



# HOPE Portugal 2023

## Climate and Environment: Challenges for Hospitals and Healthcare Services



# The Facts of Portugal

Is one of the oldest nations in Europe



The biggest waves ever surfed are in Portugal



Home to the world's largest cork forest



The oldest operating bookstore in the world is in Lisbon



A European leader in sustainable energy



Population is 10.33m (2021)

Known as the "country of tiles"



# What Portugal means to us...

Pasteis de nata

Bacalhau

Beaches

Nature

Good food

Saudade

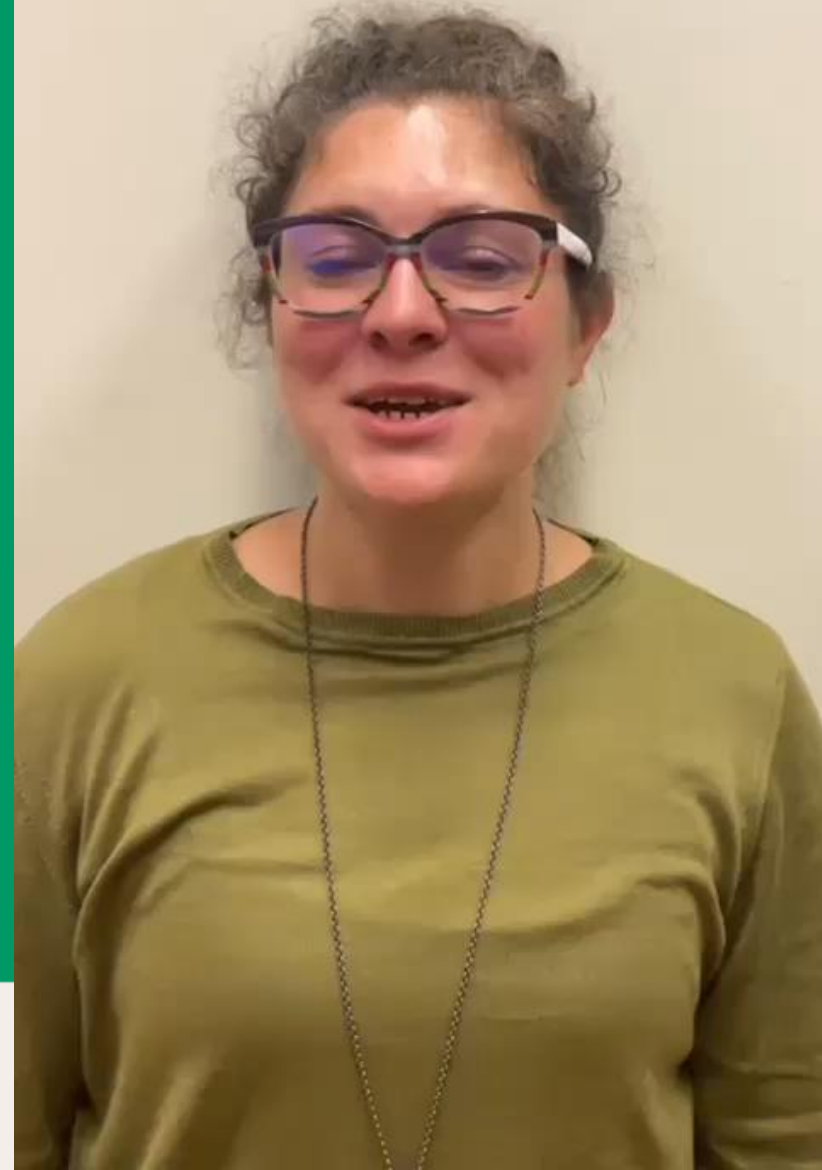
Coffee

Surfing

Nice People

Sunshine

Porto Wine



# GOVERNANCE



# Governance, the way on going

- **Dashboards** - used to monitor energy, gas and light consumption
- **Digital transformation** – such as telemedicine, apps and shared information systems
- **Networks** – for all healthcare institutions to improve sustainability



**SNS** SERVIÇO NACIONAL DE SAÚDE



**SPMS**<sup>EPE</sup>  
Serviços Partilhados do Ministério da Saúde



**CNTS**  
Centro Nacional de TeleSaúde



Serviços Digitais **SNS 24**



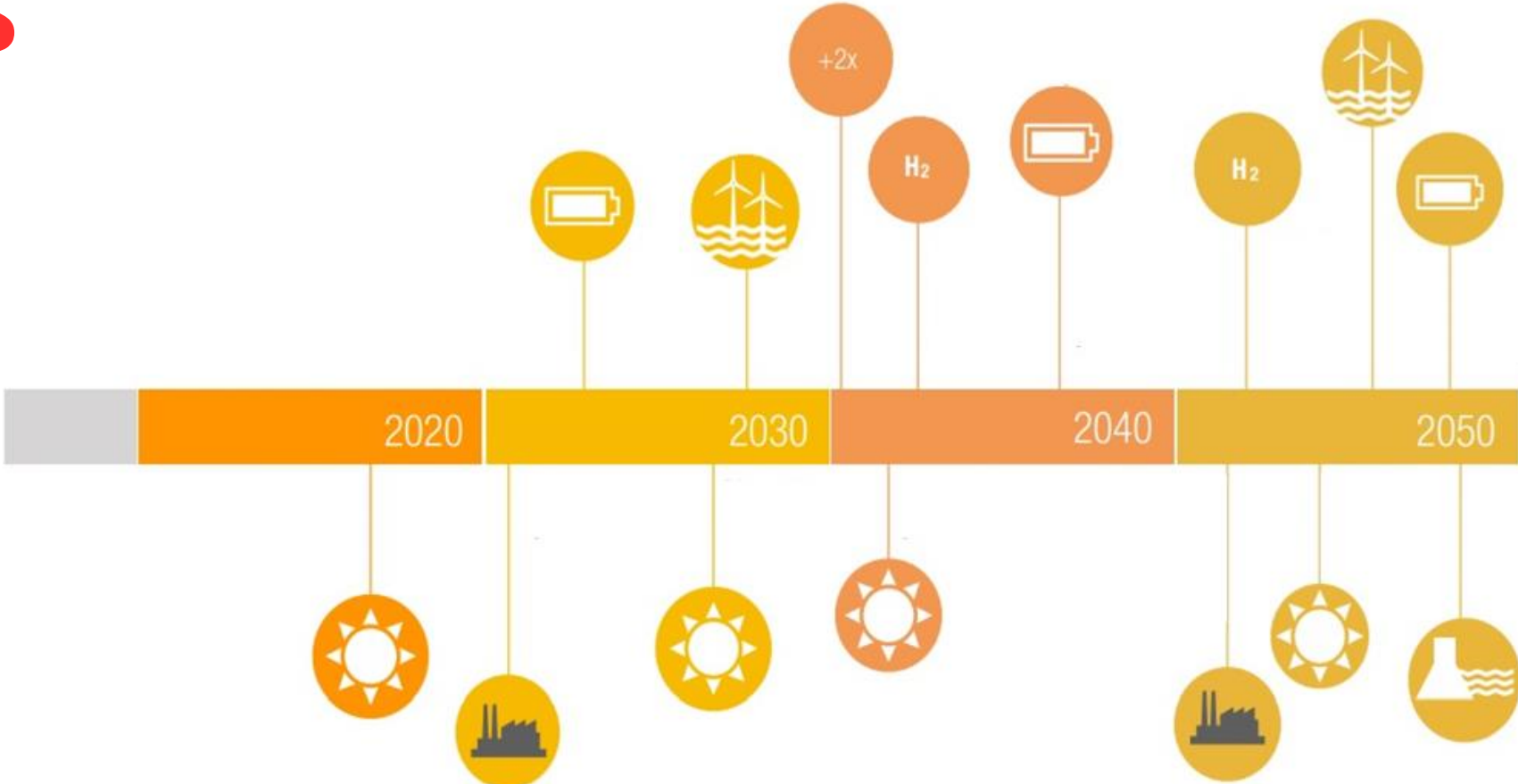
EXAMES SEM PAPEL



RECEITA SEM PAPEL

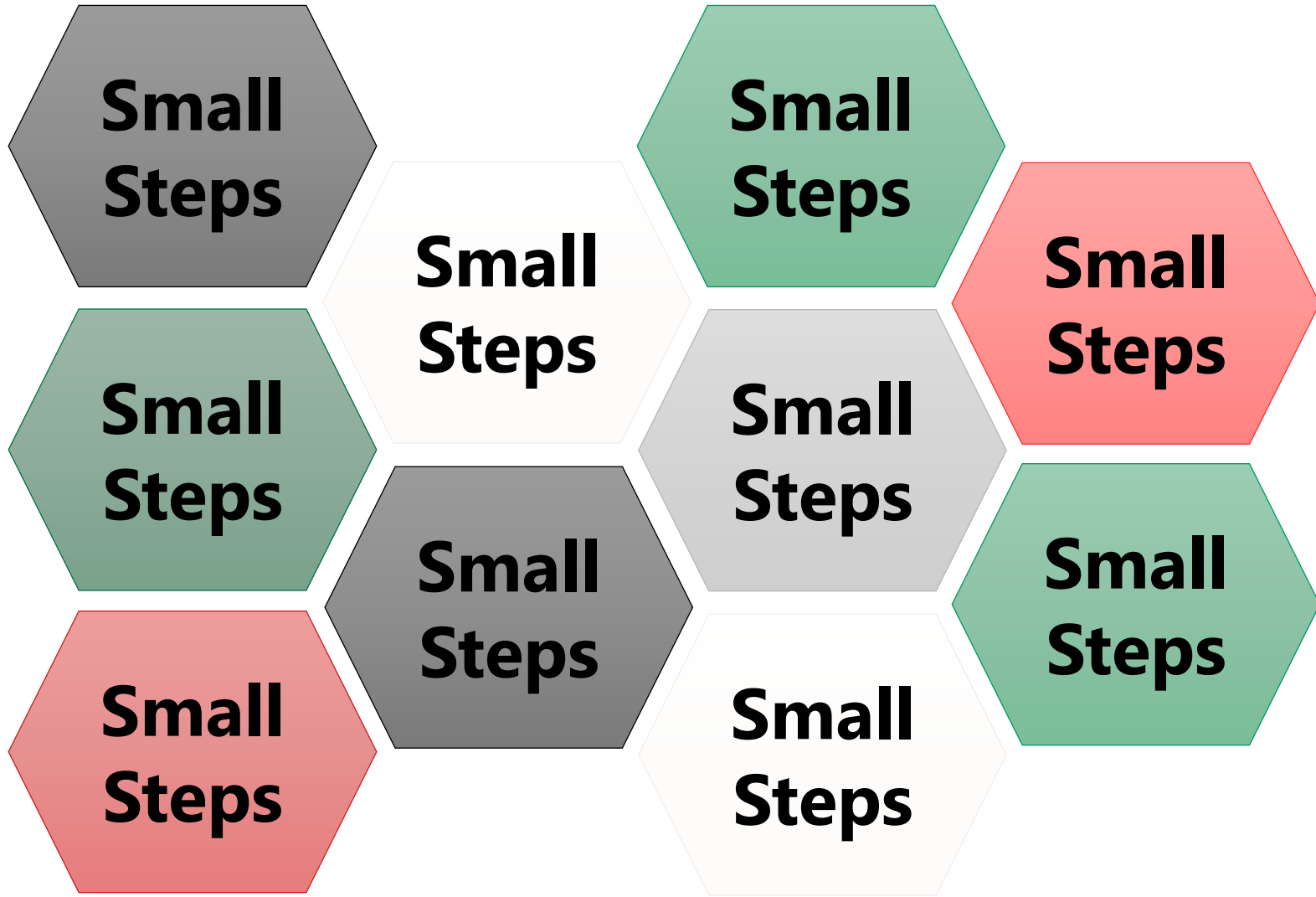


# The road to NET-ZERO in the Portuguese NHS



# ENVIRONMENTAL





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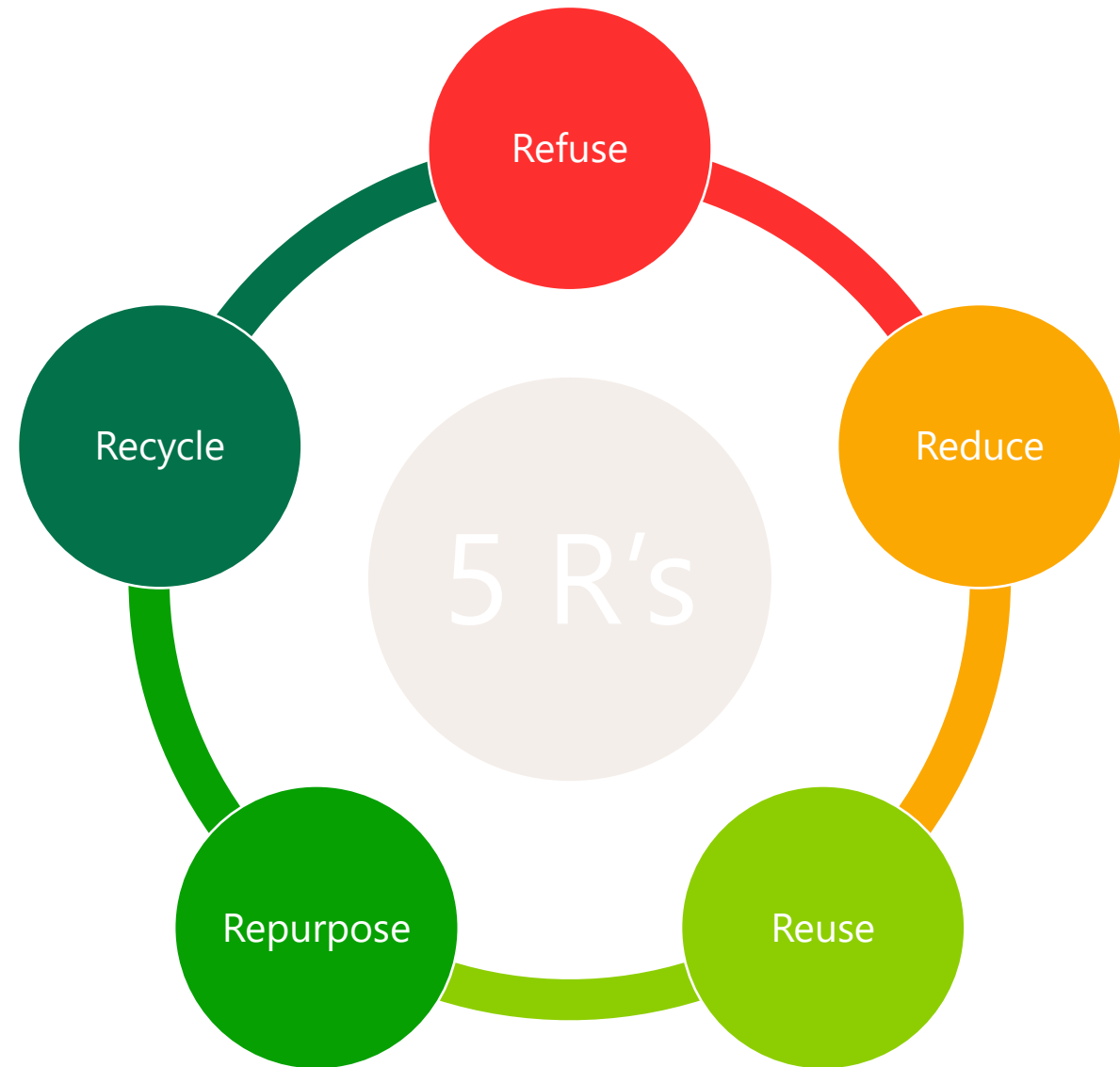




# The 5 R's

Five actions should individually be taken if possible before recycling any products.

This is an important methodology to follow to ensure they can reduce waste and boost their recycling efforts.



# Repurpose and reuse of waste surgical packaging



NON-WOVEN FABRIC:



- Reduce plastic bag consumption
- If each bag is reused 10 times, for each **1,000** bags produced we can reduce consumption of plastic bags the **10,000s**



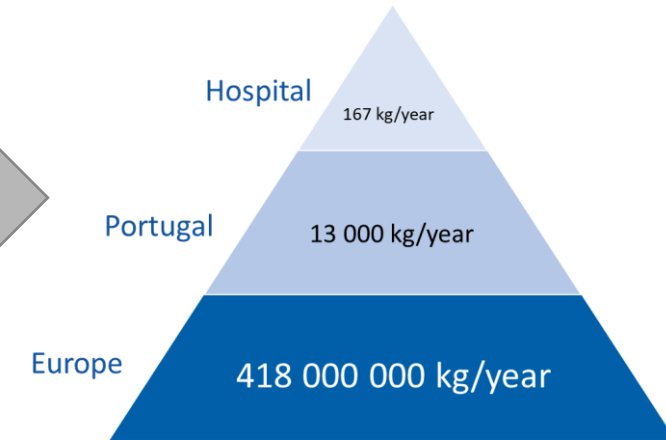
# Reducing waste in cataracts surgery



Change the formulation  
of acetaminophen from  
IV to PO  
to reduce waste



Protocol	Weight (g)
With IV formulation	136.7
With PO formulation	47.7
<b>Difference</b>	<b>89</b>



Old protocol

New Protocol



136.7g



47.7g

## THE IMPACT

DECREASE IN  
EMISSION  
GREENHOUSE GAS  
(e.g., CO<sub>2</sub>)



# SOCIAL



# Eco Schools

Centro Escolar de Prado e Ferreiros programmes



## Healthy Lunches



## Green Gardens



## The Cycle of Life



## Toothbrush recycling



**The solution for  
the global  
environmental  
crisis might not  
only rest in a giant  
leap but also in a  
sum of many small  
steps.**



# Special Thanks

**Vila Real**  
Trás-Os-Montes  
e Alto  
Douro Hospital  
Centre  
(CHTMAD)



**Almada**  
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(HGO)



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Fonseca  
Hospital (HFF)



**Lisboa**  
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University  
Hospital Centre  
(CHULN)



# Special Thanks

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Portuguese Oncology  
Institute Francisco  
Gentil of Coimbra (IPO)  
& Coimbra University  
Hospital Centre (CHUC)



## Porto

Local Health Unit  
of Matosinhos  
(ULSM)



## Porto

São João University  
Hospital Centre  
(CHUSJ)



## Porto

Santo António  
University Hospital  
Centre (CHUdSA) &  
Portuguese Oncology  
Institute Francisco  
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# Obrigado

## Thank You

## Bedankt

## Tak skal du have

## *Paldies*

## Dziękuję

## *Danke*

## Grazie



Virginia Golding (UK)



Larissa Thomas (UK)



Leonieke Jongman (NL)



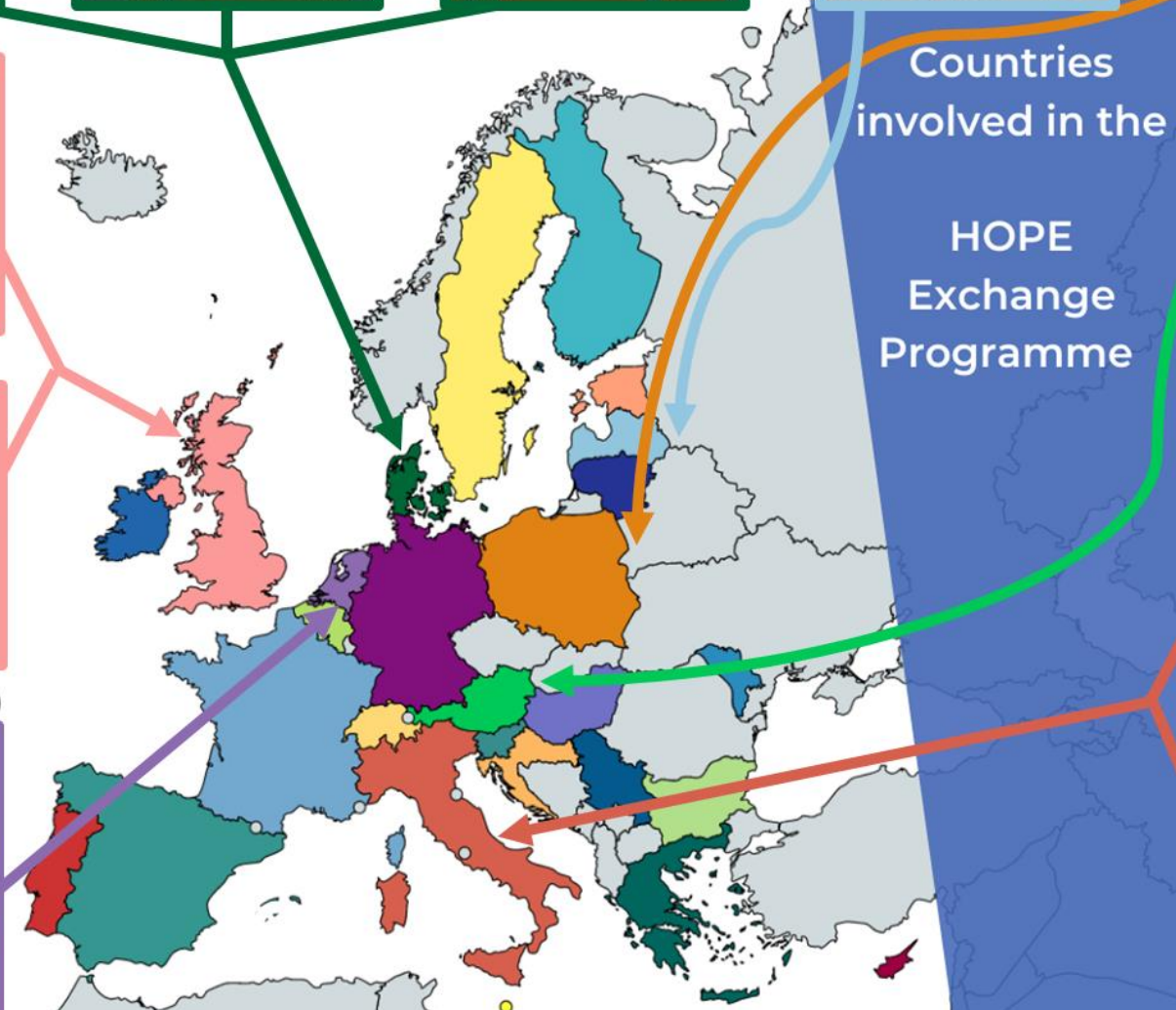
Leonie Peissl (AT)



Sara Schenone (IT)



Valeria Mantenuto (IT)



## A final message from our future leaders ...

Protect the planet so it never stops, protect the planet so it respects you, protect the planet so it never stops.  
The Earth is so lovely, the planet is our home!



Please note: Consent was granted for the recording of this video.



**Thank you to the HOPE Exchange Programme  
Coordinators for bringing us together  
&  
Congratulations to everyone for completing the  
programme!**