

ISSUE 1 • SPRING 2023

Liphook Equine Hospital Sustainability Newsletter

Welcome to the first edition of our sustainability newsletter. Here at LEH we are passionate about our environment and how we can reduce our environmental hoofprint as much as possible.



Meet our Sustainability Champion

"Hi, my name is Emily Buckley, I am a RCVS qualified veterinary nurse working as a clinic nurse and green champion at the Liphook Equine Hospital. I have been at the hospital for 6 years. I have a passion for sustainability and as a hospital we joined the iiE (Investors in the Environment) in 2021. Producing this newsletter has been fun and hopefully will show you a bit of what we have been doing at the hospital. Enjoy!"

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Waste and recycling

TerraCycle

TerraCycle collects unrecyclable waste, such as packaging, toys and crisp packets, and recycles it into other products like park benches and playgrounds.

Their mission statement is "to eliminate the idea of waste".

At the hospital, we now have 3 types of terracycle boxes, one for PPE (personal protective equipment, gloves unsoiled, masks and surgical caps), one for plastic waste and one for pill packets.

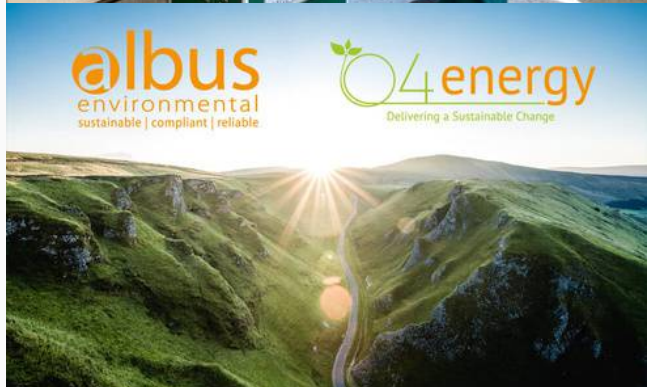
In 2021, we saved 80kg of plastic and PPE waste from going into landfill. Last year we improved on this and saved 110kg of waste from going into landfill - this is just over the weight of Ted, the Shetland pony!

Albus environmental

One of the largest changes we have made in the hospital was to change our clinical waste company.

Albus environmental offer a 'Zero to waste' solution.

All our clinical waste, including sharps and medicine bottles, are sent to an energy-from-waste processing plant to produce Refuse Derived Fuel. The substrates left over are then recycled into plastics which are used for childrens playgrounds, benches and watering cans and more .





Antibiotics

Antibiotic resistance

Antibiotic resistance is an increasing global problem. It is described by the World Health Organisation (WHO) as 'when bacteria change in response to the use of medicines. Bacteria may become antibiotic resistant. These bacteria may infect humans and animals and the infections they cause can be harder to treat than those caused by non-resistant bacteria. Antibiotic resistance leads to higher medical costs, prolonged hospital stays and increased mortality. The world urgently needs to change the way it prescribes and uses antibiotics. Even if new medicines are developed, without behaviour change, antibiotic resistance will remain a major threat.'

Therefore, everyone must reduce their use of antibiotics and as veterinary professionals we have an obligation to consider the use of antibiotics in horses.

The use of antibiotics in horses must be clinically justified and they must be used in accordance with the veterinary cascade. Clinicians should assess the need for antibiotics on a case-by-case basis and a vet should not be pressurised by a client driven desire for antibiotics.

The British Equine Veterinary Association (BEVA) has been promoting this with their 'no-antibiotic prescription' initiative.

This initiative highlights some of the common conditions in the horse where antibiotics are rarely required (hoof abscesses, nasal discharge, cough, diarrhoea etc) and have produced a form that may be given to clients that confirms that the horse has been examined but that antibiotics are deemed unnecessary.

The form can be downloaded from www.beva.org.uk/Portals/0/Documents/ResourcesForVets/No%20antibiotic%20prescription%20form.pdf?ver=2019-09-24-110515-540.





Protected antibiotics

These are antimicrobials that are restricted and their use should be reserved for treatment of confirmed or suspected infections due to multi-drug-resistant organisms. These antibiotics should be treated as "last resort" options to preserve their effectiveness. They should only be used when all alternatives have failed or are not suitable.

There has been a big drive to reduce the use of protected antibiotics (ceftiofur, enrofloxacin etc) as these are protected for human use in certain disease processes. As vets, we have a responsibility to restrict our use of these medications to reduce the emergence of more antibiotic resistance.

At Liphook Equine Hospital we have worked hard over the the last decade through the use of Morbidity and Mortality rounds to reduce the use of these antibiotics and we now rarely use them. At M&M meetings, the clinician who administered or prescribed protected antimicrobials is required to justify and explain their rationale for use.

It is important that antibiotics prescribed for one horse are not used on another horse. If any antibiotics are left following a prescribed course the unused medications can be returned to your veterinary surgeon free of charge for safe disposal.

Antibiotic disposal

Safe disposal of unused antibiotics is important to prevent contamination of watercourses and landfill sites. Unused drugs should be disposed of in clinical waste which is incinerated. This safe disposal reduces the risk of global antibiotic resistance emergence by reducing contamination of the environment.

We encourage our clients to give any unused drugs or your empty pill packets back to your vet or return them to the hospital for safe disposal.

By doing all these things we hope to reduce the use, the misuse and the environmental contamination



Our Initiatives

At Liphook we are proud of the changes we have made to lessen our carbon footprint.

- Our surgical kits are now sterilized in specialised Braun layered surgical kit tins rather than in plastic autoclave bags.
- We have introduced recycling bins into all our offices, clinics, pharmacy, tea rooms and theatre
- We have switched our clinical waste contractor
- We are designing our own paper, rather than using plastic dispensing bags.
- We now recycle all our plastic shavings bags through Biffa. As we have over 50 stables you can imagine how much plastic waste this equates to!
- Our bedding forage and feed is bought from local providers, meaning the environmental impact from transportation is as low as possible, as well as supporting local, family-owned businesses.



Investors in the Environment (iiE)

Investors in the Environment (iiE) is an environmental accreditation scheme designed to help businesses save money and reduce their environmental impact and get recognition for their progress.

We are delighted to be working towards our iiE Bronze Level accreditation which recognises our changes to becoming a more sustainable business.

In order to achieve this, we have to annually present a progress report to show that we have an environmental policy in place, have appointed an environmental champion, monitor gas, electricity and water use, monitor and measure other resource usage and set targets for improved resource efficiency as well as having an action plan in place and calculating the carbon footprint of our buildings.



Goals for 2023

- To roll out equine paper prescription bags
- Continue to reduce of our carbon footprint
- Planting on LEH site
- Ongoing education of staff and clients about sustainability initiatives
- Working with our supplement suppliers for greener packaging
- Reduction of anaesthetic gases project

We hope at the hospital we will continue to inspire others to contribute towards veterinary sustainability

