

Planetary Health: Foundations

Format: Online, asynchronous

Audience: Resident physicians in all specialties, faculty and other healthcare providers.

Duration: 40 min

Prerequisites: None

Creation date: March 2026

Course Description:

This three-module course -module introduces the core concepts of planetary health. It examines the interconnectedness of human health and natural systems, the health consequences of climate related hazards, and the healthcare sector's own contribution to greenhouse gas emissions. - Through evidence-based content, Canadian case examples, and specialty-based -based content, -the course provides the knowledge and skills needed to integrate climate -responsive thinking into clinical care, advocacy, and quality improvement.

Course Outline:

Module 1. Understanding Planetary health and boundaries

Objectives:

1. Explain the concept of planetary health and planetary boundaries.
2. Recognize the indigenous lens on climate change and climate action.
3. Illustrate local examples of climate-related disasters and their impacts.

Module 2. Health consequences of climate change

Objectives

1. Analyze the health consequences of extreme weather events.
2. Understand the role of social determinants of health on the impact of extreme weather events.

Module 3: Healthcare's contributions to climate emergency and opportunities for change

Objectives:

1. Describe how healthcare contributes to greenhouse gas (GHG) emissions and its role in the climate emergency.
2. List examples of Scope 1, Scope 2, and Scope 3 emissions in the healthcare sector
3. Explain the principles of life cycle assessment (LCA) and how they are used to inform strategies to reduce healthcare's carbon footprint at systems and practice levels.

Planetary Health: Take Action

Format: Online, asynchronous

Audience: Resident physicians in all specialties, faculty and other healthcare providers.

Duration: 40 min

Prerequisites: Planetary Health Foundations

Creation date: March 2026

Course description:

This course provides learners with practical, evidence-based strategies for integrating planetary health action into clinical practice, healthcare operations, and system-level decision making. Building on earlier modules, Take Action examines the multiple levels at which physicians and healthcare teams can advance climate-conscious, sustainable healthcare.

Learners are introduced to frameworks that support the identification of high-impact opportunities for change. Throughout the course, Canadian and Alberta-specific resources, case studies, and practical toolkits are highlighted to reinforce real-world application. The course also emphasizes the essential role of healthcare providers as health advocates within the CanMEDS framework and showcases examples of Canadian physicians leading climate action in healthcare.

Module 1. Different levels of effective change

Objectives:

1. Describe the micro-, meso-, and macro-levels at which physicians and health systems can take action to improve planetary health.
2. Understand the key elements of sustainability as high-quality healthcare.
3. Identify organizations and tools to guide changes to improve healthcare sustainability.
4. Assess the role of physicians as planetary health advocates within all levels of change.

Module 2. Principles of sustainable Healthcare

Objectives:

1. Apply the Principles of Sustainable Healthcare (prevention, patient empowerment, lean pathways, and low-carbon alternatives) to identify practical opportunities in your own clinical context to reduce waste, optimize care, and improve system sustainability.

Module 3. Spotlight corner.

Objectives:

1. Explore some contributions to Planetary health from local and national Canadian physicians.

Registration: Participants must self-register through D2L. Registration for Planetary Health courses grants access to both **Planetary Health: Foundations** and **Planetary Health: Take Action**.

1. Navigate to <https://d2l.ucalgary.ca>
2. Sign in using your University of Calgary credentials*
3. Under My Tools, select Self Registration
4. Select:
 - PGME Planetary Health for Staff and Faculty*
 - i. here you can select Planetary Health Foundations or Planetary Health-Take Action
5. Select Register
6. Select Submit
7. Select Finish
8. Select Done
9. You will receive a course enrollment email to your UC email inbox.**
***Please note:** This may take up to one business day.

***UC IT Support - Login and Password Issues**

If you do not know your UC credentials, cannot login to the system or have password issues, please contact the UofC Service IT Support Centre at 403.210.9300, it@ucalgary.ca or ucalgary.ca/it