

## **11 steps for tomorrow**

We give this information away to help healthcare professionals take immediate action towards sustainability. These steps can be taken tomorrow without significant investment, and can make a meaningful impact on reducing the environmental impact of healthcare practices. By implementing these steps, healthcare professionals can reduce energy and resource consumption, reduce waste, and improve the health of their patients and the community. As a side effect these steps can also save a significant amount of money. Additionally, by sharing this information, we hope to encourage a culture of sustainability within the healthcare industry and promote sustainability beyond the healthcare setting.

Here are 11 steps that a medical professional can take tomorrow to become more sustainable:

1. Turn off unused equipment: Turn off any unused equipment, such as computers, monitors, and lights, when leaving the room and use natural lighting. Also choose energy-efficient equipment: Choose energy-efficient equipment, such as LED lights and Energy Star-rated appliances.
2. Smart appointment management: The more often the patient comes to your office the bigger the travel footprint will be. Combine appointments to be more efficient and more eco friendly.
3. Reduce paper use: Use electronic medical records and digital communication instead of paper to reduce paper waste.
4. Switch to reusable cups or don't use cups at all: Use reusable cups or mugs instead of disposable cups for coffee or tea or patient use. If the patient does not require a cup don't provide one !

5. Use cloth gowns: Use cloth gowns instead of disposable gowns whenever possible.
6. Implement recycling: Implement a recycling program for paper, plastic, glass, and other materials.
7. Quality and prevention: High quality treatment lasts longer and thus is more sustainable – while preventing a disease is the most sustainable approach to dealing with it!
8. Use water-saving practices: Use water-saving practices, such as repairing leaks and using water-efficient equipment.
9. Avoid single-use products: Avoid using single-use products whenever possible, such as plastic utensils and paper towels.
10. Educate staff: Educate staff on sustainable practices and encourage their participation in sustainability efforts
11. Participate in community sustainability initiatives: Participate in local community sustainability initiatives to promote sustainability beyond the healthcare setting.

greenviu is a science based worldwide society of medical professionals that aims to make medicine more nature friendly without infringing on practicability, safety, hygiene, success rates and profitability of the clinics.

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