

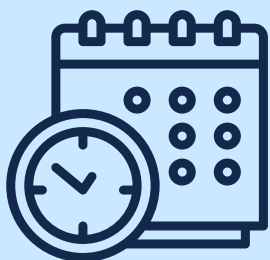
## ENVIRONMENTALLY CONSCIOUS AND SUSTAINABLE HEALTHCARE – MOVING IT FORWARD?



Dr. Sonja Wicklum



Dr. Clark Svrcek



**Wednesday**

March 8, 2023

**Time**

12:00pm EST

12:00pm PST

This webinar will be  
delivered in English



**UNIVERSITY OF  
CALGARY**

**Sonja Wicklum** is a Clinical Assistant Professor in the Department of Family Medicine at the University of Calgary. She is the Family Medicine Clerkship Director and practices at the University of Calgary's Central Family Medicine Teaching Clinic. She has extensive experience practicing both rural and urban family medicine. Her research focuses on planetary health, and obesity prevention and management in primary care and specific to Indigenous populations. Her educational interests include teaching using experiential methods, innovative 'active classroom' techniques and the use of infographics as a novel educational method to improve the translation of science into medical practice. She recently co-authored the prevention chapter of the new Canadian Adult Obesity Clinical Practice Guidelines and was lead author on Building Climate Resilient Healthcare: Public Health Policy Brief published by the University of Calgary O'Brian Institute of Public Health.

**Dr. Clark Svrcek** is a Family Physician at the Academic Teaching Clinic at South Health Campus and a Clinical Lecturer in the Department of Family Medicine at the University of Calgary. His previous life as a civil/environmental engineer has informed his research and education interests in Planetary Health, the intersections of nature and the built environment, and how that all comes together in active, healthy communities. When he's not working you can find him (or not) adventuring in nature with his family, providing engineering (and sweat equity) support for his family's urban permaculture project, or desperately trying to organize thousands of digital photos.

#### Overview:

The health of our planet is inextricably linked to the populations of life that it supports. The climate crisis is a healthcare crisis, and is a symptom of our species living beyond the sustainable means of what Earth's biosphere can provide. The healthcare sector plays a vital role in mitigating our contributions to greenhouse gas emissions in an attempt to meet evidence-based emission targets to reach net-zero by mid-century. Many healthcare organizations are committing to green policies, setting targets for supporting environmentally sustainable healthcare. We will describe some of our local efforts at the University of Calgary Department of Family Medicine in this transition to sustainable healthcare in the context of global and national

efforts, with a focus on the pillars of education, research, and clinical practice. We will also review the common barriers and opportunities we face as medical educators in this domain, and will welcome an open discussion with attendees -- net-zero healthcare is yet another sphere where we are all in this together.

**Objectives:**

At the end of this session, attendees will be able to:

- Summarize the climate crisis in the context of Planetary Health and the medical system's contributory role
- Describe how the University of Calgary's DFM is transitioning to sustainable healthcare provision
- Identify opportunities and challenges, as medical educators, to support our colleagues, trainees and patients to commit to environmentally conscious behaviour change