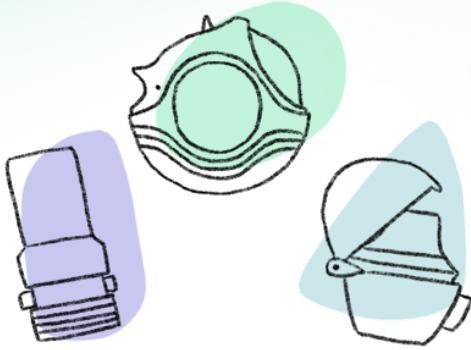


Planetary health for clinical practice

Some simple actions we can all start doing immediately:



1 - Switch patients from metered dose to dry powder inhalers whenever appropriate. Resources:

- Climate conscious inhaler prescribing in outpatient care ([CASCADES Canada](#))
- Asthma and COPD as-needed inhalers (SABD): where refills matter! ([This Changed My Practice](#))
- Mitigating the climate impact of asthma therapy ([This Changed My Practice](#))

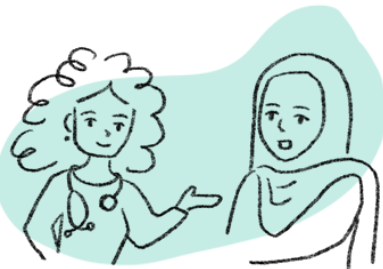


2 - Pause before ordering investigations, especially routine labs and ask:

- “Will it change the outcome?” “Am I choosing wisely?” ([Choosing Wisely Canada](#))

3 - At medication refill visits, ensure each prescription is still needed.

- If not, consider deprescribing ([Canadian Medication Appropriateness and Deprescribing Network](#))



4 - Use shared-decision making tools like:

- the [PEER Cardiovascular Decision Calculator](#) or
- the [Canadian Task Force on Preventative Health Care](#) tools to ensure patients understand the risks and benefits of tests or treatments. On average, this takes 2.6 minutes.

5 - Ask patients, “What matters to you?” and respect their preferences and values.

- This has been shown to result in more appropriate care. ([Health Quality BC](#))



6 - Eliminate unnecessary disposable products starting with exam table paper and unnecessary gloves. Resources:

- Eliminating exam table paper ([BC Medical Journal](#))
- Gloves off campaign! ([CASCADES Canada](#))

For many more examples, see the Planetary Health for Primary Care toolkit. ([CASCADES Canada](#))