

The Role of the Clinician in Health Promotion

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Andy Cassels-Brown

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CleanMed
Creating Healing Environments

Europe
2013

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Kathleen Frith, David Pencheon



SUSTAINABLE Healthcare

 WILEY-BLACKWELL

BMJ|Books

Sustainable Healthcare



Knut Schroeder

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Trevor Thompson
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 **WILEY-
BLACKWELL**

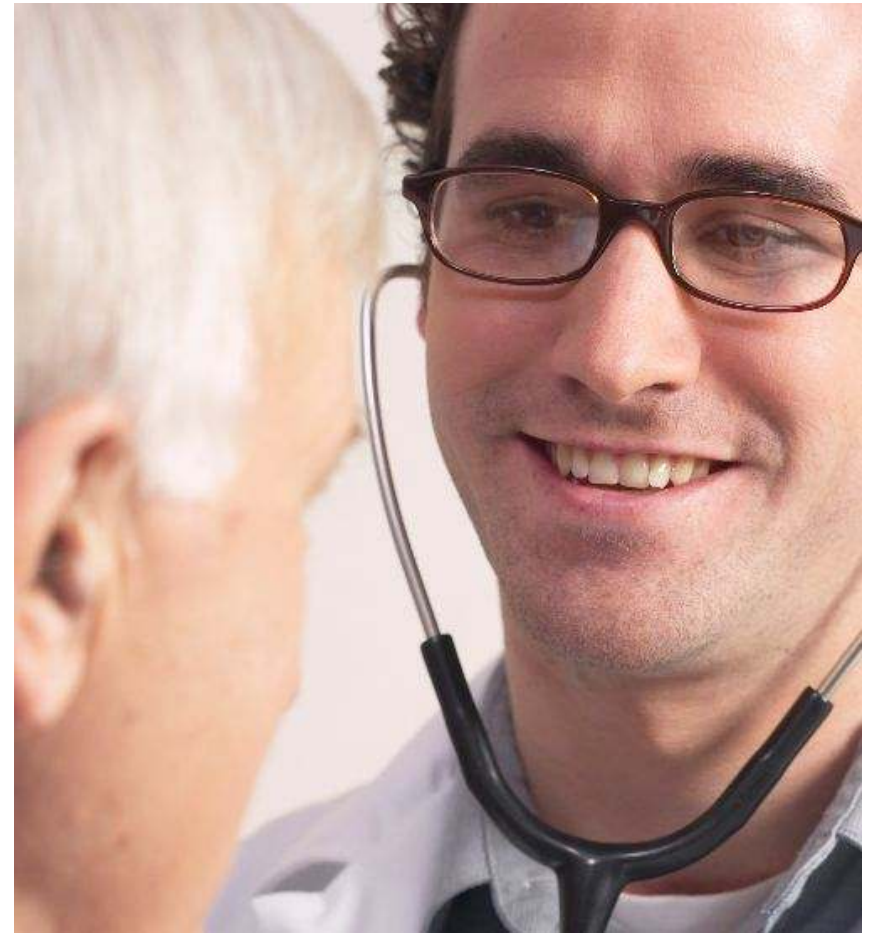
BMJ

Possible Domains of Health Promotion

How consultations are
organised

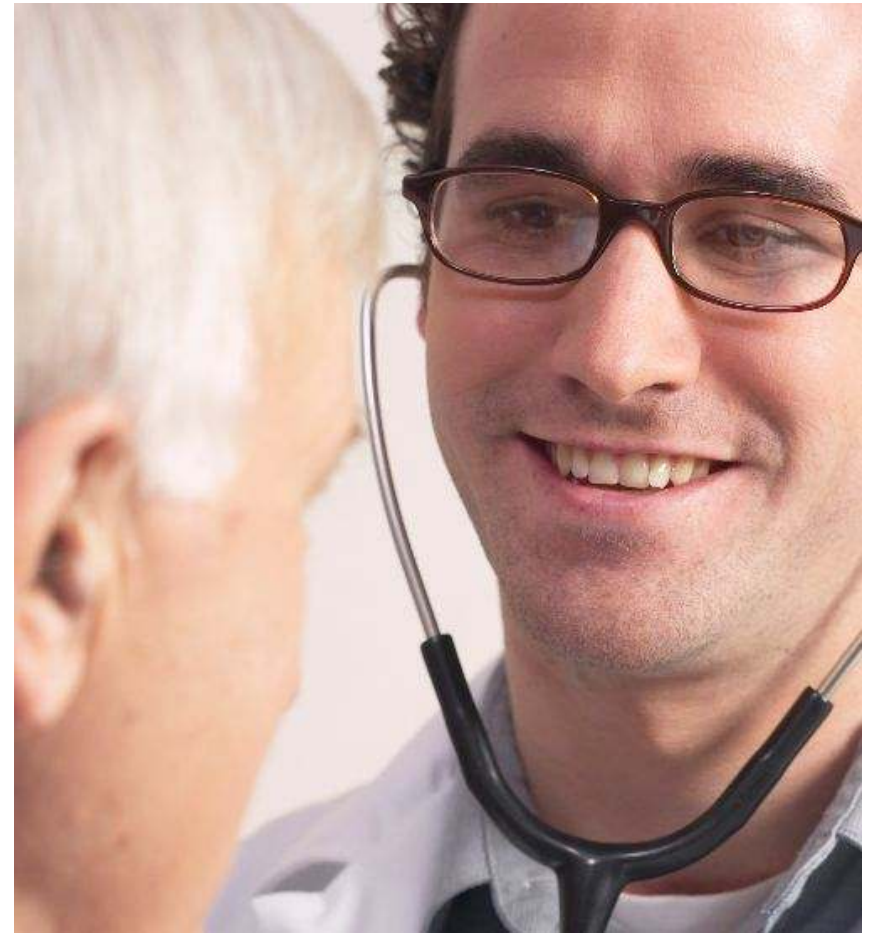
What sort of **things we ask
about**

What sort of **interventions
we initiate**



How consultations are organised

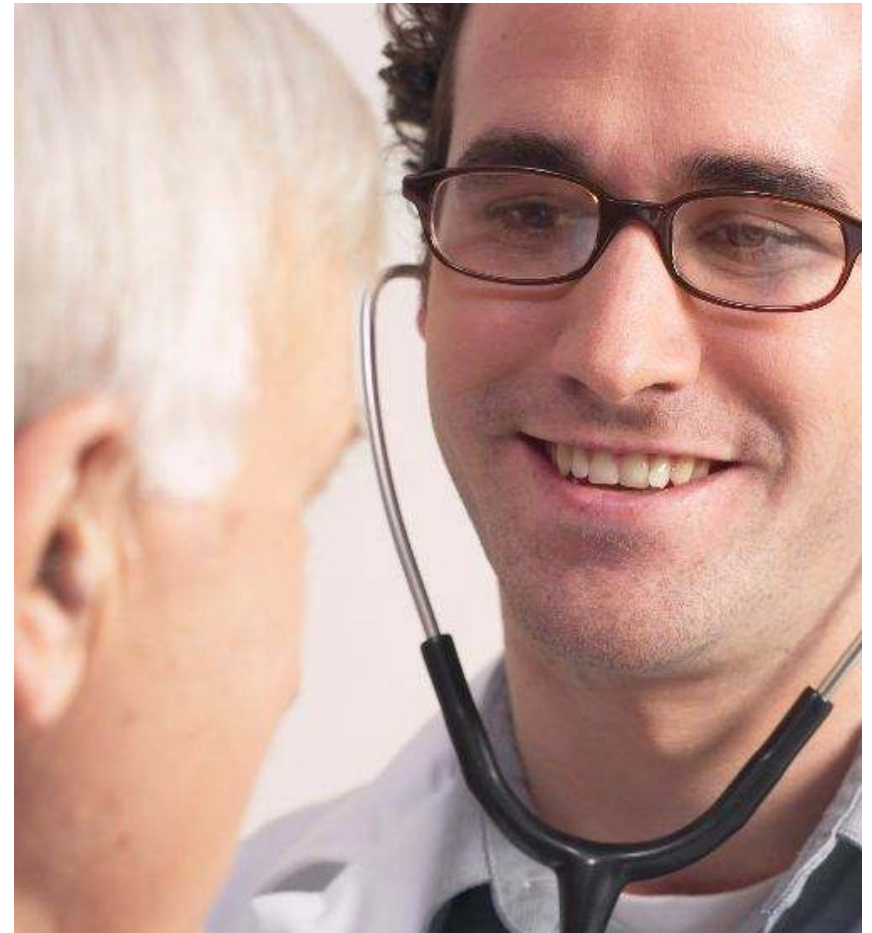
Use of telephone consults
Consultation waste
management





How consultations are organised

Use of telephone consults
Consultation waste
management



What sort of things we ask about

Asking about *food*

Shopping

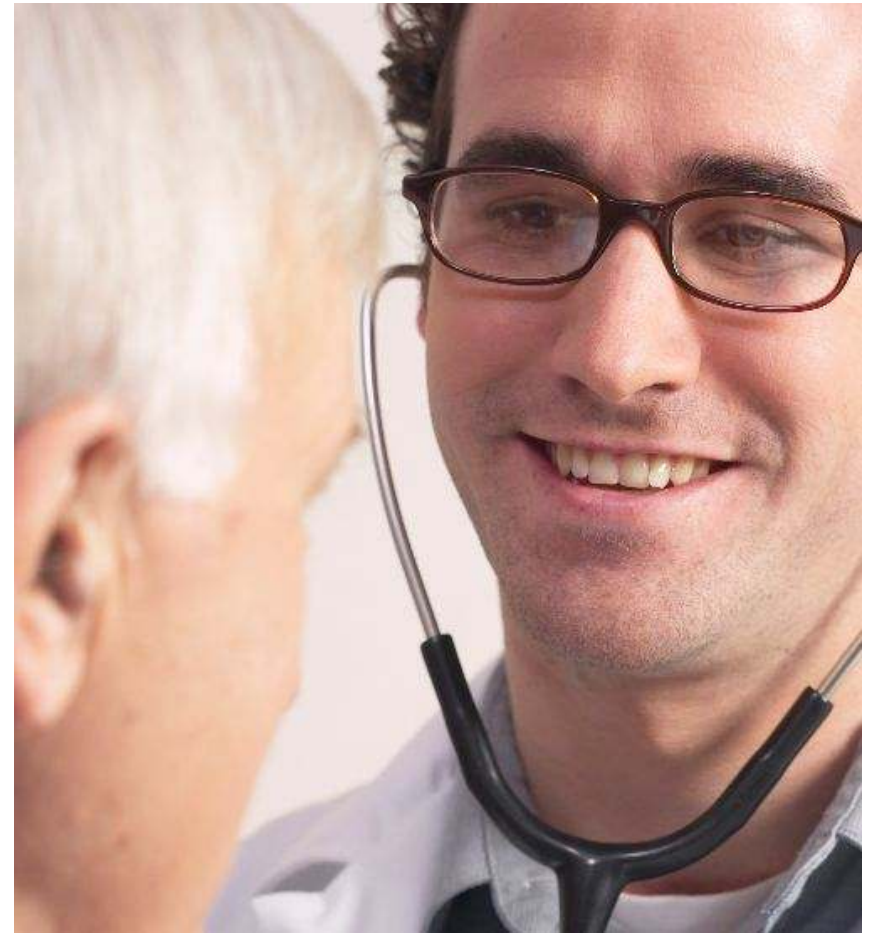
Cooking

Eating

Asking about *exercise*

ASKING ABOUT FOOTPRINT

Ensuring good *contraception*





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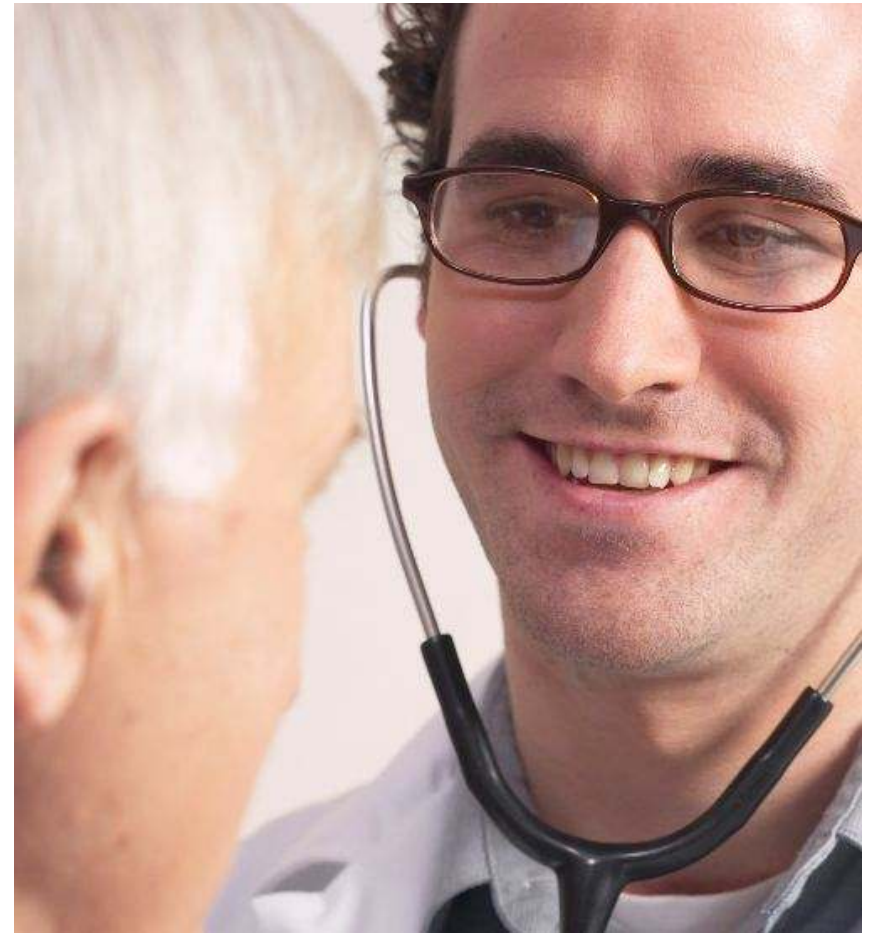
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Kitchen on Prescription

Do you want help from our cookery expert on how to make healthy changes to your diet to help manage your illness or condition?

You will learn not only what you shouldn't eat but what you can eat!

You will have advice on: what to shop for, how to cook it and portion sizes.

Each week you will cook two dishes, one to eat together and one to take home.

Cost: £3 each week

Time: Tuesdays 10am-12pm for 10 weeks in total

Why not speak to a member of staff at Wellspring or call Bearnie on **304 1427** for more information?



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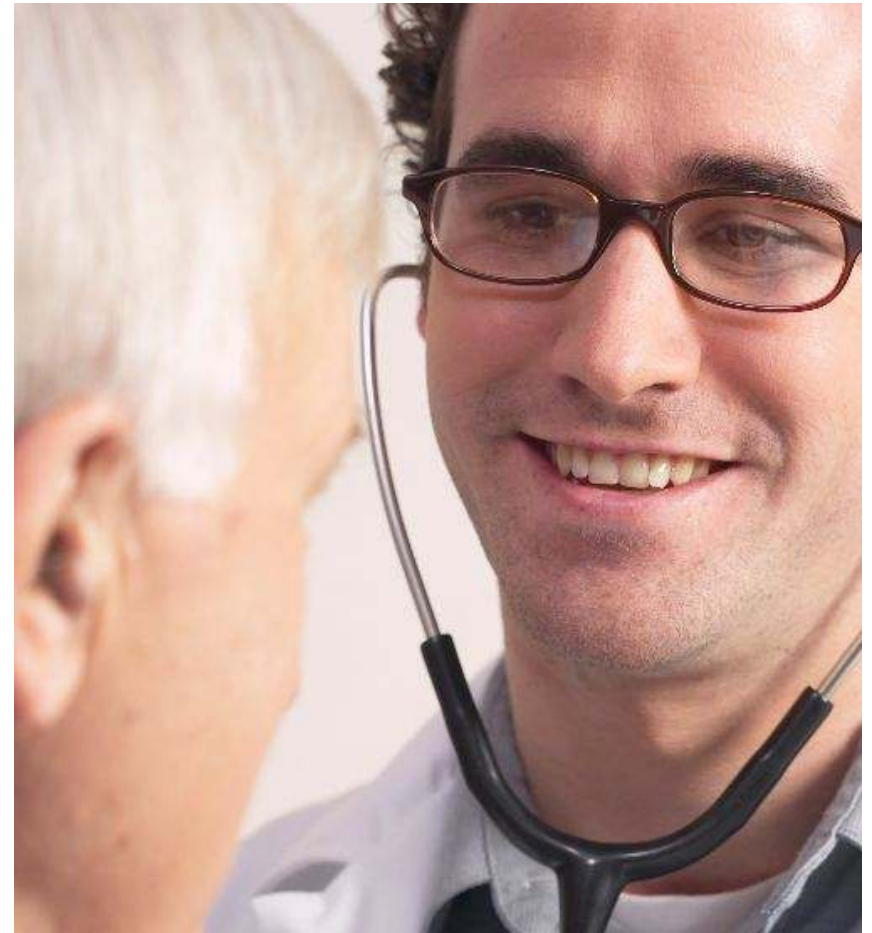
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OUR EASY TO USE CALCULATOR

Our carbon calculator allows you to measure your individual **carbon footprint**. Once you know what your footprint is let us help you reduce your **carbon emissions** and offset what is left.

At CarbonClix we like to make things as easy as possible for our members so we have created a number of different ways to manage your offsets:

- There are a number of lifestyle packs that you can use at any time for everyday activities.
- You can set up any custom packs, which you can reuse at any point in the future.
- Or you can enter a one-off journey or usage.

Saving our Planet doesn't have to cost the Earth.



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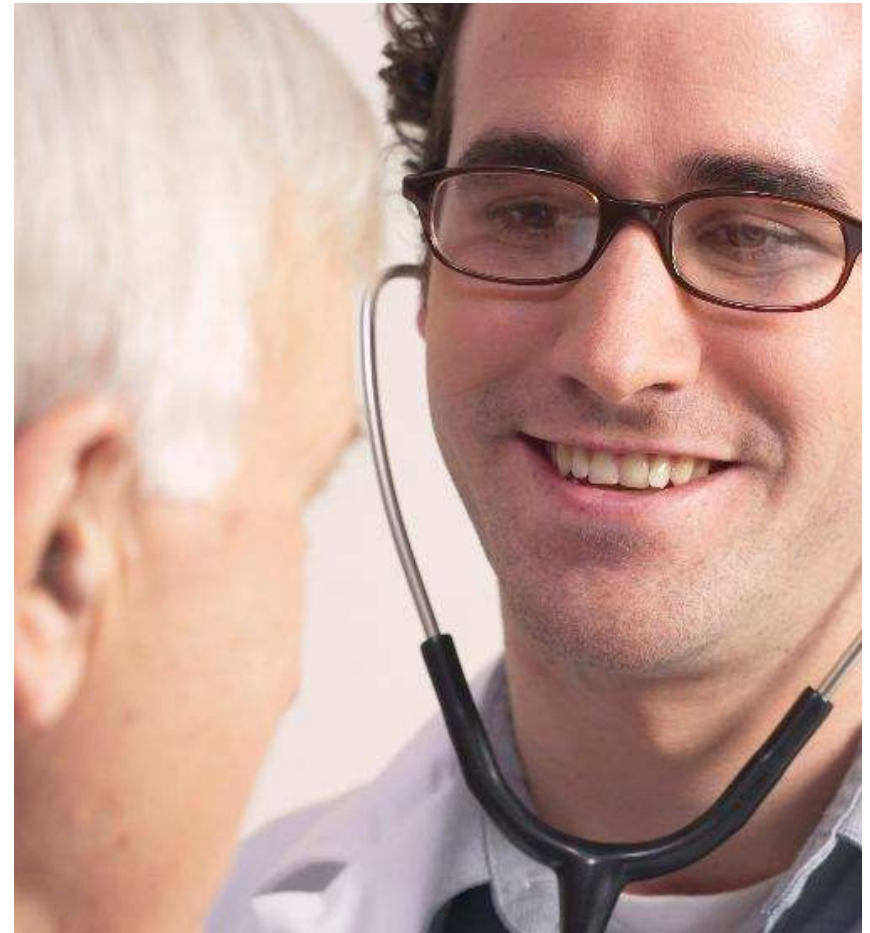
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What sort of interventions we initiate

Healthy Eating

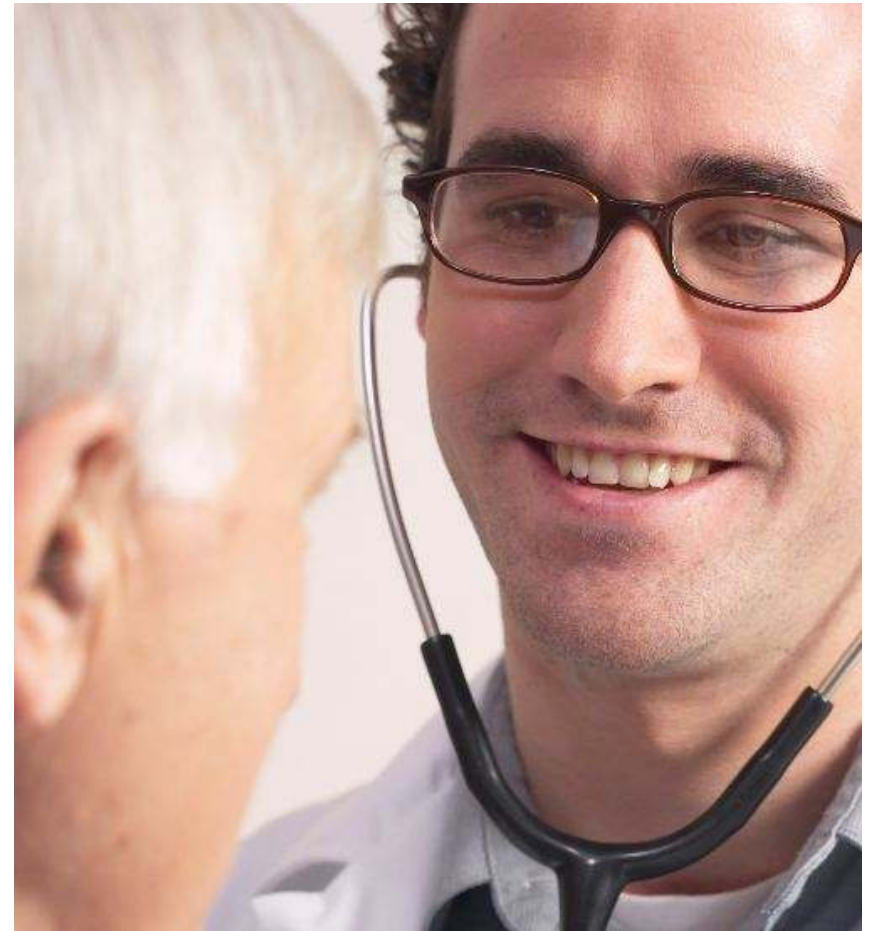
- Recommending Diets
- Kitchen on Prescription

Exercise

- Literally showing exercises
- Giving weblinks to exercises
- Referring to Activities

Medication

- PRESCRIBING LOW CARBON
- Use of complementary medicine
- Minimal amounts
- Medication reviews



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Healthy Living Centre

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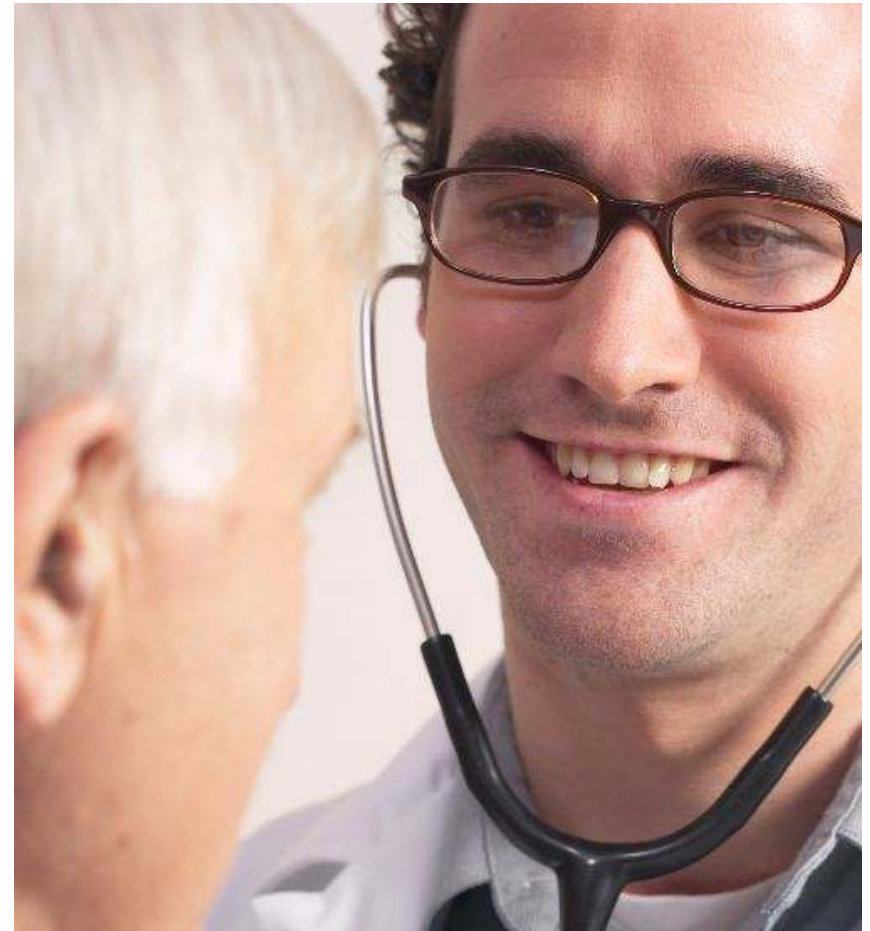
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