-education-%28revised-2015%29.pdf Centre for Sustainable Healthcare. Sustainability in Quality mprovement 2020 Available from: <u>www.susQl.org</u> Public Health England. Carbon Modelling in Dentistry. 2018 https://assets.publishing.service.gov.uk/government/uploads/syst m/uploads/attachment_data/file/724777/Carbon_modelling_with