

# Too Much Medicine & Healthcare Sustainability

SESSION IV – Challenges and Trends in Health Promoting Hospital  
"Eco-Friendly Hospitals For A Sustainable World"

Dr Ray Moynihan

Senior Research Fellow

Centre for Research in Evidence-Based Practice

Bond University

Australia

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# The Greening of Medicine

BMJ

BMJ 2012;344:e8390 doi: 10.1136/bmj.e8390 (Published 18 January 2012)

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FEATURE

SUSTAINABLE HEALTHCARE

## The greening of medicine

Ray Moynihan explores early preparations for a low carbon health system

Ray Moynihan conjoint lecturer

University of Newcastle, Australia

## 10 goals for greening hospitals and health systems<sup>5</sup>

transplant operation: he's at the cutting edge of a new form of patient activism that is pushing the public, professionals, and policy makers for an urgent and comprehensive greening of medicine.

"Having known failure so often, he knows better than most how to succeed."

footprints and make medicine healthier (too), it recommends 10 clear, measurable steps forward, including switching to renewable energy and reducing harmful wastes, and the approach is being well received by health authorities around the world, including in the United Kingdom.

BMJ 2012;344:e8390 doi: 10.1136/bmj.e8390



Health Care Without Harm. Global Green and Healthy Hospitals. 2011. [www.noharm.org/lib/downloads/building/GGHHA.pdf](http://www.noharm.org/lib/downloads/building/GGHHA.pdf).

NHS unit says cuts of 40% in health related emissions  
“technically feasible  
without compromising standards of care”

Cover story in  
*British Medical Journal*  
January 2012

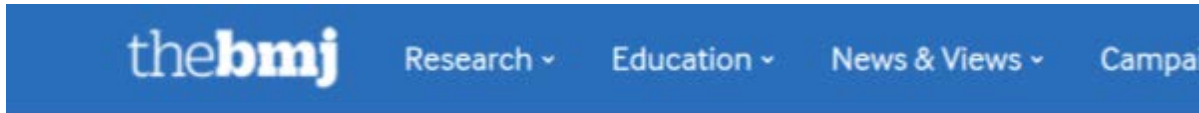
# My brief panel presentation....

Moves to address problem of “Too Much Medicine” ...

Moves to make healthcare more sustainable...

Is there potential for synergy?

# Too Much Medicine -*The BMJ* campaign



## Campaigns

The graphic for the 'Too Much Medicine' campaign is set against a purple background. On the left, there are four white pill icons of varying sizes, with the largest one on the right. To the right of the pills, the words 'TOO MUCH MEDICINE' are written in a bold, white, sans-serif font, with 'TOO MUCH' on the top line and 'MEDICINE' on the bottom line.

[Too much medicine](#)

The BMJ's Too Much Medicine campaign aims to highlight the threat to human health posed by overdiagnosis and the waste of resources on unnecessary care.

# Too Much Medicine -*The BMJ* campaign

*"Winding back unnecessary tests and treatments, unhelpful labels and diagnoses won't only benefit those who directly avoid harm, it can also help us **create a more sustainable future.**"*

*Dr Fiona Godlee, Editor-in Chief, BMJ, 2013*

# Too much medicine; too little care

BMJ

BMJ 2013;347:f4247 doi: 10.1136/bmj.f4247 (Published 2 July 2013)

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## EDITORIALS

“Too much testing of well people and not enough care for the sick worsens health inequalities and drains professionalism, harming both those who need treatment and those who don’t.” Margaret McCartney.<sup>1</sup>

“Too much testing of well people and not enough care for the sick worsens health inequalities and drains

To further the debate, this issue of the *BMJ* includes the first in an intermittent series of Analysis articles looking at the risks and harms of overdiagnosis in a broad range of common

# Too Much Medicine - Choosing Wisely



*An initiative of the ABIM Foundation*

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## Lists

See which tests and procedures should be questioned



# Too Much Medicine

Causes harm from unnecessary treatments

Wastes resources better spent elsewhere

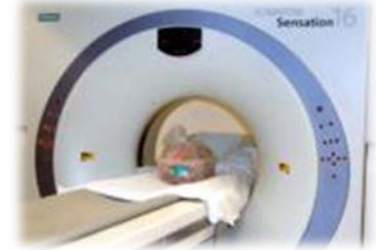
30% of US health spend may be wasted -  
\$200 billion a year on unnecessary treatment



# Too Much Medicine



Too many antibiotics



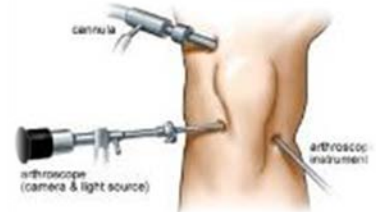
Too many scans for back pain

Too many CT scans



Too many heart tests

Too many knee operations



Too many tests for Vit. D deficiency

Lots more...

# Too Many Diagnoses

...**overdiagnosis** occurs when people are diagnosed with a disease that ultimately will not cause them harm...

Examples where overdiagnosis occurs: prostate cancer, breast cancer, thyroid cancer, ADHD, CKD, Asthma....

Leads to:

- overtreatment
- anxiety from labelling
- wasted resources



# 4<sup>th</sup> International *Preventing Overdiagnosis*

Barcelona, Spain, September 20-22 2016



Safely and fairly  
winding back the  
harms  
of too much  
medicine



# Australians most respected TV program

## September 2015

“Many common treatments are often unnecessary, ineffective, or worst still harmful”

“Waste runs into tens of billions of dollars a year – much of it due to **overdiagnosis** and the ill-advised treatments that follow.”



# Synergies?

Safely and fairly winding back unnecessary  
diagnoses, tests and treatments  
is surely a win-win-win....

Good for people who avoid harm  
Good for system sustainability  
Good for the environment

Perhaps we can start a conversation....

Thank you for listening

International Network for Health Promoting Hospitals & Health Services

## The Task Force on Health Promoting Hospitals and Environment

Asia-Pacific Regional Symposium 2016

### Eco-Friendly Hospitals For a Sustainable World

22-23 February 2016 | Griffith University | Brisbane | Queensland | Australia



## Program BOOKLET



AN INTERNATIONAL KNOWLEDGE AND PRACTICE-SHARING REGIONAL SYMPOSIUM ON

**"ECO-FRIENDLY HOSPITALS FOR A SUSTAINABLE WORLD"**  
MONDAY, 22<sup>nd</sup> Feb 2016

Griffith University, Nathan Campus

Hosted by The Task Force on Health Promoting Hospitals and Environment  
of International Health Promoting Hospitals and Health Services Network  
and co-hosted by Griffith University

Venue: Griffith University Nathan Campus, Building N18 (Central Theatre), Theatre II

Dr Ray Moynihan

Senior Research Fellow

Centre for Research in Evidence-Based Practice

Bond University, Australia

[RayMoynihan@bond.edu.au](mailto:RayMoynihan@bond.edu.au)