



# **E-Learning Module and Top 10 Tips for Sustainable Dentistry**

Dr Devika Vadher - Health Education England

Dr Divya Verma - Central North West London FT



# Session Objectives

- 1. Gain an understanding of the purpose and benefits of the e-learning module; its content and how it can be accessed**
- 2. Become familiar with the ‘Top Ten Tips’ and its application to the dental setting**

# E-learning Module

## An Introduction to Sustainable Dentistry and Measuring Carbon in Healthcare

Free educational resource on sustainability in dentistry for health care professionals delivering NHS services

### Aims:

- Introduction to sustainability in healthcare
- Guidance on the practical application of sustainability principles in the dental setting

# E-learning Module

- Collaboration between HEE, CSH and E-lfh
- E-lfh - free online platform for healthcare professionals on wide range of topics in health care & social care





# E-learning Module Access

<https://portal.e-lfh.org.uk/>

The screenshot displays the e-LFH portal interface. At the top, there is a blue header with the e-LFH logo on the left, a search bar in the center, and the NHS Health Education England logo on the right. A red box highlights a 'Live Chat' button with a question mark icon. Below the header, a navigation bar shows 'Welcome Devika | Log Out' on the left and 'Home', 'My e-Learning', 'My Account', and 'My Activity' on the right. The main content area is divided into several sections: 'My e-Learning' with a 'View full catalogue' link and four module cards (Dentistry (e-Dent), Antimicrobial Resistance (AMR), Safeguarding Adults (SGA), and Dementia (DEM)), 'My Account' with user details for Devika Vadher, 'Recent Activity' with a list of accessed modules, and 'Notifications' with two recent alerts.

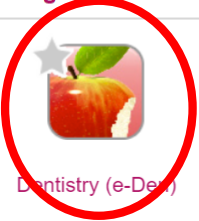



**e-LFH** NHS Health Education England

Search the e-learning

Welcome Devika | Log Out Home My e-Learning My Account My Activity

### My e-Learning

[View full catalogue](#)

-  Dentistry (e-Dent)
-  Antimicrobial Resistance (AMR)
-  Safeguarding Adults (SGA)
-  Dementia (DEM)




### My Account

Devika Vadher



Primary Email Address:  
**devika\_v@nhs.net**

Place of Work:  
**DENTAL SURGERY** | Update







### Recent Activity






































-  **12\_08\_007 An Introduction to Sustainable Dentistry and Measuring Carbon in Healthcare** [Play](#)  
Last accessed: 09 Apr 2018
-  **Reducing Antimicrobial Resistance: An Introduction** [Play](#)  
Last accessed: 07 Feb 2018
-  **12\_08\_007 An Introduction to Sustainable Dentistry and Measuring Carbon in Healthcare** [Play](#)

### Notifications

-  **e-LFH and General Data Protection Regulations (GDPR)** [1](#)  
22 May 2018, 12:00
-  **GP National Recruitment Office**  
04 Jun 2018, 12:00

# E-learning Module Access

- ▶  NICE Guidance (NICE)
- ▶  Radiation Protection (RDP)
- ▶  Research, Audit and Quality Improvement (R&A)
- ▶  Safe Prescribing (SPB)
- ▶  Safeguarding Adults (SGA)
- ▶  Safeguarding Children and Young People (SGC)

 <b>e-Den Module 5 - Hard and Soft Tissue Surgery</b>	  
 <b>e-Den Module 6 - Surgical and Non-Surgical Management of Head and Neck Disease</b>	  
 <b>e-Den Module 7 - Management of the Developing Dentition</b>	  
 <b>e-Den Module 8 - Restoration of Teeth</b>	  
 <b>e-Den Module 9 - Replacement of Teeth</b>	  
 <b>e-Den Module 10 - Communication</b>	  
 <b>e-Den Module 11 - Professionalism</b>	  
 <b>e-Den Module 12 - Management and Leadership</b> Last accessed: 06 Feb 2018	  
 <b>e-Den Module 13 - Sustainable Dentistry</b> Last accessed: 09 Apr 2018	  
 <b>e-Den Learning Paths</b>	

# E-learning Module

- Accessed by a range of professionals not just dentists
- Various locations & health care settings
- Educational resource – foundation dentists

## Future uses

- Widen scope of use
- Integrate into training programmes





# TOP 10 TIPS FOR SUSTAINABLE DENTISTRY

Dentistry has environmental impacts which affect health and healthcare. Sustainable dentistry is good for patients and good for the practice

[www.networks.sustainablehealthcare.org.uk/dental-susnet](http://www.networks.sustainablehealthcare.org.uk/dental-susnet)



**1. PREVENT**

- Promote healthy lifestyles & diets: encourage a diet in locally sourced fruit & veg
- Empower patients to reduce the need for treatment: deliver preventative advice about oral health

**2. UNDERSTAND THE FACTS**

- Be aware of legislation re. duty of care, and your responsibility to take a holistic approach to patient care
- Refer to guidelines and evidence based practice

**3. RECONSIDER SEDATION**

- Consider alternative methods: patient management first then sedation and general anaesthetic as a last resort
- Using nitrous oxide can make up 80-90% of the procedure's carbon footprint

**4. COMMUNICATE BETTER**

- Offer advice over the phone to reduce unnecessary travel
- Go paperless where possible: send reminders via text / email

**5. PRESCRIBE LESS**

- Only prescribe where necessary and accurate
- Drugs have a considerable carbon footprint & repeat antibiotic use leads to resistance

**6. PROCURE MINDFULLY**

- Purchase less & re-use
- Bulk buy & consolidate lab work & deliveries
- Consider the sustainability of the manufacturing process when purchasing equipment

**10. ADAPT**

- Introduce emergency resilience procedures e.g. business continuity planning in case of flooding

**9. DRIVE LESS**

- Encourage staff & patients to use public transport, car pool, cycle or walk
- Adopt cycle friendly policies for staff and provide cycle racks on site

**8. SAVE ENERGY**

- Use energy saving bulbs & sensors
- Switch off equipment when not in use - this reduces cost and energy consumption

**7. REDUCE, RE-USE, RECYCLE**

- Reduce waste: use digital x-rays
- Segregate waste correctly to save on disposal costs and pollution from incineration
- Provide recycling bins

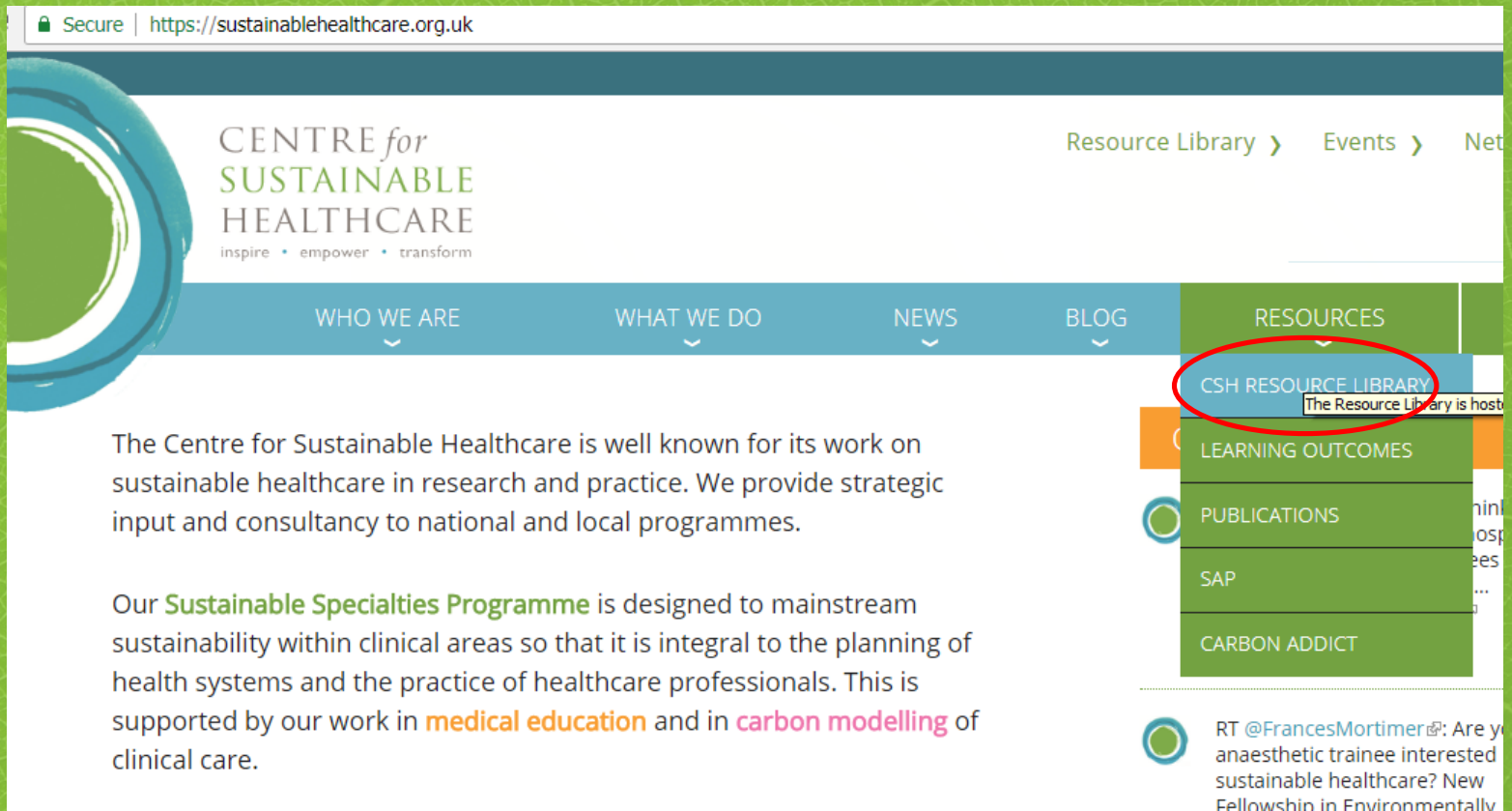
# Top 10 Tips

1. PREVENTION
2. UNDERSTAND THE FACTS
3. DRIVE LESS
4. COMMUNICATE BETTER
5. SWITCH OFF
6. MINDFUL PROCUREMENT
7. PRESCRIBE LESS
8. RECONSIDER SEDATION
9. REDUCE & RECYCLE
10. ADAPTATION



# Top 10 Tips Access

<https://sustainablehealthcare.org.uk>



The screenshot shows the website's header and navigation. The logo for the Centre for Sustainable Healthcare is on the left, with the tagline "inspire • empower • transform". The navigation bar includes "WHO WE ARE", "WHAT WE DO", "NEWS", "BLOG", and "RESOURCES". The "RESOURCES" dropdown menu is open, with "CSH RESOURCE LIBRARY" highlighted by a red circle. Other items in the dropdown include "LEARNING OUTCOMES", "PUBLICATIONS", "SAP", and "CARBON ADDICT".

Secure | <https://sustainablehealthcare.org.uk>

Resource Library > Events > Net

CENTRE for  
**SUSTAINABLE  
HEALTHCARE**  
inspire • empower • transform

WHO WE ARE WHAT WE DO NEWS BLOG RESOURCES

**CSH RESOURCE LIBRARY**  
The Resource Library is host

LEARNING OUTCOMES

PUBLICATIONS

SAP

CARBON ADDICT

RT @FrancesMortimer: Are you an anaesthetic trainee interested in sustainable healthcare? New Fellowship in Environmentally

# Top 10 Tips Access

<https://sustainablehealthcare.org.uk>

The study analyses the impact of service provision at different locations on health outcomes, cost of service, carbon emissions and patients and their families.


**Source:** Centre for Sustainable Healthcare June, 2018

## SHE Network Representative Role Description

Information Resource Submitted 2 days 6 hours ago by [Joey Brooke](#).

Interested in becoming a SHE representative for your university? We are looking for students and staff to join our growing network.

 [SHE network staff representative 2018.docx](#)

 [SHE network student representative 2018.docx](#)

**Source:** All content  CSH 2016 June, 2018

Carbon mitigation, patient choice and cost reduction  
- triple bottom line optimisation for health care

### Filter by featured:

[Featured \(37\)](#)

[Not Featured \(218\)](#)

### Filter by network:

[Sustainable Healthcare Education \(74\)](#)

[Green Nephrology \(52\)](#)

[Occupational Therapy Susnet \(29\)](#)

[Psych Susnet \(29\)](#)

[Sustainable Primary Care \(21\)](#)

[Sustainable Respiratory Care \(21\)](#)

[Dental Susnet \(17\)](#)

# Top 10 Tips Access

Information Resource Submitted 2 days 22 hours ago by Frances Mortimer.

Duane, B., Berners Lee, M., White, S., Stancliffe, R. & Steinbach, I. BDJ (2017) 223: 589–593

## ABSTRACT:

<https://www.nature.com/articles/sj.bdj.2017.839>

Source: British Dental Journal October, 2017

## 10 Top Tips for Sustainable Dentistry poster

Communications Tool Submitted 1 month 1 week ago by Frances Mortimer.

Colour poster / leaflet giving 10 practical steps to improve the sustainability of a dental service - please feel free to use and share.

 [dentalsustainability10tips.pdf](#)

Source: CSH & Health Education England KSS May, 2017

## Sustainable dentistry: E-learning module with free CPD

Educational Materials Submitted 1 year 11 months ago by Devika Vadher.

Interested in Sustainable dentistry and how to make your clinical practice more eco and patient friendly as well as make cost savings?

[An Introduction to Sustainable Dentistry and Measuring Carbon in](#)

### Filter by priority learning outcome:

PLO2 - knowledge and skills to improve sustainability of health systems (4)

PLO1 - understanding relationship between environment and health (1)

### Filter by resource type:

educational materials (11)

case study (3)

information resource (3)

event recording (2)

communications tool (1)

measurement tool / template (1)

### Filter by education resource type:

Online (2)

Video (1)

# Top 10 Tips

- Dental surgeries
- Practice meetings
- Trust sustainability plans
- Social media
- Distribution via PHE/HEE/LPN



Thanks!  
**Any questions?**

Divya.verma@nhs.net  
Devika.vadher@nhs.net