

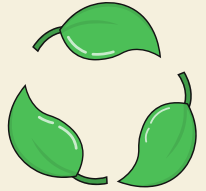


# GREENING THE WARDS



## CALLING ALL CLINICIANS!

Balancing patient care with environmental conscientiousness can be a challenge. Please refer to the suggestions below for assistance making your practice greener!



### SUSTAINABLE RX

- Deprescribe at every care transition, especially sedative-hypnotics and PPIs
- Prefer oral antibiotics and oral DVT prophylaxis/treatment over IV or SC when clinically equivalent
- Avoid MDIs if dry-powder inhalers available; don't prescribe inhalers without confirmed obstructive disease
- Limit antipsychotics for delirium management
- Resources: [PEACH's EcoOrders database](#) & [Choosing Wisely Canada](#)



### INTERVENTIONS

- Avoid routine daily labs (CBC, BMP, CXR) unless result will change management
- Prefer ultrasound over CT or MRI when diagnostically adequate
- Discuss goals of care and patient preferences before ordering investigations or interventions
- Remove IVs and urinary catheters as soon as safely possible



### SUPPLY & WASTE

- Skip non-sterile gloves when hand hygiene is sufficient and no contact precautions in place
- Don't bring supplies into patient rooms that will need to be discarded after discharge
- Sort waste correctly — non-contaminated waste does NOT go in biohazard bins (incineration = significant CO<sub>2</sub>)
- Choose smallest appropriate bag/vial size for meds and fluids to minimize wastage

## CARBON COST OF INVESTIGATIONS

pRBC transfusion 7.6 kg CO<sub>2</sub>e

CBC + BMP 0.33 kg CO<sub>2</sub>e

Ultrasound 0.53 kg CO<sub>2</sub>e

MRI 17.5 kg CO<sub>2</sub>e

Chest X-ray 0.76 kg CO<sub>2</sub>e

1 ward day 30.3 kg CO<sub>2</sub>e

CT scan 9.2 kg CO<sub>2</sub>e



### FOLLOW-UP & TRANSPORT

- Use virtual follow-up when feasible and patient-preferred — avoid unnecessary in-person visits
- Consolidate lab review and patient discussions into fewer appointments
- Walk, bike, or carpool to the hospital when possible



### EDUCATION & LEADERSHIP

- Raise sustainable practice at rounds
- Advocate for QI projects that audit and reduce resource waste on your ward
- Improve physical exam and POCUS skills to reduce imaging dependence
- Switch from paper patient lists and ECG printouts to electronic alternatives

Adapted from the General Internal Medicine guidebook:

[https://greenhealthcare.ca/wp-content/uploads/2025/06/GIM-Guidebook\\_June2025\\_English.pdf](https://greenhealthcare.ca/wp-content/uploads/2025/06/GIM-Guidebook_June2025_English.pdf)