

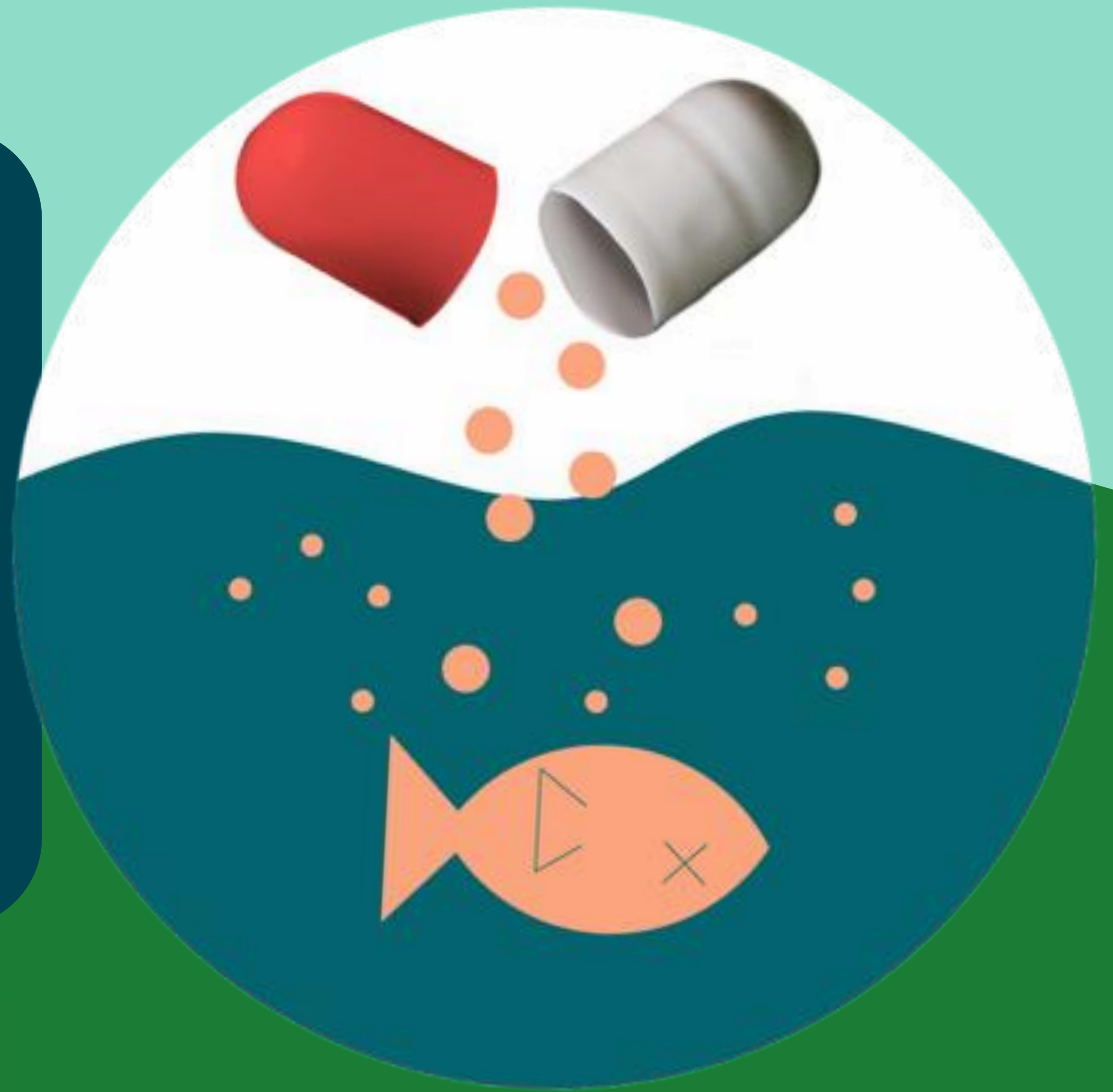
Quicksan Sustainable Prescribing

Prescribe with a green vibe

Pharmaceuticals are essential for health, yet they disrupt ecosystems. Much of this pollution stems from their production, use, and excretion. Every prescription leaves a footprint.

GPs can evaluate prescribing behavior and reduce medication-related environmental damage.

This Quicksan provides practical steps for GPs to take action.



Refuse: don't prescribe

Can your patient manage without a prescription?

- ☐ Medication for insomnia and chronic pain: contemplate before you start
- ☐ UTI, otitis media, sinusitis, conjunctivitis, warts and onychomycosis: no risk, no medication
- ☐ End-of-life care: which medicines have become obsolete?



Reduce: deprescribe

Aim to discontinue or reduce to the lowest effective dose in collaboration with pharmacist and patient

- ☐ NSAIDs: environmentally harmful, especially topical formulations
- ☐ Opioids: take the initiative to taper
- ☐ PPIs: is continued use justified? Is the indication still valid?
- ☐ Statins: age or side effects can warrant reduction or cessation
- ☐ SSRIs: taper during stable phase
- ☐ Benzodiazepines: informed patients can successfully taper
- ☐ Check (inter)national guidelines for other medicines to reduce



The patient

Involve patients in sustainable use of medication

- ☐ Discuss healthy behavior and correct medication use
- ☐ The sustainability conversation: also discuss the environmental aspects
- ☐ Use "watchful waiting", discuss the natural course and use safety netting
- ☐ Return unused medication to the pharmacy, don't pour or flush through toilet or sink
- ☐ Topical: do not apply before washing. Wipe off remnants and dispose tissue at the waste
- ☐ Ask about self-care products and medication at home
- ☐ Inform how patients can contribute, e.g. in your waiting room and on website



Starting new therapies

Green consideration towards curation

- ☐ Chronic medication: start and build up with appropriate quantities in full strips
- ☐ Temporary medication: dare to prescribe small amounts with a clear end date
- ☐ Optimal compliance: compliance is a verb
- ☐ Maximize efficacy: provide thorough instructions and follow up on proper use



Rethink: prescribe differently

Choose sustainable treatment options

- ☐ **TIP!** Inhalers: opt for dry powder inhalers where possible
- ☐ Healthy lifestyle and (more) wholefoods plant-based diets: foundations for healthy living
- ☐ Non-pharmacological interventions: crucial for mood disorders and palliative care
- ☐ Contraception: IUDs contain fewer hormones than oral contraceptives
- ☐ Lower dosage possible? Try it
- ☐ Hot days: adjustments necessary?
- ☐ Consider natural self-care products



General

These approaches support more sustainable prescribing

- ☐ Coordinate policy well, include both pharmacist and patient
- ☐ Work LEAN in inventory management. Consider a joint emergency stock with colleagues
- ☐ Repeat prescriptions? Use the opportunity to reassess
- ☐ Liquid medication remnants? Not in the sink but with general waste
- ☐ A medication review is beneficial at any age
- ☐ Organize a multidisciplinary pharmacotherapeutical meeting
- ☐ Curious to learn more? Elaboration of these tips and their scientific basis are found here:

