

Rooting Our Practice in Sustainability – A Healthcare Champions Course

This 6-month longitudinal course is designed for postgraduate medical trainees to learn, appraise, and prepare to integrate principles and actions in planetary health and sustainable healthcare systems within the context of their disciplines.

Applications Open!

The course will accept 10 eligible trainees each year.

Applications open until Sept. 20, 2024.

Learn more about our sustainable healthcare resources:

<https://pgme.mcmaster.ca/discover/enhanced-training/sustainable-healthcare/>



Postgraduate
Medical Education



Key Course Aspects

- 1 Throughout the six sessions, trainees will be introduced to concepts in sustainability and how, as healthcare workers, we can take action for climate change locally.
- 2 Four of the six sessions will feature “Champion Talks,” where leaders and experts will share their experiences to inspire and motivate trainees to become champions of sustainability themselves.
- 3 Each session will include a pre-requisite reading (15-20 min) and be divided into 1-hour large group discussion and 1-hour small group session focused on reflective discussions and project work.
- 4 Project ideas could include: 1) a research or quality improvement project, 2) an education initiative on sustainability in your own program, 3) advocacy, 4) joining a hospital or clinic green team and working with them, 5) a sustainability initiative in the community or with a conservation group. A facilitator will help groups break down projects into stages and identify what would be needed to be achieved and submitted at each stage for assessment. This will allow for flexibility and allow for more innovation.
- 5 Trainees will have access to a central repository of resources and opportunities for networking with local hospital sustainability/green teams.

Requirements for Successful Completion of the Course

- 1 Attend 5 of the 6 monthly sessions
 - First and last are mandatory and in person
 - Other 4 sessions are on zoom
 - All sessions are 2 hours in length, except the final session (3 hours)
- 2 Asynchronous course assignments, readings, and reflections
- 3 Active participation in small group discussions in Avenue to Learn
- 4 Demonstration of progress on project work during monthly sessions

Time Commitment

Per month – 2 hours per session, 15-20 mins pre-reading, and 5-6 hours on project work (may vary depending on project work undertaken).



Session Overview

Session 1 – Introduction to Sustainable Healthcare and Climate Change

October 28, 2024, 6–8 pm, in person

Learning objectives

1. Review definitions of planetary health and sustainable healthcare systems.
2. Review environmental determinants of health and the impact that the healthcare system has on climate change and planetary health.
3. Define carbon footprint and how to measure both carbon footprint and carbon handprint in healthcare.

Session 2 – Approaching a Global Challenge with Local Action

November 18, 2024, 6–8 pm, virtual

Learning objectives

1. Review the type of actions that can be taken locally to take a step towards sustainable healthcare.
2. Identify opportunities within your discipline for promoting sustainability.

Session 3 – “Champion Talks” – Action by Mitigation

December 9, 2024, 6–8 pm, virtual

Learning objective

1. Reflect and appraise on speaker’s experience in mitigation and how it would apply to your project or actions for climate change.

Session 4 – “Champion Talks” – Adaptation and Resilience

January 13, 2025, 6–8 pm, virtual

Learning Objective

1. Reflect and appraise on speaker’s experience on adaptation and/or resilience and how it would apply to your project or actions for climate change.

Session 5 – “Champions Talks” – Advocacy

February 24, 2025, 6–8 pm, virtual

Learning objectives

1. Reflect and appraise on speaker’s experience on adaptation and/or resilience and how it would it apply to your project or actions for climate change.

Session 6 – “Champions Talks” – Health Equity and Climate Action (3 hours)

March 31, 2025, 5:30–8:30 pm, in person

Learning objectives

1. Review and discuss how climate change and sustainable healthcare systems affect vulnerable populations and resource-limited areas.
2. A brief presentation on project progress and your reflection on your course experience and project work.

Capstone Project

Participants will be invited to present their Capstone project at the PGME Social Accountability Scholarship Day in 2025 (Date TBD)

Contact us

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