



Physician Actions

Things individuals can do

Get educated on the impact of the climate crisis on liver health.

Become carbon literate and be able to discuss this with colleagues and patients.

Engage in active or sustainable commuting.

Promote healthy, sustainable plant-based diets.

Get involved with your Trust Sustainability team.

Do a SusQI project.

Incorporate sustainability principles into everyday practice.



Prevention

Promoting health and preventing disease by tackling the causes of illness and inequalities

- Support alcohol services
- Refer for weight loss management early
- Promote smoking cessation and the importance of clean air
- Council risk reduction in viral hepatitis
- Signpost to accessible exercise



Patient Self-care

Empowering patients to take a greater role in managing their healthcare

- Utilise local social prescribing networks through primary care.
- Proactive advanced care planning.
- Involve patient peers
- Utilise patient-initiated follow-up
- Enrol into national trials investigating remote technology.

*Sustainable
Hepatology*



Top tips



Lean Pathways

Streamlining care systems to minimise waste

- Utilise outpatient and ambulatory services
- Ensure appropriate patient selection for surveillance and investigation
- Offer virtual clinics where appropriate
- De-prescribe
- Prioritise non-invasive investigations
- Employ an alcohol care team



Low Carbon Alternatives

Prioritising interventions with a lower environmental impact

- Utilise low carbon alternatives to endoscopy (Baverno and Beta blockers)
- Attend and deliver meetings, conferences and education virtually or in hybrid format where possible.
- Work electronically where available