Utilising the ‘NHS Route Map for Sustainable Health’ in Occupational Therapy

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The NHS Carbon Reduction Strategy highlights how addressing climate change is core to our society becoming healthy, just and fair and supports the UK Government’s Climate Change Act target of an 80% carbon footprint by 2050 (NHS Sustainable Development Unit 2009).

Being sustainable is about maintaining balance and making decisions that meet economic, social and environmental agendas. The NHS Route Map for Sustainable Health (left) provides a framework for developing sustainable health systems in this way (NHS Sustainable Development Unit 2011).

There is a push for significant improvements in NHS outcomes and the Route Map identifies six areas that require progress in order to improve health, save money and resources, and make enduring changes.

Below are examples of how the vision behind these six areas can be incorporated into occupational therapy practice. Consider what may be required at individual and organisational levels to make the NHS more sustainable and how the Route Map could evolve over time.

References: