

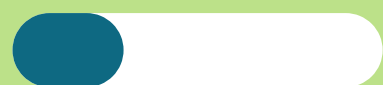
Reducing Waste in our Practice

How we can safely reduce single-use items to help the planet?

Why is it a concern?

The healthcare sector is responsible for a large contribution to society's growing waste problem. 85% of this is non-hazardous waste that we can try to reduce!

30%



of healthcare waste is plastic, which never decomposes



The value of disposables?

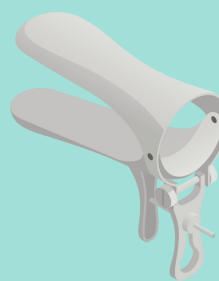
Modern healthcare has seen a major shift towards single-use disposables, but without evidence-based justification. Often, there are safe, reusable alternatives.

Strategies to Reduce Waste



Consider reusable gowns

Evidence has shown that reusable gowns outperform their disposable alternatives.



Switch to metal speculums

Metal speculums have a smaller environmental impact without compromising clinical utility

Focus on hand hygiene over gloves

Non-sterile gloves are a major source of healthcare waste, but can in many cases be replaced by good hand hygiene. When you purchase gloves, aim for nitrile over the more harmful PVC.



Reduce paper waste

Only use exam table paper when a patient is disrobed or requests it to be used. There is currently no evidence showing that exam table paper is beneficial when compared to standard cleaning procedures.

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