

# CPD Whilst You Wee

## 10 Steps to a Sustainable SDEC

### 1-3: Medication management

#### Use the community

Utilise **Pharmacy First** services to provide ongoing urgent medications, preventing a return journey to the hospital pharmacy!



#### Pack your bags

Encourage the use of **Patient's Own Drugs** to reduce missed doses and avoid unnecessary supply!



#### Give what they need

**Reduce amount in TTO supply to required course** only, reducing medication wastage



**Move towards sustainable healthcare in your SDEC, one step at a time! Scan the QR codes to find out more.**

### 4-6: Quick clinical wins

#### Iron deficiency anaemia

Not all patients need IV iron. Review the current guidance and avoid unnecessary consumables!



The majority of **VTE** can be managed with PO DOACs. NICE's simple infographic outlines who DOACs are right for.

Do those BNP's, TFTs, or CRPs need to be repeated? Check the **RCPATH's minimum retesting intervals.**



#### Get involved!

Read our **expanded guide** to find out more!



### 7-9: Operational changes

Still using gloves to examine all patients? No need! Check out the **Gloves Off campaign**



Think a patient might need to touch base post discharge? **Try telephone follow up** to save a CO2-emitting trip to hospital



**OPAT services** can significantly reduce carbon cost of treatment. Do you have a dedicated pathway?

