

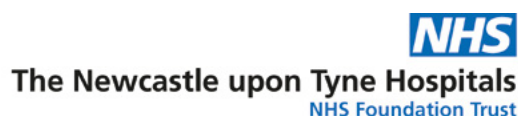


IMPLEMENTING A

Recycling Project

FOR MEDICAL NUTRITION PACKAGING

A how to guide and useful tools created through a partnership project between
Nutricia Ltd and The Newcastle upon Tyne Hospitals NHS Foundation Trust



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*I AM NEVER SURE
WHAT YOU CAN AND CAN'T
PUT IN THE RECYCLE BIN,
BUT THE NURSE HAS TOLD
ME NOW*

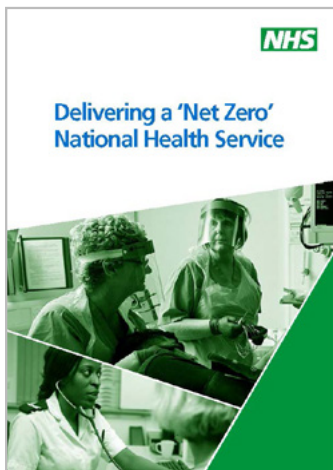
*NOW I KNOW WHAT
CAN BE RECYCLED I WILL
DO MORE I PROMISE*

*I AM GLAD I NOW
KNOW WHAT CAN BE
RECYCLED I DIDN'T THINK
ANY OF IT COULD, THERE
IS A LOT ISN'T THERE?*

*MYSELF AND THE OTHER
HEALTHCARE ASSISTANTS
WILL NOW MAKE SURE THESE
ITEMS ARE DISPOSED OF IN
THE RIGHT WAY*

the case for change

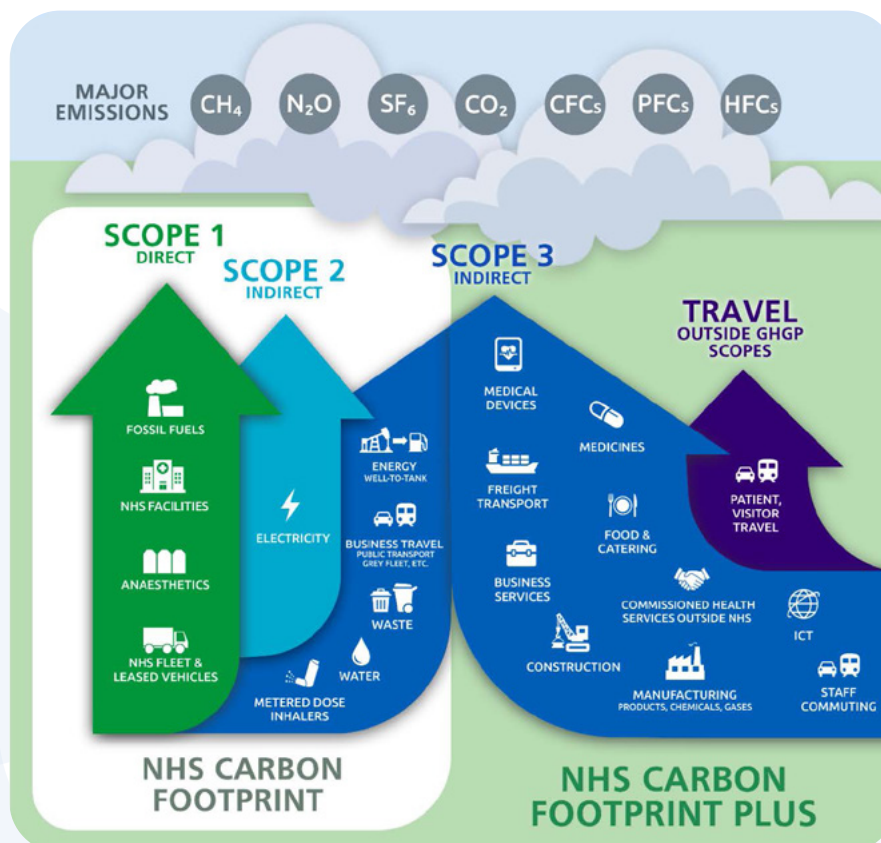
In October 2020, the NHS outlined its vision to deliver the world's first net zero health service and respond to the climate emergency, improving health now and for future generations. This means improving healthcare whilst also reducing harmful carbon emissions and investing in efforts that remove greenhouse gases from the atmosphere.



The NHS plays an essential role in influencing change as an anchor institution. The NHS accounts for 4% of the country's carbon emissions¹, 7% of the economy¹ and employs more than 1.3 Million people². Two clear targets are outlined in the *Delivering a 'Net Zero' National Health Service* report:

- The NHS Carbon Footprint: for the emissions the NHS controls directly, net zero by 2040
- The NHS Carbon Footprint Plus: for the emissions the NHS can influence, net zero by 2045

Increasing recycling is a simple task that all healthcare staff can do make a positive contribution to reducing carbon emissions and conserve natural resources by reducing demand for raw materials.



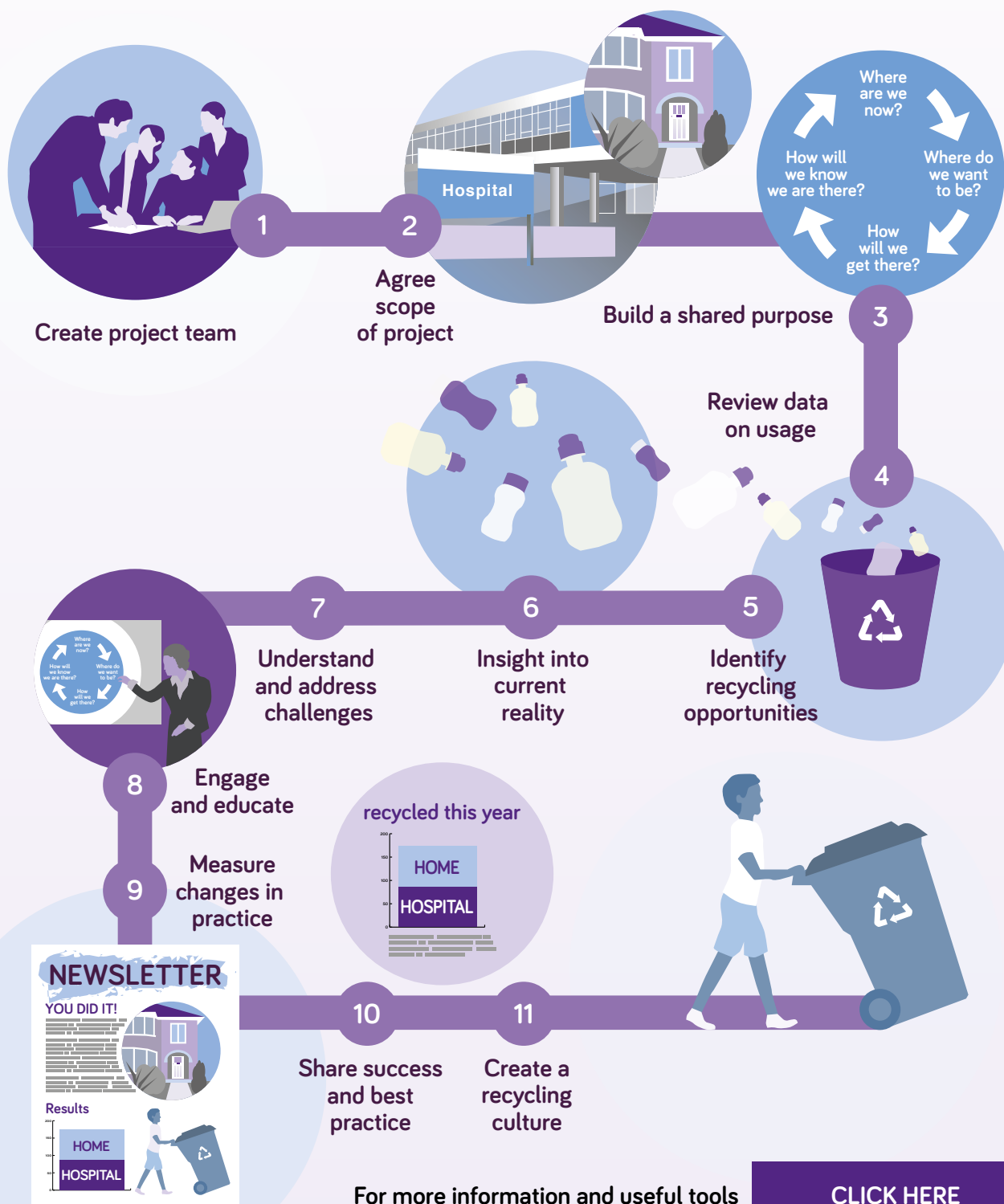
GHGP scopes in the context of the NHS (<https://www.england.nhs.uk/greenernhs>)

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STEP BY STEP GUIDE TO IMPLEMENTING A RECYCLING PROJECT FOR MEDICAL NUTRITION PACKAGING

The purpose of this step by step guide is to summarise the steps taken to improve recycling of medical nutrition packaging across The Newcastle upon Tyne Hospitals NHS Foundation Trust in 2021. It is hoped that this will inspire others to implement similar projects across hospital, community and home settings.

REDUCING PLASTIC: NUTRICIA WEBSITE



the project: steps

1. CREATE A PROJECT TEAM

Identify key members who have an interest in progressing the project

QUESTIONS TO ASK:

- Who will lead this project?
- Are there any established groups or teams who could support such as The Nutrition Steering Group or The Sustainability Team?
- Is any funding available to support the project?
- Who will influence the success of this project?
- What support outside the NHS do you need?



2. AGREE THE SCOPE OF THE PROJECT

Agree on the scope of the project and where you will focus; for example:

- Will you target specific areas such as hospital, community care facilities and/or patients within their own homes?



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3. BUILD A SHARED PURPOSE

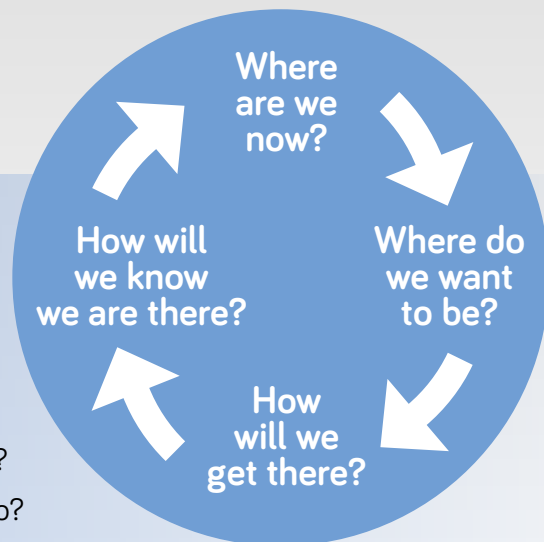
Align the project team on aims, objectives and timelines, write these down and refer to them regularly

A) WHERE ARE WE NOW?

Consider what information is available locally to determine the aims of the project.

QUESTIONS TO ASK:

- Is this a priority for your Trust?
- Has previous research already been conducted?
If you understand your current reality you might be able to progress faster through the steps
- What do you know and where are the gaps in your knowledge?
- Do you know how much is being recycled currently and by who?
- Have you identified any barriers to recycling?



B) WHERE DO WE WANT TO BE?

Identify and agree on what does good look like and how you will recognise once you have achieved it.

QUESTIONS TO ASK:

- Have local targets been set, could you link into these?
- Does the project need to be registered as part of a Sustainability workstream?

C) HOW WILL WE GET THERE?

Involving the people whose behaviours you want to understand, or change is more likely to result in effective and long-lasting improvements. It is important to obtain early engagement / support.

QUESTIONS TO ASK:

- Is there someone in a senior position who could sponsor this project?
- Are there “green champions” you could involve?
- Involve key departments such as Supplies and Pharmacy
- Engage with key individuals and groups such as The Director of Nursing, Sister / Matron groups, Care Home Manager groups

D) HOW WILL WE KNOW WE ARE THERE?

It's important to measure change to understand if what you are doing is effective and has a sustainable impact.

QUESTIONS TO ASK:

- What does success look like?

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4. REVIEW DATA ON USAGE

Identify which medical nutritional products are used, in what quantities and where. This can be quite powerful information when the total volumes are quantified.

QUESTIONS TO ASK:

- Which wards or locations are the highest product users?
- What is the total volume of medical nutrition packaging across the Trust each month/year, split by location?
- What is the total volume of medical nutrition packaging across the Community or through Nutricia Homeward?
- Can you find out from your waste contractors how much waste is generated versus recycled content?



5. IDENTIFY RECYCLING OPPORTUNITIES

Use the data gathered in steps 3 and 4 to align on focus areas; this could be product or location. Agree as a project team whether you want to focus on the easy wins first or where there will be the greatest impact.

Check local recycling guidance on what can or can't be accepted and any special instructions.



6. INSIGHT INTO CURRENT REALITY

Examine current practice and identify any barriers to recycling.

Consider using a combination of tools (surveys, interviews, observations) to generate both quantitative and qualitative data.

Link to example survey questions for healthcare professionals:

[CLICK HERE](#)

Link to example survey questions for home enterally fed patients:

[CLICK HERE](#)

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7. UNDERSTAND AND ADDRESS CHALLENGES

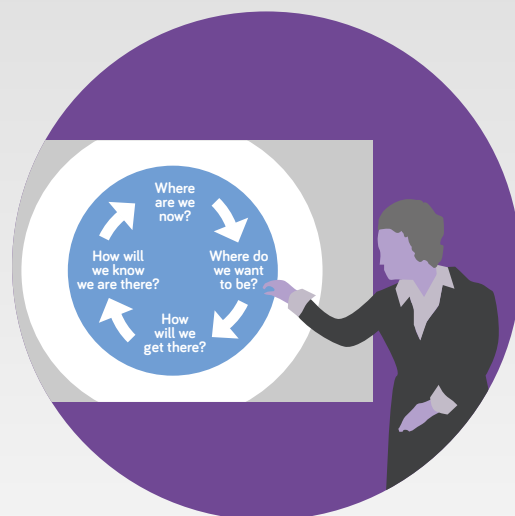
Using the data from steps 5 and 6 to address any barriers to recycling such as lack of recycling facilities, storage, user knowledge of which items of packaging can be recycled.

8. ENGAGE AND EDUCATE

Identify your target audience and consider their preferred means of communication – online, print, face to face.

Consider what you want them to “think, feel, do” as a result of your educational campaign. Keep the message simple and use a variety of methods to engage and educate such as articles in newsletters, posters, screen savers, e-learning, information at team meetings.

Maximise recycling opportunities – can you match every general waste bin with a recycling option?



QUESTIONS TO ASK:

- Is there an established method of communication you can link into such as team briefings?
- Are there any upcoming events you can take part in?
- Are there internal newsletters you can use or intranet banners?
- Are there “champions” you could utilise across the Trust?

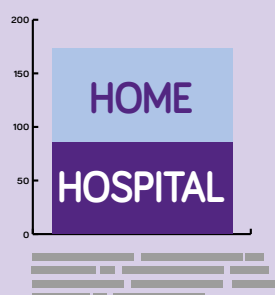
Link to example posters:

[CLICK HERE](#)

Link to recycling poster (Nutricia):

[CLICK HERE](#)

recycled this year



9. MEASURE CHANGES IN PRACTICE

Agree as a project team timelines and repeat step 5 after a specific length of time. For example, 6 months.

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10. SHARE SUCCESS AND BEST PRACTICE

Share progress across the Trust and celebrate success.

Let people know that the changes they have made are making a difference.

Provide results in an engaging and easy to understand ways.

Share insights with other teams and Trusts



11. CREATE A RECYCLING CULTURE

Review attitudes to recycling on an annual basis by repeating step 5.

Consider how to implement changes to practice to include recycling information in discharge planning, patient literature, post discharge visits and welcome packs. Include information on recycling in staff onboarding training.



References

1. <https://www.england.nhs.uk/greenernhs/wp-content/uploads/sites/51/2020/10/delivering-a-net-zero-national-health-service.pdf>
2. <https://digital.nhs.uk/data-and-information/publications/statistical/nhs-workforce-statistics/june-2021>

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