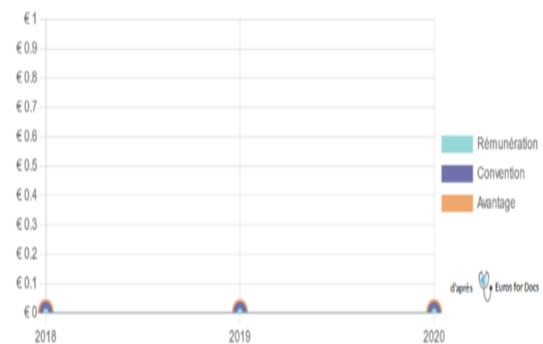


# Continuing Professional education on Environmental health Workshop

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## Financements reçus de l'industrie



## Liens spécifiques à l'intervention

« CMGF2022 »

- aucun

## Autres liens d'intérêts

### Activité professionnelle

- (-en cours)
- DPC (2021)

### Engagements

- Président EURIPA (2016-2021)

## Principaux financeurs

- aucun

## Déclaration complète

- disponible sur Archimede.fr



## Financements reçus de l'industrie



## Liens spécifiques à l'intervention

« SANTE PLAETAIRE PLANETARY HEALTH »

- APPARTIENT AU GROUPE SANTE PLANETAIRE

## Autres liens d'intérêts

### Activité professionnelle

- médecin généraliste (2011-?)
- MAITRE DE CONFERENCES DES UNIVERSITES (DEPUIS 2016)

### Engagements

- CNGE PRODUCTIONS (2008-?)

## Principaux financeurs

- CMG

## Déclaration complète

- disponible sur Archimede.fr



- No conflict of Interest: Ouvrard Patrick , Jean-Baptiste Kern

# BACKGROUND

- It is agreed that planetary health is inseparable from human health
- Teaching programme in student and trainees cursus are arising
- Students and young GPs are aware of the impact of human being in planet changes.

# 7 Core values of General practice

**Nordic federation of general practice in 2021**

<https://youtu.be/cbwtk3Ax0E4>

**Unfortunately no mention of planetary health**

The 8th core value must be:

We integrate planetary health  
into our practice for the co-  
benefit of our patients, people  
and the planet

# IMPORTANT QUESTION IN EDUCATION

- What is the awareness of GPs with planetary health and “one” health?
- What is the empowerment, and willing to change for General practitioners/ Family doctors ?

# AIMS

As Programme managers for CME/CPD, we have to offer all GPs/FMs and Primary care health and social workers, a programme

- with specific goals
- easy to attend
- with practical issues



# Two practical situations on how to conceive a programme

1/Regarding illnesses and bad lifestyle induced by environment

2/ Regarding the ways to decrease our impact on environment in our daily practice



- **Small groups** : 4 to 7 persons
- First : **present yourself** to the rest of your group [5 minutes]
- Second : the group names a **reporter**
- And then **the group works on the first programme** [ 25 minutes]
- To conclude, each reporter will give the main objectives of their programme [5 minutes]
- Half of the attendees will start with first question, the other half with the second one.

# Illnesses and bad lifestyle induced by environment.

- -Illnesses induced ?
- -Bad life style ?
- -Which kind of CPD programme we can do?

# In my daily practice

- -Is my disposal gloves consumption appropriate?
- -Can I avoid some drug prescription ? (antibiotics, antidepressants)
- Which kind of CPD programme we can do?

# Takehome messages question 1

# Takehome messages question 2

Aucun levier n'est plus puissant que l'alimentation pour optimiser notre santé et la durabilité de notre environnement.



Je limite les protéines animales



Je privilégie une alimentation à dominante végétale



Je limite les aliments transformés, les sucres ajoutés, les céréales raffinées



Je privilégie une alimentation locale, de saison, et biologique si possible



J'évite le plastique au contact des aliments



Je bois l'eau du robinet

The CMG through the "Groupe de travail Santé planétaire" is hugely invested



Thank you !



# Regarding illnesses and bad lifestyle induced by environment

- ▶ Never forget primary prevention, more topical than ever.
- ▶ By taking a holistic approach to our patients.
- ▶ Be a role model for our patients (by having a healthy lifestyle and respectful environmental behavior. Our apostolic function still exists.....
- ▶ By being careful to have an educational display in our waiting room, on seasonal fruits and vegetables, on physical activities available locally, on healthy living...

# Regarding the ways to decrease our footprint on environment in our daily practice

Practice:

- Quaternary prevention (P4)
- 'choosing wisely'
- use rapid screening tests wisely (fight against AMR)
- prescribe barrier gestures and social distancing during any infectious disease, this must become a reflex