

**Tonight's webinar will
begin shortly**





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so GP care would reach
beyond the practice
It all comes back to care**

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consistency of care

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RACGP | CPD

2020

22

NACCHO–RACGP *Resource Hub*

Supporting effective and culturally
safe primary healthcare

Learn more at
www.racgp.org.au/cultural-safety

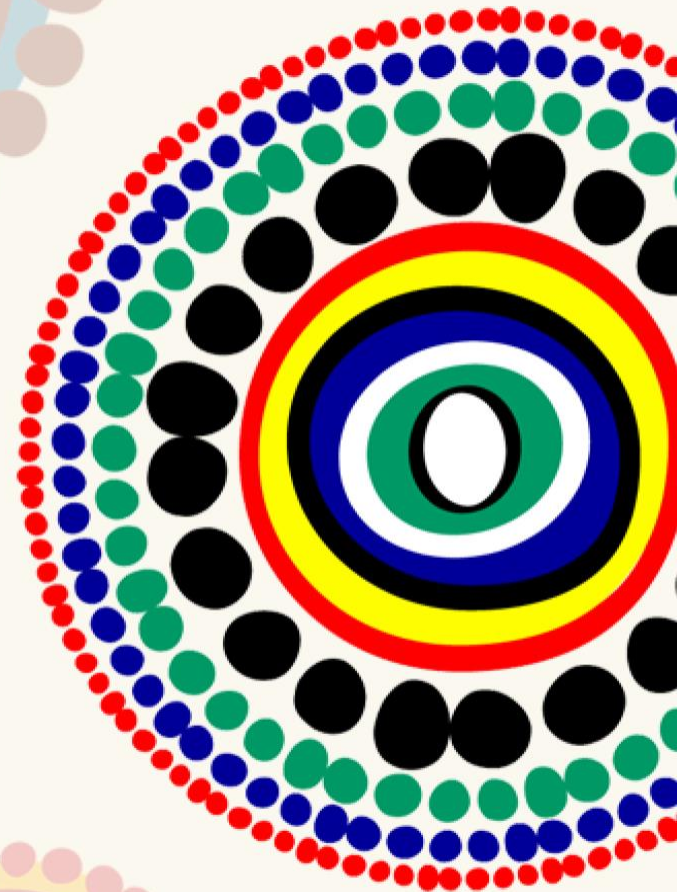


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Royal Australian College of General Practitioners



NACCHO



GPBT



General Practice Business Toolkit

Helping you look after the business side of general practice

Establish, manage and enhance your practice using our new General Practice Business Toolkit.

Build a sustainable business with six easy-to-navigate modules and a brand new set of interactive tools.

- Use the billing calculator to learn how to achieve your financial goals.
- Design your ideal practice layout.
- Set your vision and values and focus on what's important to you as a practice owner.

TO FIND OUT HOW YOU CAN GET THE MOST OUT OF THE TOOLKIT, VISIT www.racgp.org.au/gpbt

**We will begin in
45 seconds**



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GENERAL PRACTICE
HEALTH
— OF THE —
NATION

2020

**A unique insight into
the state of Australian
general practice**

The RACGP's *General Practice: Health of the Nation* report is the only comprehensive study of general practice in Australia.

This year's report surveyed more than 1700 RACGP Fellows and highlights the impact of COVID-19 on GPs and their patients, including:

- the consequences of state and federal government initiatives for GPs
- the support GPs and patients received, and the areas where they needed more support
- the introduction of Medicare Benefits Schedule telehealth items.

Read the report and get a glimpse of the future of general practice by visiting the website: www.racgp.org.au/hotn

Alcohol and Other Drugs
GP Education Program

Training GPs to help people tackle alcohol and other drug use



racgp.org.au/AOD



**We will begin in
15 seconds**



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Welcome to tonight's webinar



The health effects of climate change:

An introduction for general practice

Presenter: Dr Kate Wylie

MBBS BHCSi FRACGP DCH



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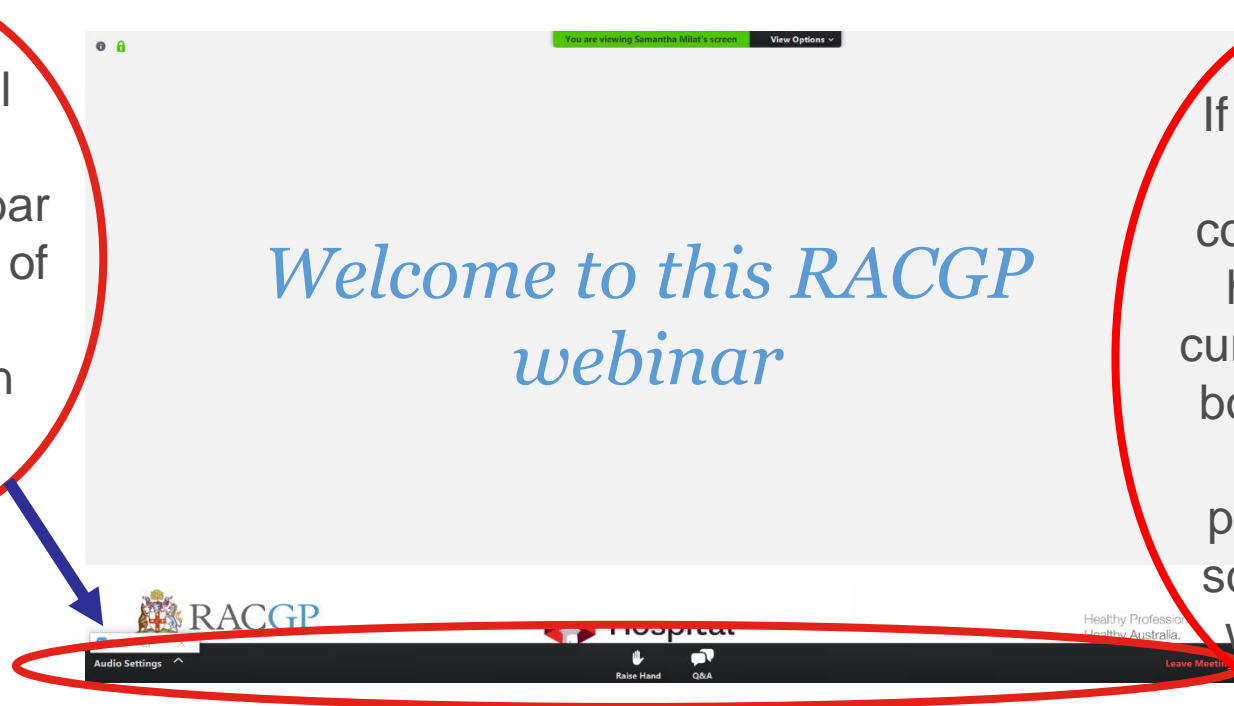
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Where is my control panel?

Your control panel will appear as a bar at the bottom of the presentation screen

If you cannot see your control panel, hover your cursor over the bottom of the shared presentation screen and it will appear



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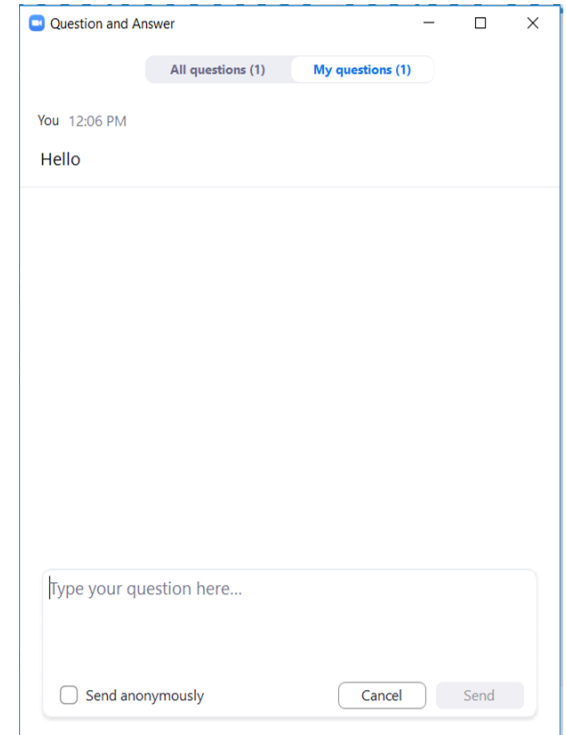
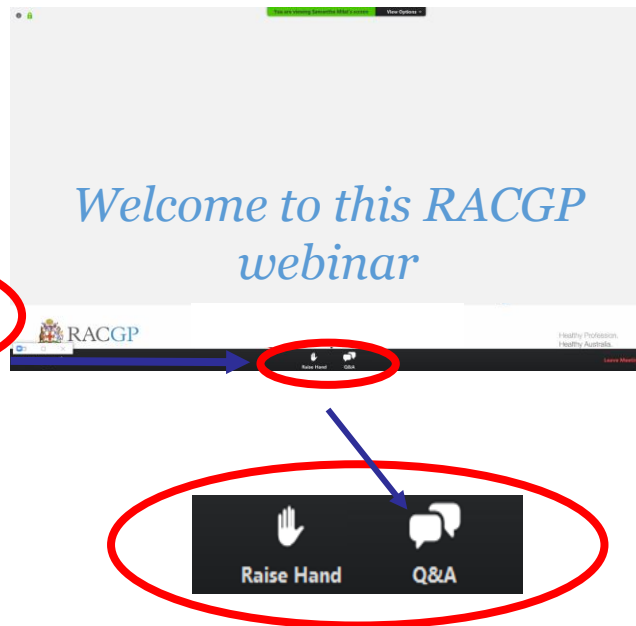
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Listen only mode

You have been placed on “mute” to optimise the learning experience for you and your peers

Use the question box function to talk to us.



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Introductions



Dr Kate Wylie
Presenter

RACGP Specific Interests - Climate and Environmental Medicine

Acknowledgement of country

The nation called Australia is stolen land. First Nations people have never ceded their sovereignty of their land and respect is owed to all Aboriginal and Torres Strait Island Nations and people.

Further, I pay my respects to Elders past present and emerging and welcome any ATSI people present here today.



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idea21.

PLANET. HEALTH AND HOPE



**CLIMATE
MEDICINE**



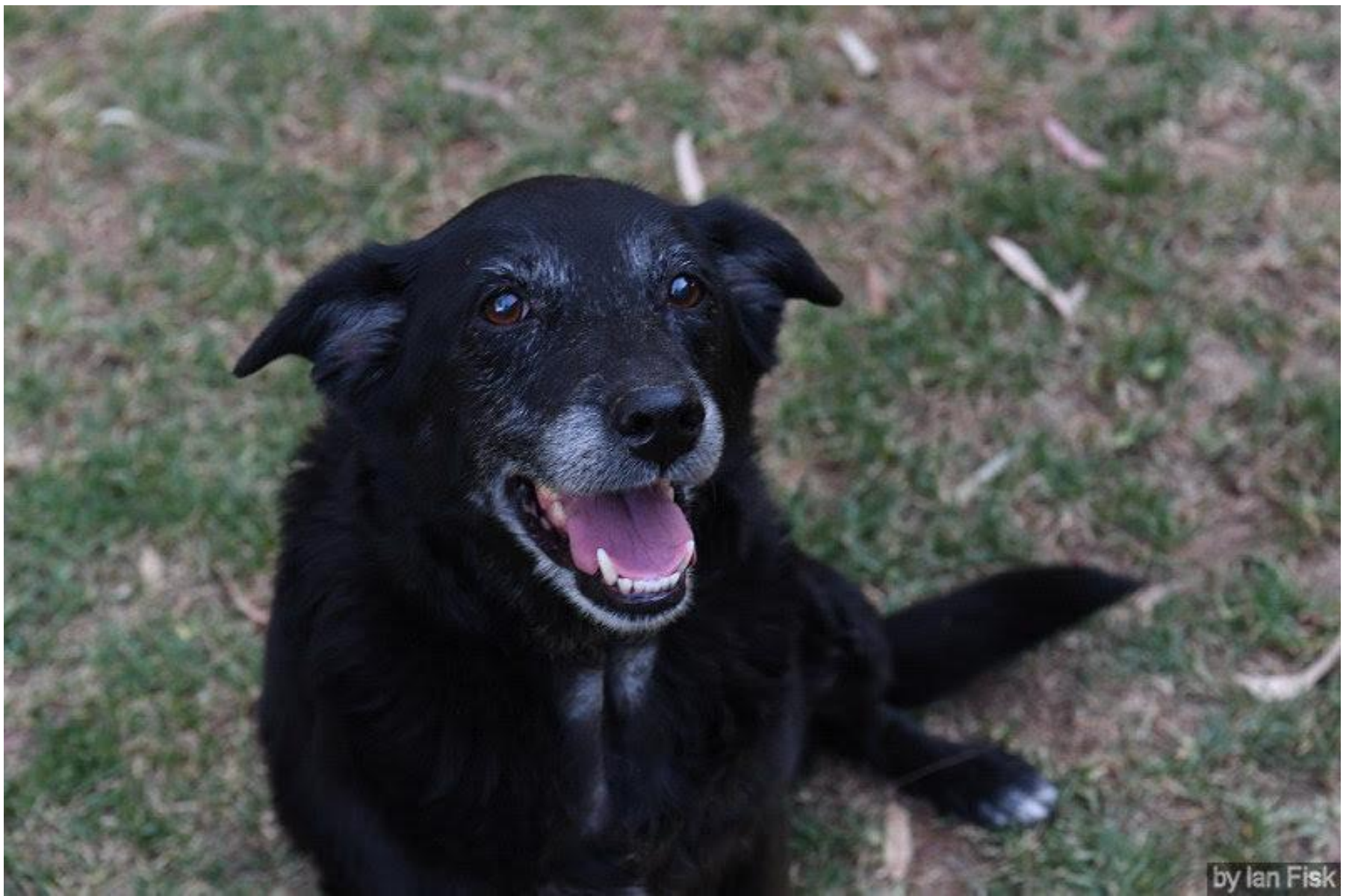
**CORPORATE
GREED
IS KILLING
OUR PLANET**



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by Ian Fisk



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NATURAL HISTORY:

- 5 key concepts

SYMPTOMS:

- 3 case scenarios

TREATMENT PLAN:

- Profession
- Practitioners
- People
- Political Advocates

When someone says they don't believe
in global warming



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Learning Outcomes

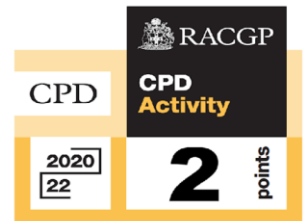
By the end of this online QI & CPD activity, you should be able to:

- Describe how burning fossil fuels causes global warming
- Identify three common health impacts of climate change
- Describe which groups are at the greatest risk of heat related illness
- Describe which groups are at the greatest risk of smoke inhalation from bushfires
- Identify the mental health impacts of climate change



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1. THE SCIENCE IS SETTLED



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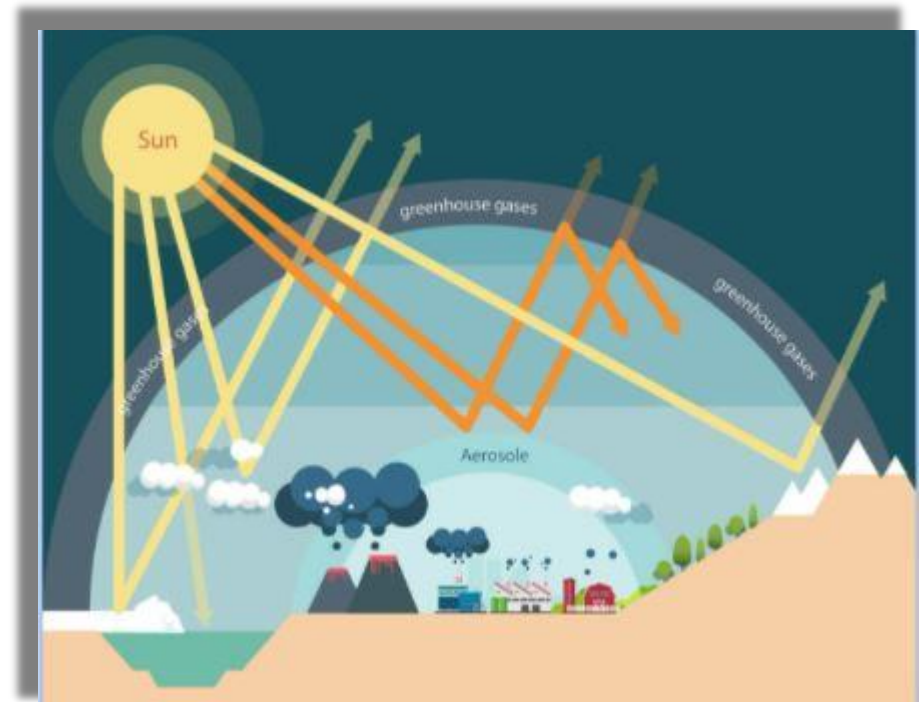
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Global Warming and Climate Change 101

Burning Fossil Fuels Releases
Greenhouse Gases →
Which increases the Greenhouse
effect →
Which increases the temperature
→
Causing more extreme heat and
changing the climate.



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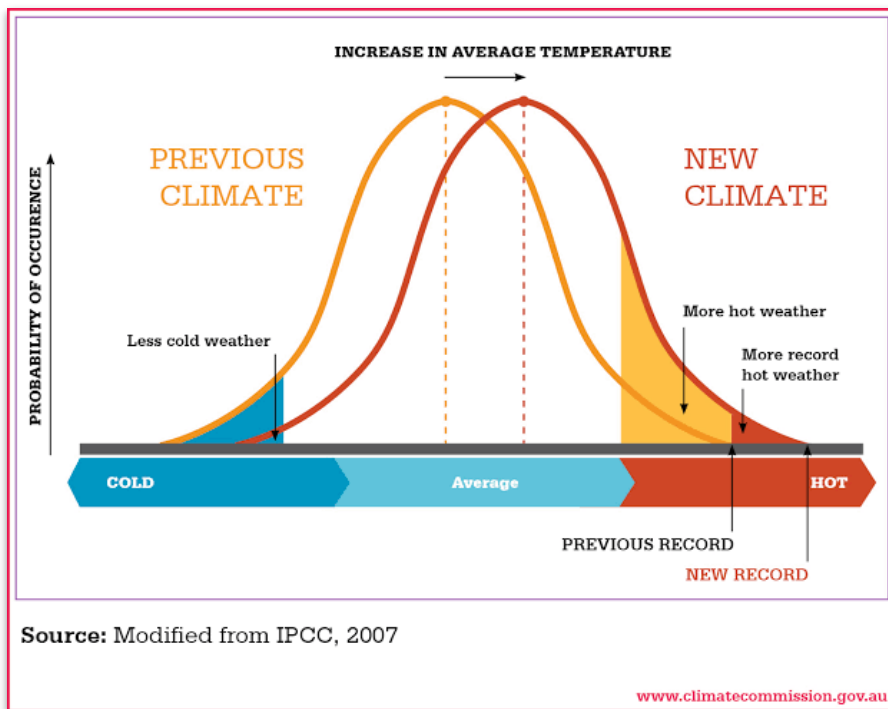
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1960-1991: 21.8°C



2019: 23.3°C



<https://www.theguardian.com/australia-news/2020/jan/02/2019-australia-hottest-year-record-temperature-15c-above-average-temperature>

A firefighter in full protective gear is seen from the side, holding a hose that extends across the road towards a large, intense fire burning in the background. The fire is consuming vegetation and is brightly lit, casting a strong orange glow. In the background, a fire truck is parked on the right side of the road, and another firefighter is visible near the truck. A road sign that reads "OVERTAKING LANE 300m AHEAD" is visible. The scene is set at night, with the fire providing the primary light source.

**THE LAST 5 YEARS are the HOTTEST
ON RECORD.**

1.1°C above pre-industrial baseline

<https://www.nasa.gov/press-release/2020-tied-for-warmest-year-on-record-nasa-analysis-shows>

HOW DOES CLIMATE CHANGE AFFECT AUSTRALIA?



Cyclones are likely to become **more intense**, but less frequent.



Extreme rainfall events are expected to become **more intense**.



Hotter and drier conditions will lead to harsher bushfire weather.



Heatwaves will become even longer and hotter.



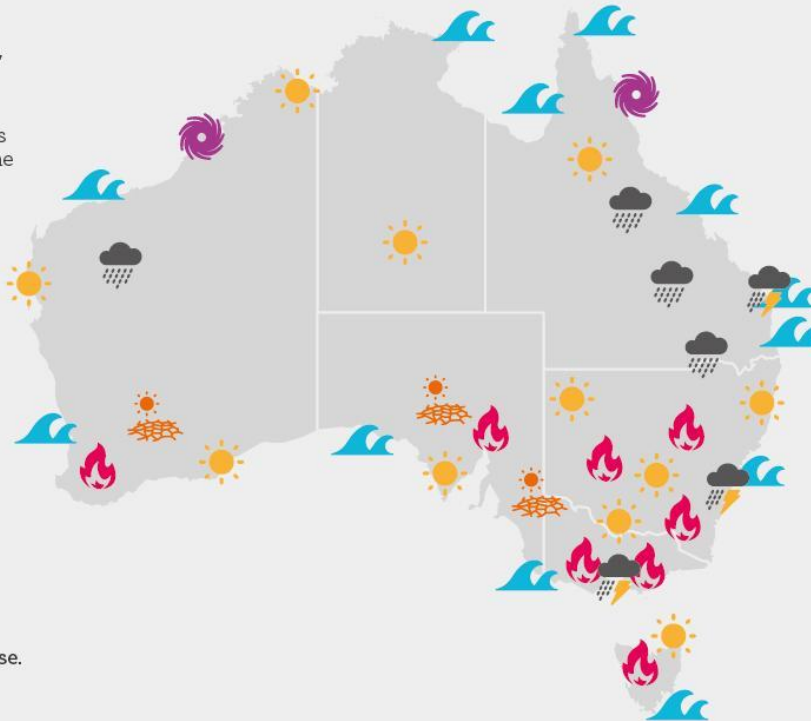
Higher sea levels will increase **flooding** in coastal cities and towns.



Potential severe thunderstorm days are **expected to increase**.



Droughts are likely to happen **even more often**.



 CLIMATECOUNCIL.ORG.AU

crowd-funded science information



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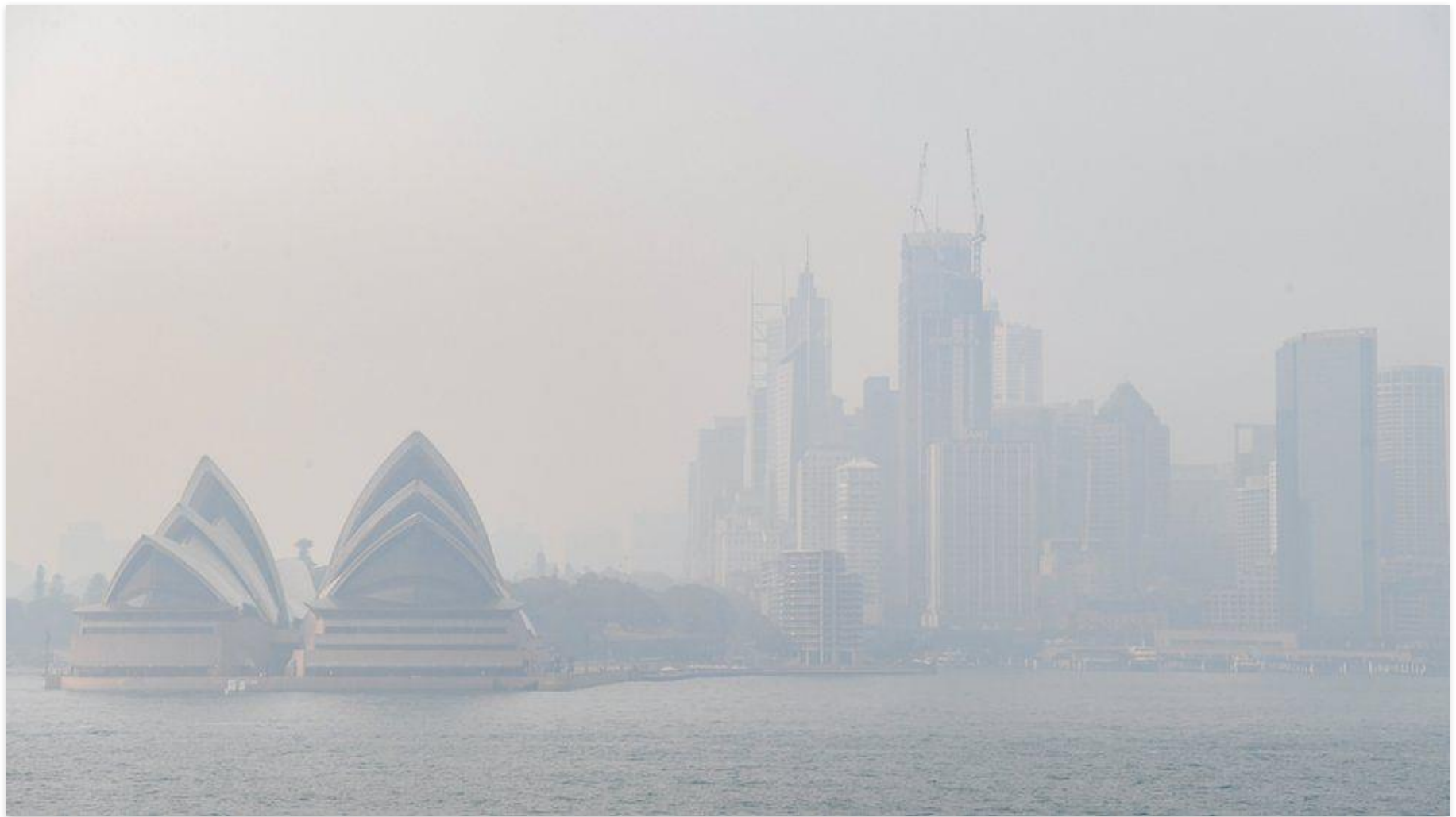
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2. THE CLIMATE CRISIS IS A HEALTH EMERGENCY



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Climate change is the biggest global health threat of the 21st century

Costello A et al. May 19 2009 [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(09\)60935-1/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(09)60935-1/fulltext)

Climate Emergency Declarations:

Australia

- AMA
- DEA
- RACGP
- RACP
- ACEM
- ACRRM
- CICP
- RANZCP
- RANZA
- etc

Global bodies:

- Global Climate and Health Alliance
- Global Green and Health Hospitals
- The Lancet
- Planetary Health Alliance
- World Medical Association



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2021 Global Conference on Health & Climate Change

To take place during COP26
Glasgow Caledonian University



THE GLOBAL
CLIMATE & HEALTH
ALLIANCE



<https://www.who.int/news-room/events/detail/2021/11/06/default-calendar/2021-global-conference-on-health-and-climate-change>



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Medical Research Community

Call for emergency action to limit global temperature increases, restore biodiversity, and protect health

>230 Medical Journals -

The UN General Assembly in September 2021 will bring countries together at a critical time for marshalling collective action to tackle the global environmental crisis. They will meet again at the biodiversity summit in Kunming, China, and the climate conference (COP26) in Glasgow, UK. Ahead of these pivotal meetings, we – the editors of health journals worldwide – call for urgent action to keep average global temperature increases below 1.5°C, halt the destruction of nature, and protect health.

<https://www.mja.com.au/journal/2021/215/5/call-emergency-action-limit-global-temperature-increases-restore-biodiversity>

Lancet Countdown: started in 2015.

Annual report monitoring progress across 5 domains:-

- Climate change impacts, exposures and vulnerability.
- Adaptation, planning and resilience for health
- Mitigation actions and health co-benefits
- Economics and finance
- Public and political engagement.

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)32290-X/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)32290-X/fulltext)



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RACGP: Climate change and Human Health Position Statement 2019

Recognises climate change as a key public health issue

Commits to mitigation and adaptation strategies (in practice and in the broader community)

Advocates for policies to protect health

Considers it important for **GPs** to **learn** about it, **communicate** about it and **research** it.



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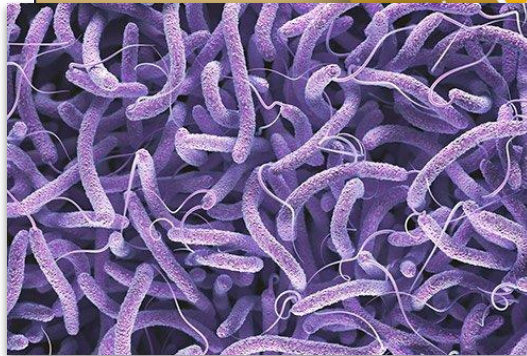
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Impact of Climate Change on Human Health



Injuries, fatalities,

Asthma,



<https://www.cdc.gov/climateandhealth/effects/default.htm>



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3. CLIMATE CHANGE IS A SOCIAL JUSTICE ISSUE



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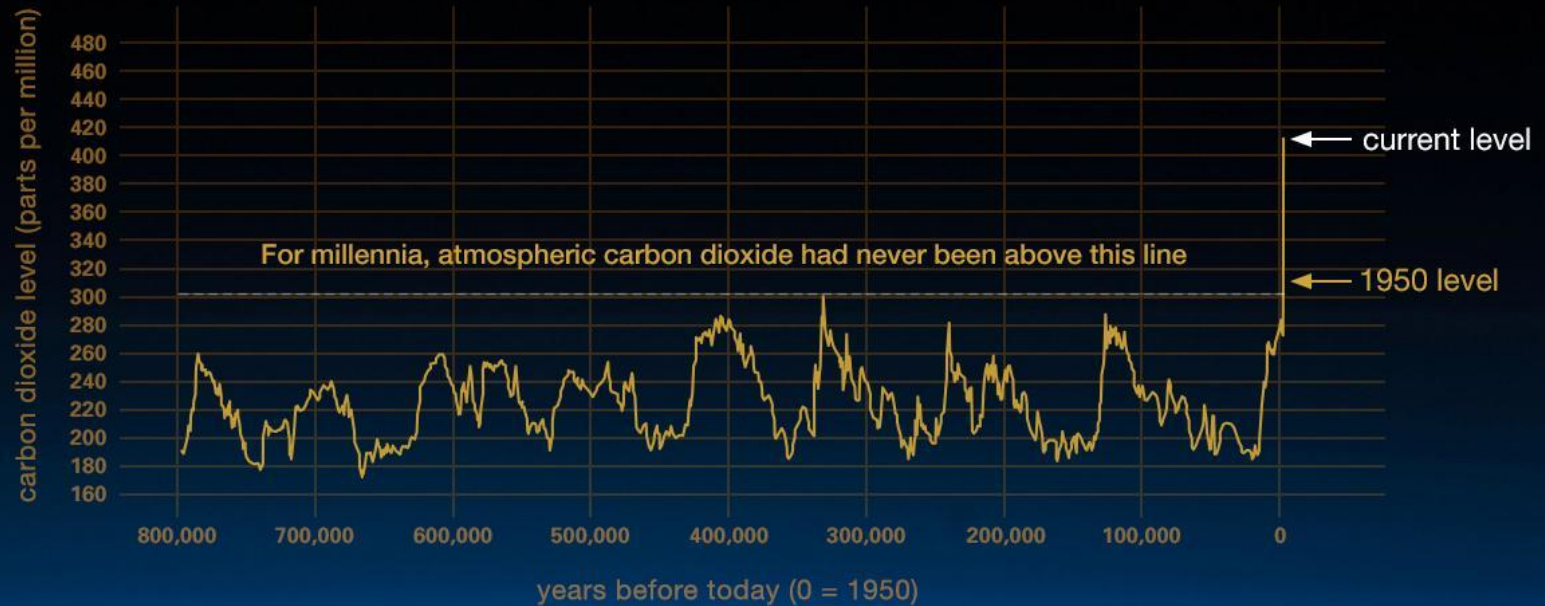
4. WE MUST ACT NOW



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August 5 2021 = 415.54 ppm

<https://www.co2.earth/daily-co2>

<https://climate.nasa.gov/evidence/>



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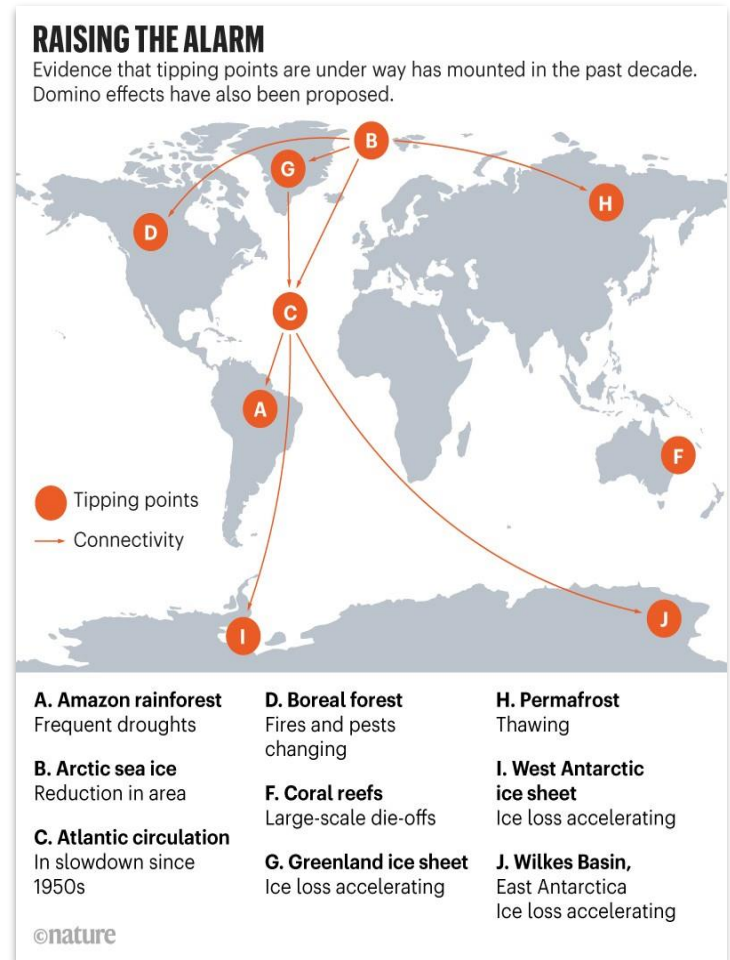
TIPPING POINTS

“A climate tipping point, or any tipping point in any complex system, is where a small change makes a big difference and changes the state or the fate of a system.”

Once the point is tipped we can't reverse it.

We don't know exactly when these will occur but the causes of the tipping points are already underway.

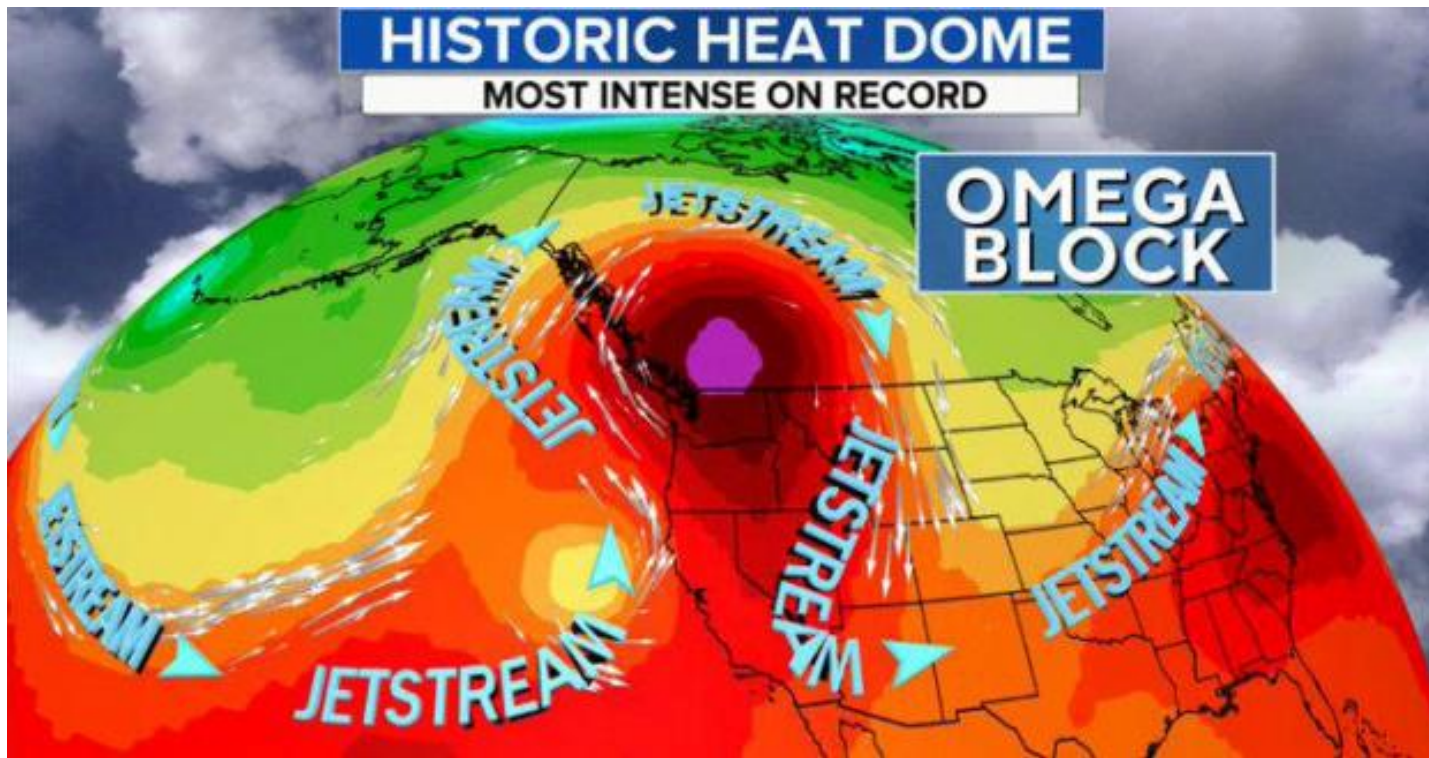
<https://www.nature.com/articles/d41586-019-03595-0>



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From SBS World News : July 25. Getty Images



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Paris Agreement: 2016.

Aim: Limit to 2°C and as close to 1.5°C as possible

IPCC 1.5°C: 2018

For a 50% chance of limiting global warming to 1.5°C, we need to **halve global emissions by 2030** and reach ZERO by 2050.

<https://www.ipcc.ch/sr15/>

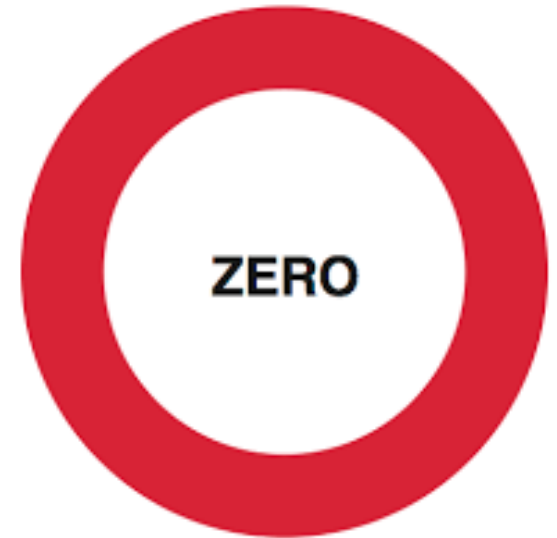
IPCC 2021: “ Unless there are immediate, rapid, and large-scale reductions in greenhouse gas emissions, limiting warming to 1.5°C will be beyond reach”.

<https://www.ipcc.ch/assessment-report/ar6/>

AIM HIGH GO FAST:

- every 10th of a degree matters
- **75% reduction by 2030 and Zero by 2035**

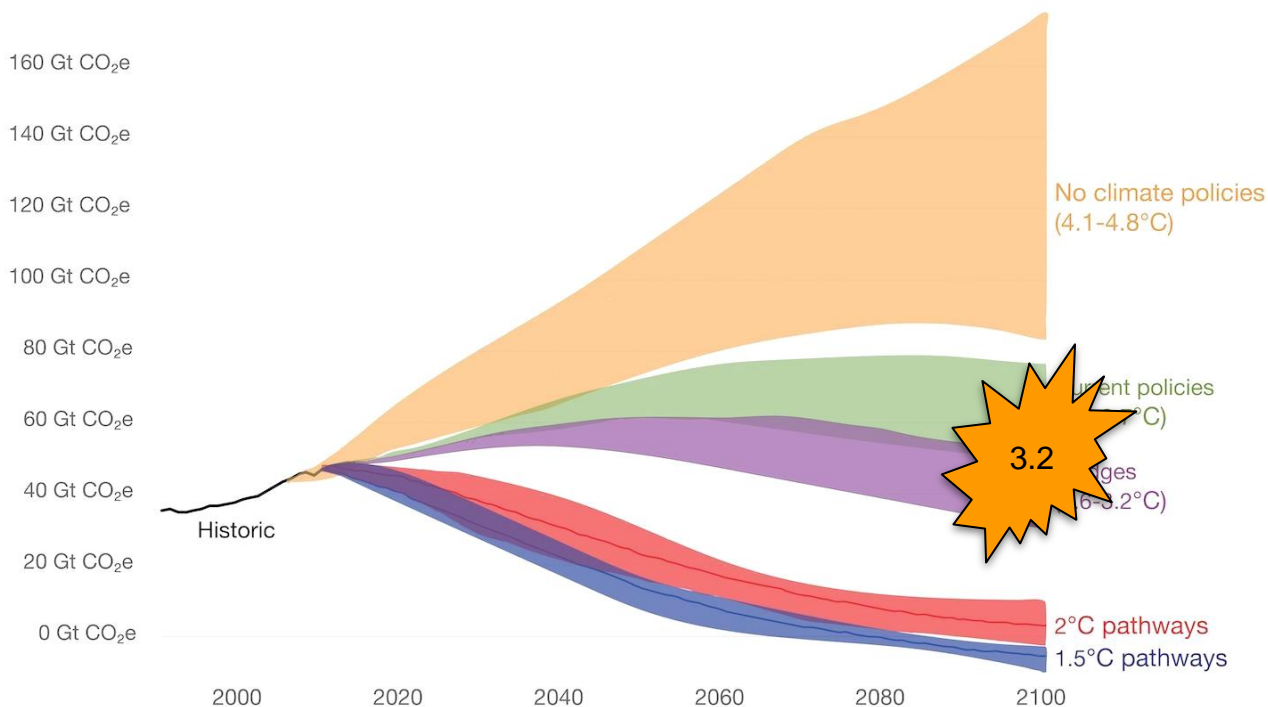
<https://www.climatecouncil.org.au/wp-content/uploads/2021/04/aim-high-go-fast-why-emissions-must-plummet-climate-council-report.pdf>



Global greenhouse gas emissions scenarios

OurWorld
in Data

Potential future emissions pathways of global greenhouse gas emissions (measured in gigatonnes of carbon dioxide equivalents) in the case of no climate policies, current implemented policies, national pledges within the Paris Agreement, and 2°C and 1.5°C consistent pathways. High, median and low pathways represent ranges for a given scenario. Temperature figures represent the estimated average global temperature increase from pre-industrial, by 2100.



Based on data from the Climate Action Tracker (CAT).

The data visualization is available at OurWorldinData.org. There you find research and more visualizations on this topic.

Licensed under CC-BY-SA by the authors Hannah Ritchie and Max Roser.



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5. GREED IS KILLING OUR PLANET

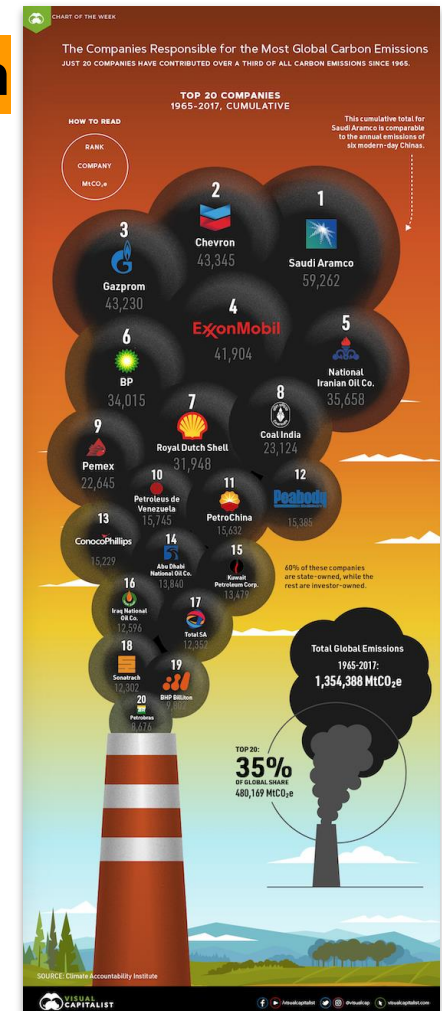


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Fossil Fuels are big business - \$4.65 trillion pa



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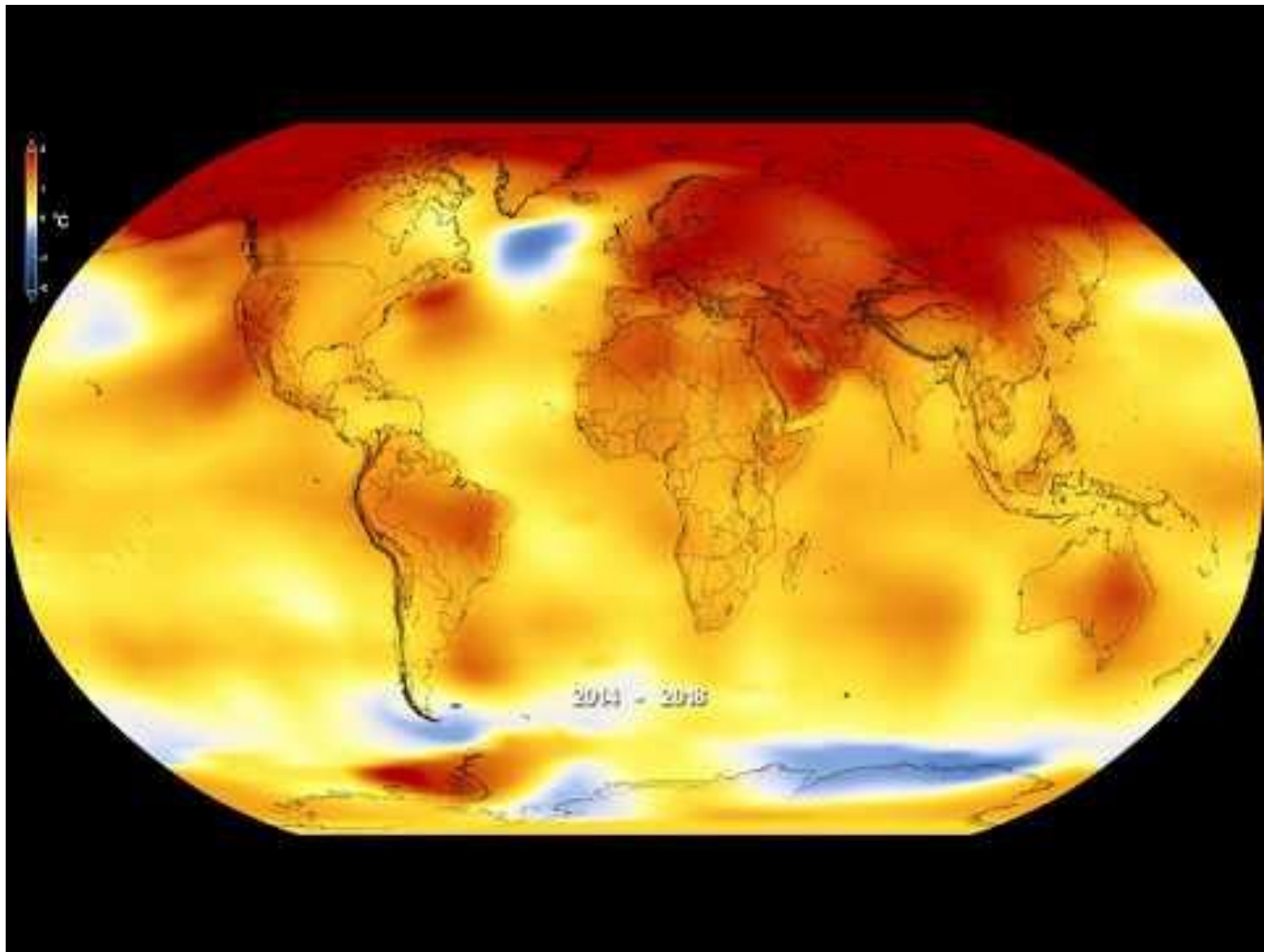
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Case Studies

1. Heat
2. Smoke Inhalation
3. Mental Illness



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Clinical scenario 1: Heat

Mrs Esaurimento da Calore, 82.

Collapses in your waiting room on a hot summer's day.

The last 4 days the temperature has been $>35^{\circ}\text{C}$, with night time minimums above 25.

E: 90/60, HR 110, lips dry, cap return 1 sec

Social Hx: Lives alone, on the pension.

PHx: Hypertension. Heart failure. Arthritis. Sciatica. Insomnia.

Medication list: coversyl plus, lasix, endep.



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Health Effects

Heat exhaustion and heat stroke

Heart attacks

Strokes

Kidney disease

Suicide

South Australia 2009 heat wave: 400 excess deaths

“The highest increase in mortality was due to causes of direct heat, particularly in the 75+ age group, followed by ischaemic heart disease related mortality in 15 to 64 year olds and stroke-related in 65 to 74 year olds”.

<https://www.sahealth.sa.gov.au/wps/wcm/connect/fc6a5238-14c1-4b1c-9534-ed2c04391f4d/Extreme+heat+and+the+risk+to+your+health+-+an+article+for+health+practitioners.pdf?MOD=AJPERES&CACHEID=ROOTWORKSPACE-fc6a5238-14c1-4b1c-9534-ed2c04391f4d-n5hBlqQ>

SA: increased temperature causes increased renal disease (kidney stones, acute kidney injury and UTI's)

UTIs: <https://ehjournal.biomedcentral.com/articles/10.1186/s12940-017-0331-4>

KNOW THE SIGNS

HEAT EXHAUSTION

- Headaches
- Nausea and vomiting
- Fatigue, weakness and restlessness
- Thirsty
- Anxiety
- Poor coordination
- Weak, rapid pulse
- Sweating heavily
- Raised body temperature

HEAT STROKE

- Headaches
- Nausea and vomiting
- Rapid pulse
- Extremely thirsty
- Dry, swollen tongue
- Disoriented, dizzy or delirious, slurred speech
- Body temperature more than 40°C
- Convulsions, seizures or coma
- May be sweating, skin may feel deceptively cool

WHAT TO DO

- > Lie down in shade or air-conditioning
- > Drink water
- > Cool compress or tea towel
- > Cool shower or bath

WHAT TO DO

- > Call 000 immediately
- > Reduce temperature until ambulance arrives

<https://www.sahealth.sa.gov.au/wps/wcm/connect/6023f98b-bdcf-416b-9d3a-cfff9ea728c8/A4+Poster+-+Signs+and+symptoms+of+heat+illness.pdf?MOD=AJPERES&CACHEID=ROOTWORKSPACE-6023f98b-bdcf-416b-9d3a-cfff9ea728c8-n5jhfeQ>

Heatwaves: Australia's most deadly natural disaster

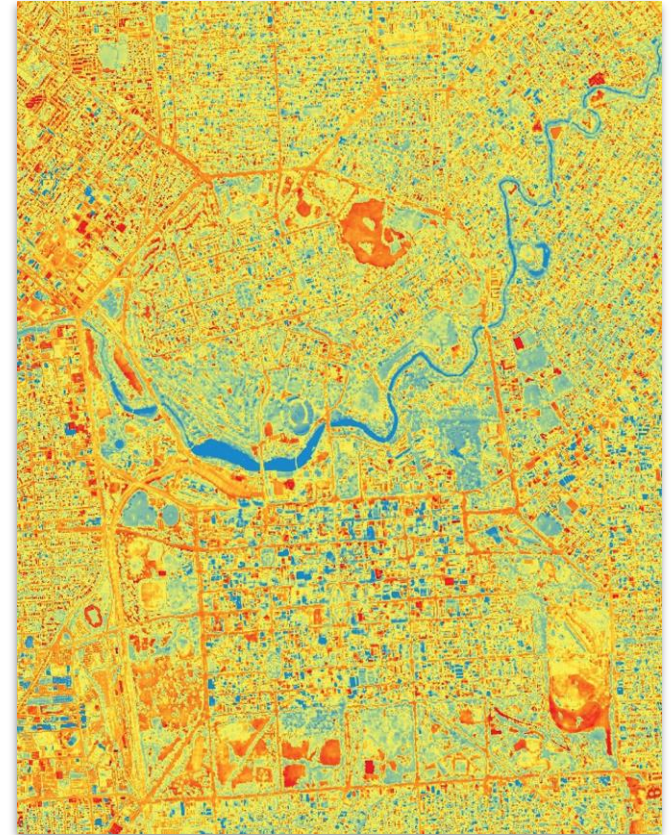
1100 Deaths a year: 2017

https://www.dea.org.au/wp-content/uploads/2017/02/DEA_Climate_Change__Health_Mini_Fact_Sheet_final.pdf

Vulnerable Groups

- Elderly
- The very young
- Pregnant women,
- Mental health conditions,
- Underlying medical conditions
- Outdoor workers
- Poverty
- Homeless

LIVING IN A CITY: URBAN HEAT ISLANDS



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Clinical Scenario 2: Breathing

Mr Senza Rispero, 16 y.o.

Presentation: Shortness of breath and cough

Dharug man of the Eora nation.

E: RR 24, looks SOB, wheeze, O₂satn 94%

Further info: Lives in Sydney. Bush fires burning in surrounding hills for the past 3 months.

Air quality index: 400

Past history: asthma



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Air Quality Index

5 major pollutants: ground level ozone, particulates (PM 2.5, PM 10), CO2, SO2 and NO2.

In Sydney's East, the Air Quality Index sat at **518**.

Financial Review: Jan 8 2020

<https://www.afr.com/policy/energy-and-climate/bushfire-smoke-pushes-air-quality-beyond-hazardous-range-in-sydney-20200108-p53ppq>



AQI	Air Pollution Level	Health Implications	Cautionary Statement (for PM2.5)
0 - 50	Good	Air quality is considered satisfactory, and air pollution poses little or no risk	None
51 -100	Moderate	Air quality is acceptable; however, for some pollutants there may be a moderate health concern for a very small number of people who are unusually sensitive to air pollution.	Active children and adults, and people with respiratory disease, such as asthma, should limit prolonged outdoor exertion.
101-150	Unhealthy for Sensitive Groups	Members of sensitive groups may experience health effects. The general public is not likely to be affected.	Active children and adults, and people with respiratory disease, such as asthma, should limit prolonged outdoor exertion.
151-200	Unhealthy	Everyone may begin to experience health effects; members of sensitive groups may experience more serious health effects	Active children and adults, and people with respiratory disease, such as asthma, should avoid prolonged outdoor exertion; everyone else, especially children, should limit prolonged outdoor exertion
201-300	Very Unhealthy	Health warnings of emergency conditions. The entire population is more likely to be affected.	Active children and adults, and people with respiratory disease, such as asthma, should avoid all outdoor exertion; everyone else, especially children, should limit outdoor exertion.
300+	Hazardous	Health alert: everyone may experience more serious health effects	Everyone should avoid all outdoor exertion



Air Visual APP
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www.dea.org.au

Smoke inhalation

Unprecedented smoke-related health burden associated with the 2019-2020 bushfires in eastern Australia. Arriagada et al

1/10/2019-10/2/2020: Bushfire smoke →

417 (95% CI, 153–680) excess deaths,
1124 (95% CI, 211–2047) hospitalisations for cardiovascular problems
2027 (95% CI, 0–4252) for respiratory problems

1305 (95% CI, 705–1908) presentations to emergency departments with asthma

<https://www.mja.com.au/journal/2020/213/6/unprecedented-smoke-related-health-burden-associated-2019-20-bushfires-eastern>



Pollution: Burning fossil fuels → 1 in 5 deaths

GEOS-Chem: Collaboration between Harvard University, the University of Birmingham, the University of Leicester and University College London, found that more than 8 million people died in 2018 from fossil fuel pollution, significantly higher than previous research suggested—meaning that air pollution from burning fossil fuels like coal and diesel was responsible for almost 1 in 5 deaths worldwide.

Global Mortality from outdoor fine particulate pollution generated by fossil fuel combustion: Results from GEOS-Chem: Vhora K et al

<https://www.sciencedirect.com/science/article/abs/pii/S0013935121000487>

Clinical Scenario 3: Eco-Anxiety

Ms Ansia Ecologica. 24 y.o.

Presentation: anxiety and panic

Further info: worried about global warming, is overwhelmed by sadness and anger. Very politically engaged but disillusioned about the future.



Decided not to have children because she would not bring them into this world. Lately stopped attending Uni and going out. What's the point, we're all going to die?



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1. **Acknowledge feelings** about climate change to yourself and others and learn ways of managing them so you can face and not avoid the reality of climate change.
2. **Create social norms** about protecting the environment. “Everyone is doing it.” “It’s normal to be green.”
3. **Talk about climate change** and break the collective silence so that more and more people see it as a risk that requires action.
4. **Inspire positive visions** of a low-energy, sustainable, zero carbon world so that people know what we are working towards and can identify steps to get there.
5. **Value it.** Show that caring for the environment reinforces caring for other things we value (family etc)
6. **Act** to contribute to climate change solutions and feel engaged and less despairing.
7. **Time is now.** Climate change is here and now and is relevant to us all now.
8. **Engage with nature** to restore your spirit and connect with what we are trying to protect.

<https://www.psychology.org.au/getmedia/b2304d9c-64d4-40a6-b063-3014128ec740/ACTIVATE-climate-change.pdf>

Further resources

Psychology for a Safe Climate: <https://www.psychologyforasafeclimate.org/>

“Our purpose is to contribute psychological understanding and support within the community, helping people face the difficult climate reality”.

Australian Psychological Society <https://www.psychology.org.au/for-the-public/Psychology-topics/Climate-change-psychology>

“...the solutions to climate change require profound changes in human behaviour. We are interested in how to help people understand climate change, how to cope with it, and how to get involved in effectively addressing climate change.”

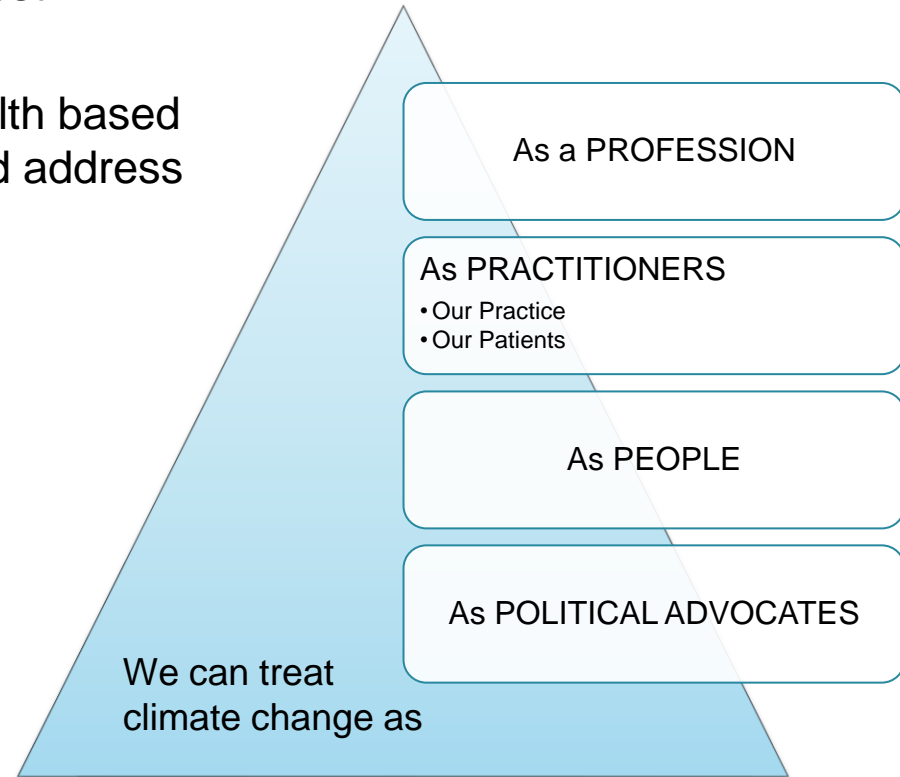
American Psychological Society

<https://www.apa.org/science/about/publications/climate-change>

Treatment Plan

It is the responsibility of health care practitioners to look after the health of humanity and to act in its best interests.

We have an opportunity to advocate for a health based response to the climate health emergency and address societal inequities at the same time.



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AS A PROFESSION

The Carbon Footprint of Australian Healthcare: 7% of Australia's footprint.

<https://www.thelancet.com/journals/lanplh/article/PIIS2542-51961730180-8/fulltext>

Global Carbon Footprint of healthcare = 5%

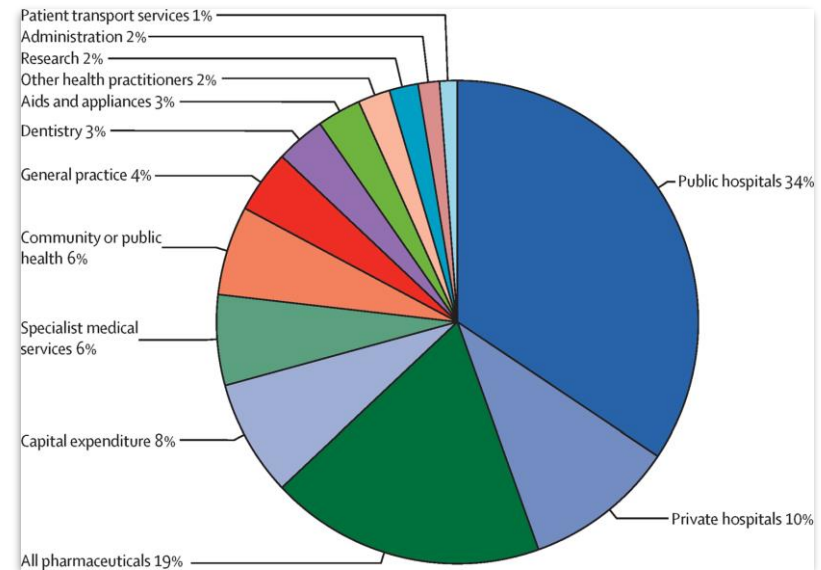
<https://www.carbonbrief.org/healthcare-in-worlds-largest-economies-accounts-for-4-of-global-emissions>

AMA and DEA position statement:
Reduce emissions of health care by 80% by 2030 and to zero by 2040.

<https://www.ama.com.au/media/joint-statement-medical-professionals-call-emissions-reduction-health-care>

"Every sector must play its part to reduce carbon emissions, and the healthcare sector, guided by the principle to 'first, do no harm', has an added duty to lead and take action to protect health."

Spokesperson for DEA Dr Eugenie Kayak



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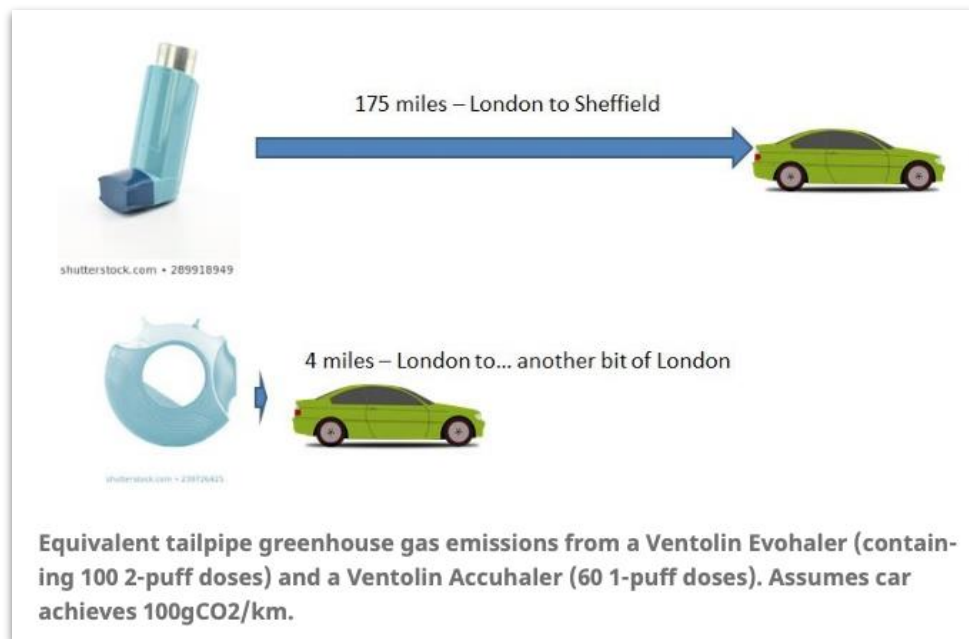
Specific Interests

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AS PRACTITIONERS

OUR PRACTICE

- Greening our practices - green energy providers, solar, recycling, reducing waste, reducing plastics
- Greening our prescribing - choosing medications with a lower impact
Deprescribing, Nature prescribing
- <https://www.youtube.com/watch?v=fqN1EYV9T7A>
- Greening our pathology and investigations - unnecessary ordering



https://greeninhaler.org/?fbclid=IwAR1vYbLSG_8BHREI3Y9Co7P92mINZgBiAqu_sd5JQox6KFLWCMwZCY2dwkQ



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AS PRACTITIONERS

OUR PATIENTS

- **Talk about it.** This is the most important health problem of this century, we're allowed to talk about it.
- Health co-benefits of action
 - Planetary health diet
 - Active transport -walk, cycle.
- Care plans
 - Heat waves
 - Air quality index
 - Disaster action plans
- Medications - are we placing them at risk?



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AS PEOPLE

Be part of the solution, not part of the problem

- **F**inance - divestment and investment, offsets
- **A**dvocacy - vote climate, engage with politicians
- **T**ransport - walk, cycle, EVs, PT.
- **E**nergy - renewable energy provider, panels, batteries
- **D**iet - planetary health diet, plant rich.

<https://www.climatemedicine.net/individual-actions>



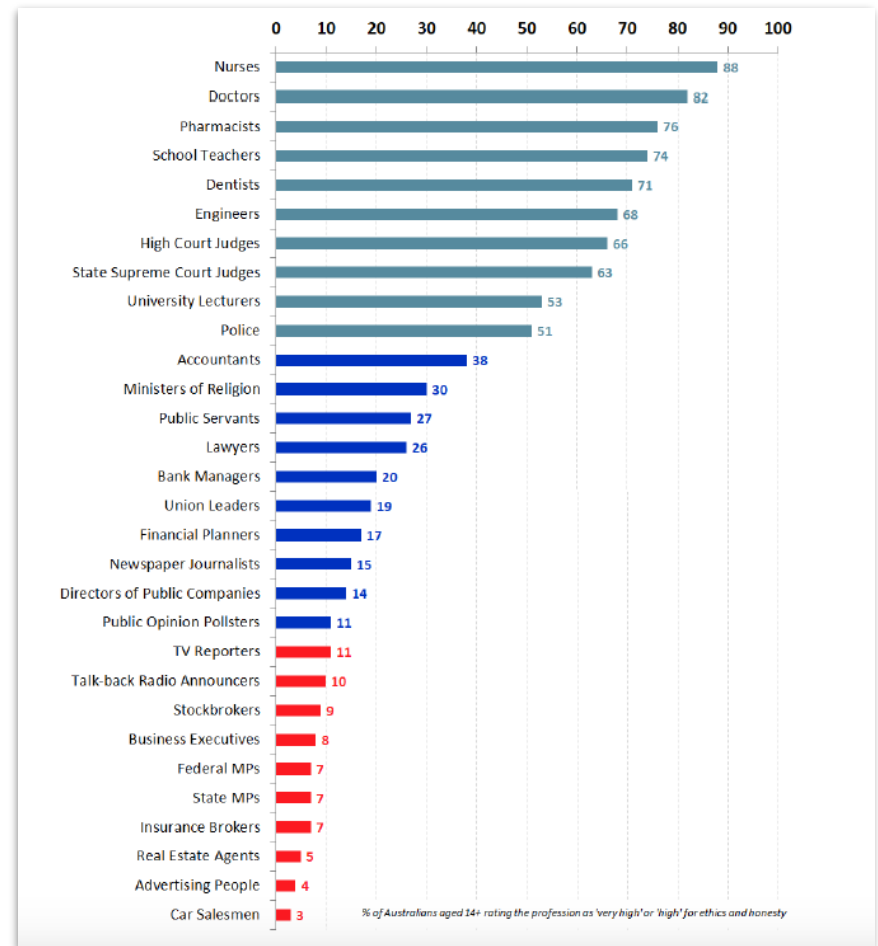
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AS POLITICAL ADVOCATES

- Doctors are trusted Professionals
- Join the movement for change - get involved with professional groups, community groups, present locally on climate and health
- Talk to your politicians - visit them at work
- Write the letters, sign the petitions



Roy Morgan: 2021



**You are the antibodies kicking in
as the planet fights its fever!**

calie.org

-Bill McKibben



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Questions



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Thank you very much for attending and to our presenters for their valuable time and information.

We hope you enjoyed this webinar.

Australia's Carbon Footprint: Adding fuel to the fire

- Our emissions are increasing
- 15th biggest CO₂ producing country in the world
- Second highest CO₂ producers per capita.
- Domestic use = 1.2% of world emissions
- Emit more greenhouse gases than 40 countries with a higher population than us.
- Add exports => 4% of global emissions
- World's biggest exporters of coal and natural gas
- Third biggest exporters overall

2020 Climate Change Performance Index:

- Australia came last out of 57 countries

COP 25: 31 countries spoke against Australia using carryover credits to count towards our Paris target.

- We were linked with Brazil and Saudi Arabia as countries blocking rules to govern carbon markets and hampering the global ability to reduce emissions.

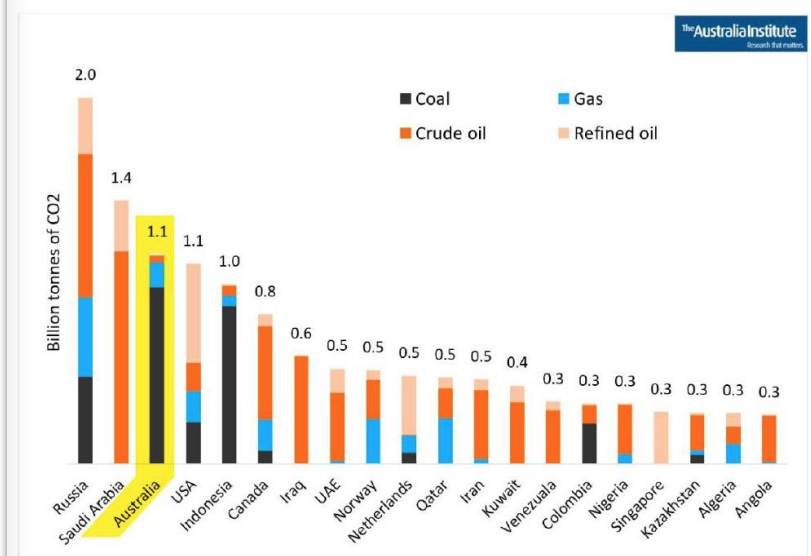
Australia is undermining the global response to the carbon crisis.



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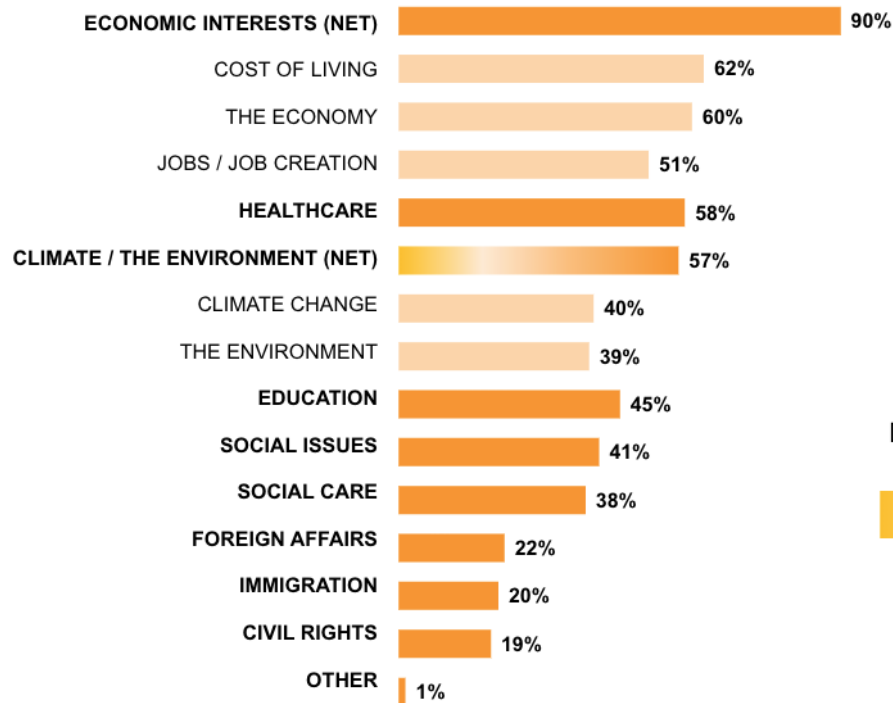
Specific Interests

Figure: World's biggest fossil fuel exporters, CO₂ Gt potential of exports



Source: IEA (2018) *World Energy Balances*; IPCC (2006) *IPCC Guidelines*, as described in text; Commonwealth of Australia (2019) *Quarterly Update of Australia's National Greenhouse Gas Inventory for September 2018*

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DESPITE BEING A CONCERN FOR MANY,

ECONOMIC INTERESTS AND HEALTHCARE

ARE OFTEN MORE IMPORTANT TO
AUSTRALIANS THAN CLIMATE CHANGE

fiftyfive5

% OF AUSTRALIANS WHO CHOSE THIS POLICY AREA IN TOP 5 MOST IMPORTANT
WHICH OF THE FOLLOWING ISSUES / POLICY AREAS ARE MOST IMPORTANT TO YOU PERSONALLY? BASE: N=2510

019



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Source: Climate Compass 2020

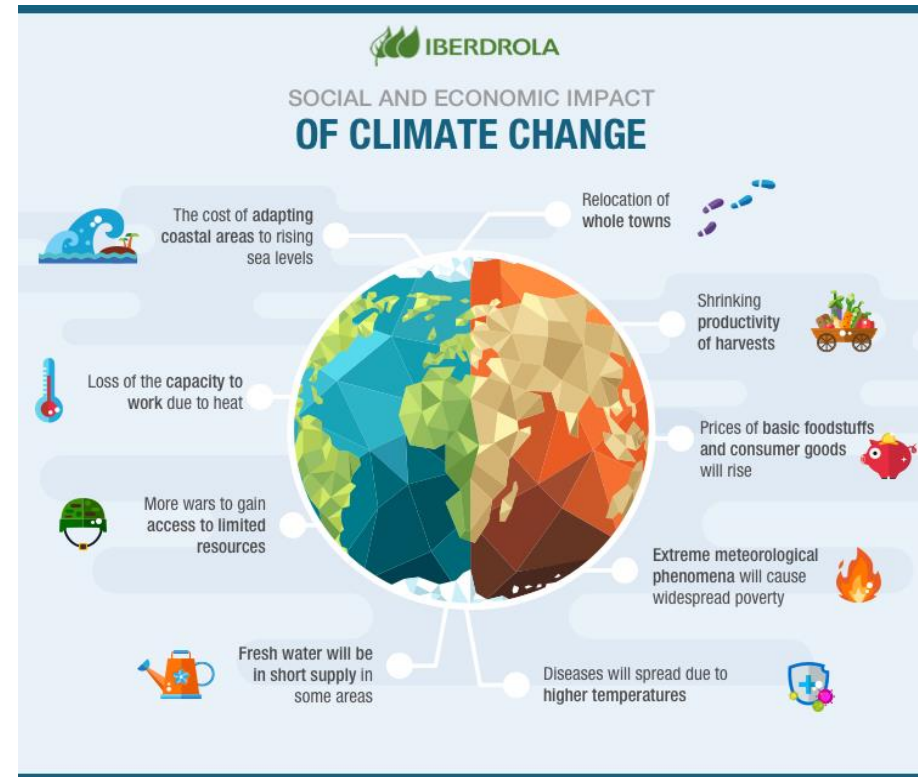
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Climate and the Economy

Costs more not to act than it does to act.

- Billions of dollars per year in subsidies
- Our government is propping up the fossil fuel industry and enables their continues expansion
- The jobs argument is a furphy
- Jobs in many sectors, not just fossil fuels
- The concept of a just transition
- Circular economy
- Universal basic income

What price is human health?



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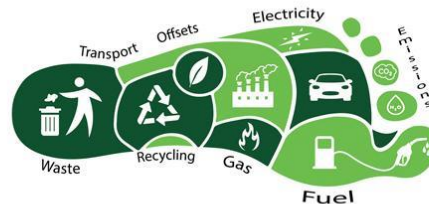
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Current global population = 7.8 billion.

More people → Greater stress on ecosystems

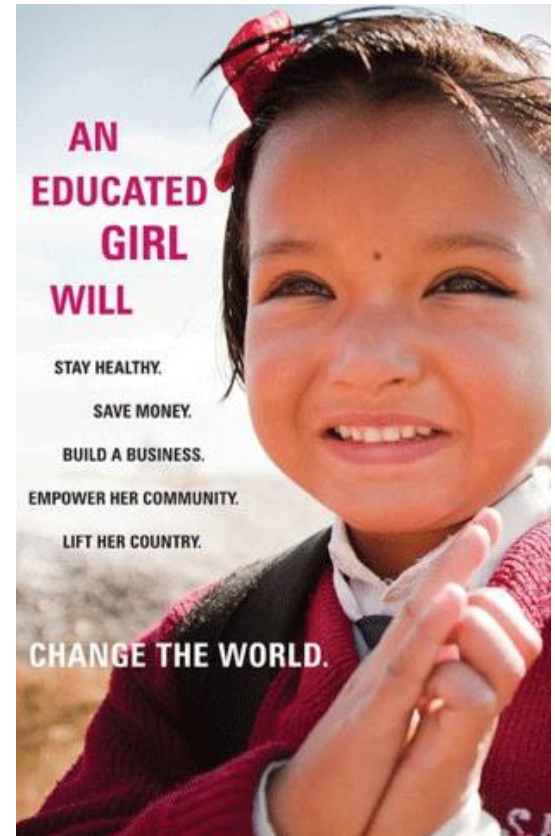
But:

- Most emissions come from rich countries and people.
- We can choose to live more sustainably - e.g. Eat Lancet. What is your carbon footprint?
- The best way to reduce population growth is through education especially the education of girls. This applies globally and in Australia.
- Educated women choose to have fewer children and are more able to access contraception. Educating girls increases equality and reduces poverty.

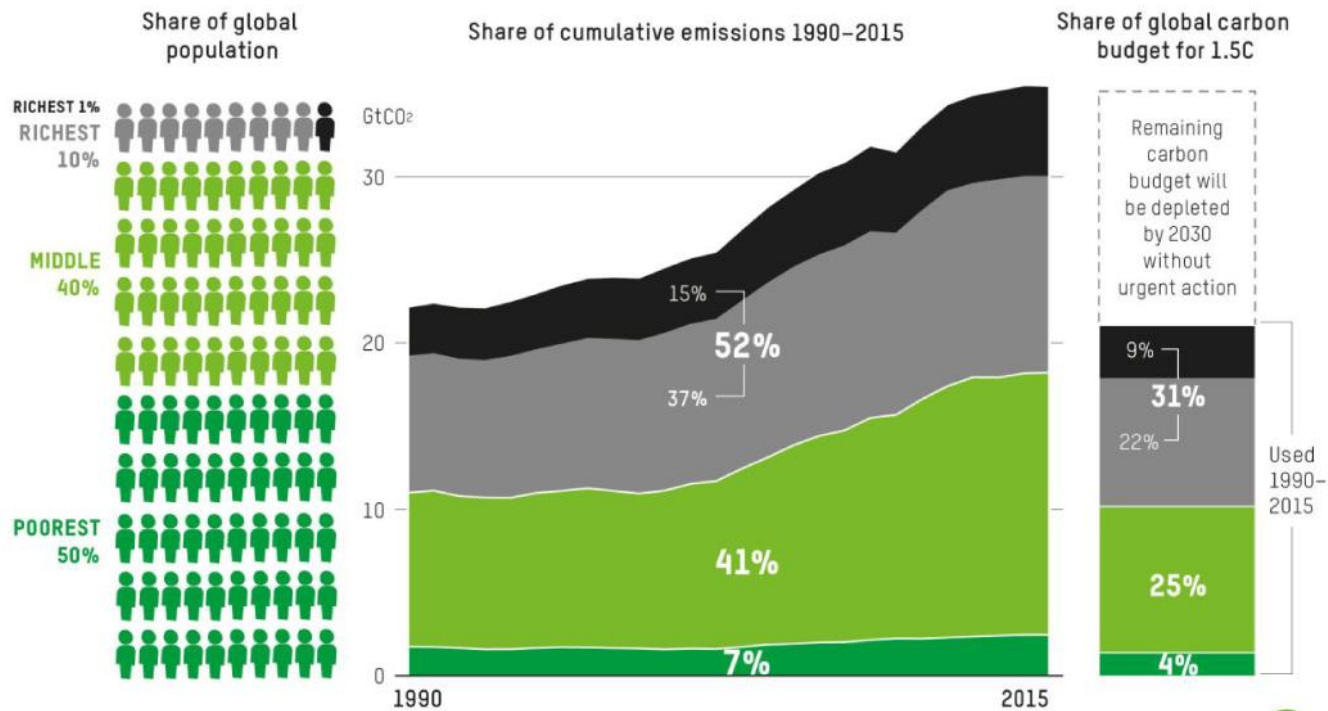


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Per capita income threshold (SPPP2011) of richest 1%: \$109k; richest 10%: \$38k; middle 40%: \$6k; and bottom 50%: less than \$6k. Global carbon budget from 1990 for 33% risk of exceeding 1.5C: 1,205Gt.



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No Nukes.

Radioactive decay is slow:

Eg. Uranium-238 has a half life of 4.5 billion years.

Radiation causes mutation and cancer.

E.g. Marie Curie who discovered the elements radium and polonium and who coined the term radioactivity died of radiation induced leukaemia.

Unethical to risk the health of humans and animals for centuries to come.

Renewables are cheaper and they don't cause mutations.



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