

Top ten tips for practicing psychiatry sustainably

A sustainable approach seeks to provide the highest quality of care in an environmentally and socially responsible way.

Embedding the four principles of sustainable healthcare in our services improves the sustainability of our practice.



Prevention



Empowerment
of patients
and staff



High value
care



Reducing carbon
(reducing waste)

Top ten tips:



See your work as psychiatrists as primarily aimed at secondary and tertiary prevention, that includes: detecting and treating illnesses as soon as possible to halt or slow their progress.



If medication is prescribed aim for the lowest effective dose, monitor and discuss adherence with the patient. Be aware that stopping unnecessary prescribing of medication in collaboration with a patient can be an effective intervention.



Encourage social prescribing and Green Care programs in the local area. These might include opportunities for arts and creativity, physical activity, learning new skills, accessing green spaces, befriending.



Encourage use of the Recovery model using coaching and peer support, and patient and carer advocacy services.



Clinicians to be mindful of the impact of our work on ourselves and see self-care as a priority.



Consider walking, cycling, public transport or lift sharing for colleagues and patients when possible.



Where possible and appropriate, consider reviewing patients and their families/carers via telephone, video link or where available via virtual assessment technology.



Support patients to become experts in their own care, educating patients to monitor and manage their own symptoms.



Ensure that service users who are on a regular depot medication are on the lowest dose needed.



Work collaboratively with colleagues in other disciplines to support patient with complex physical, mental health and social needs.