

# A Virtually Greener Approach to Health Care

## Virtual Care vs. In-Person Appointments



### Environmental Benefits

- Less patient travel = ↓ carbon emissions
- Decreased clinic time = ↓ water, electricity, and PPE use
- 1 clinic appointment generates on average 4.8 kg of carbon emissions.
- Carbon emissions from powering videoconferences and calls are far less than a clinic appointment

### Patient Benefits

- More convenient, accessible, inexpensive for patients
- Fewer missed appointments
- Better medication adherence in chronic disease management
- Lowers chance of viral transmission



### Physician Considerations

- |   |   |   |  |
|---|---|---|--|
| ✓ | Comparable diagnostic accuracy to in-person visits                    | ⚠ | Limits physical exam capabilities                                |
| ✓ | Great for chronic conditions, stable patients, follow-up appointments | ⚠ | Requires patient comfort and ability to articulate over platform |
| ✓ | Can reduce walk-in clinic and ER use in certain situations            | ⚠ | Potential for privacy concerns                                   |

### Canadian Perspectives

- Healthcare produces a staggering 4.6% of Canada's annual carbon emissions
- Choosing Wisely Canada: Prefers virtual care when it provides equal value and is patient-preferred.
- Canadian Medical Association: Virtual care is the #1 net-zero emissions strategy



Curious about when a virtual visit is suitable for you? See the Canadian Medical Association's recommendations:

