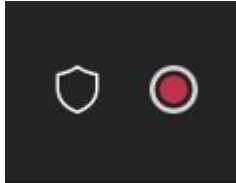
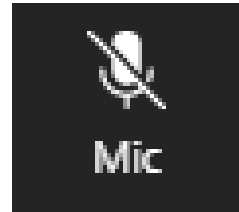


Housekeeping

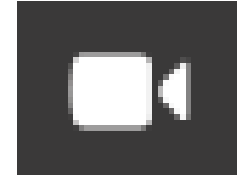
Recording



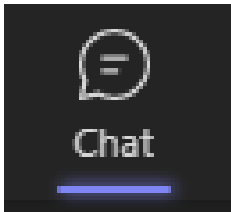
Mute unless talking



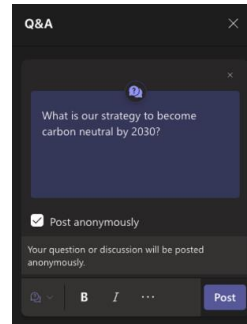
Camera on!



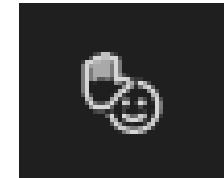
Chat



Q&A



Reactions





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Sustainability, Equality and Independence: the triple bottom line in period health

Jacqueline Gordon
Clinical Fellow/Sussex ICB

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Quality improvement for greener
healthcare and wellbeing

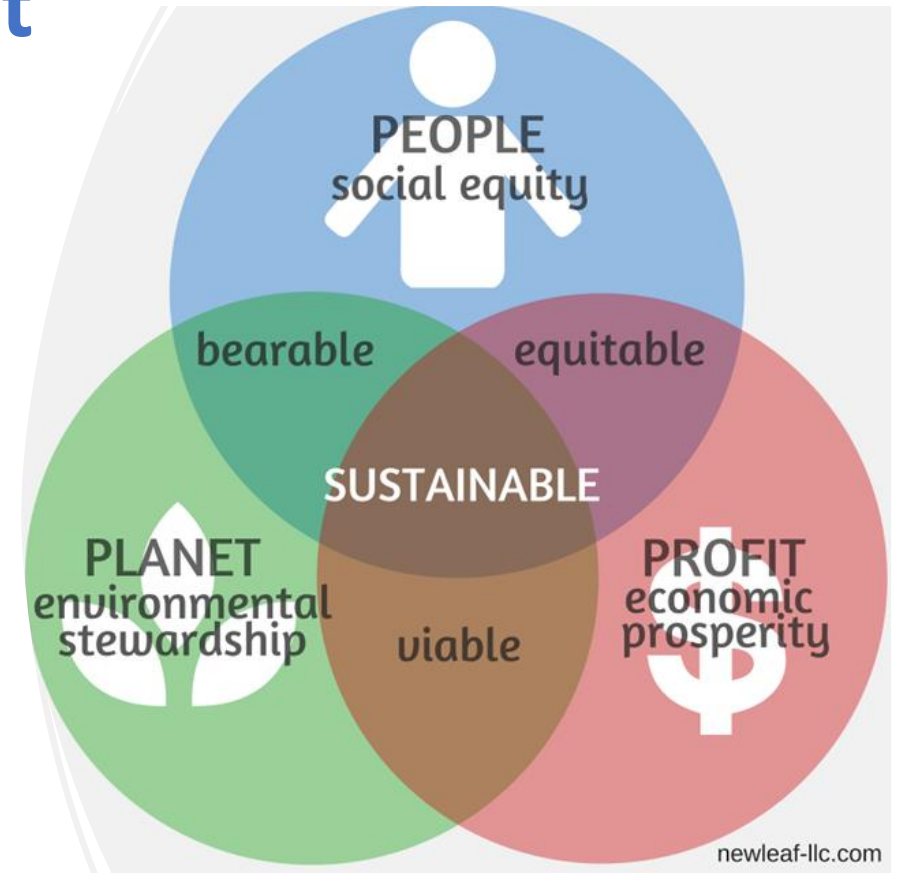


GOSH Climate and Health
Emergency declaration
**Protecting our planet
for our patients**

Sustainability improvement project

Benefits: triple bottom line

- Clinical impact: staff knowledge to improve clinical care/ reduce infections/ improve quality of care
- Financial Savings
- Environmental impact: saving of CO2 /reduction in plastic waste



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ISSUE

- YP with hemiplegia /reduced hand function unable to manage their periods independently
- Period products mostly plastic in our lifetime we will use thousands

Occupational
Therapy idea

SOLUTION

- Use of period pants – became independent
- Increased dignity
- Sustainable management of periods
- Procurement/waste management/comms questionnaire

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Period pants -
look/feel like
normal underpants

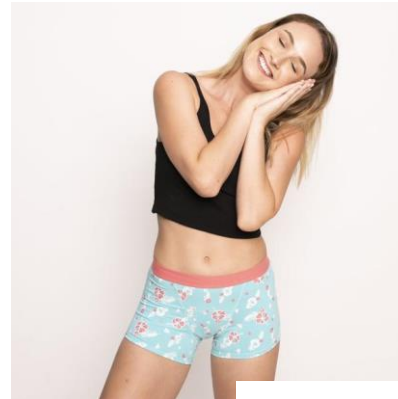
No waste – rinse
and wash

Long term saves
money tackling
period poverty

For staff and young
people

Reduction of CO2
emissions

Normalising talk
about periods &
sustainable choices



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Are they all granny pants?

- No ! Huge range – from boy short, hipsters to thongs
- Colourful
- Lacey
- Unisex
- All different sizes from XS- XXL



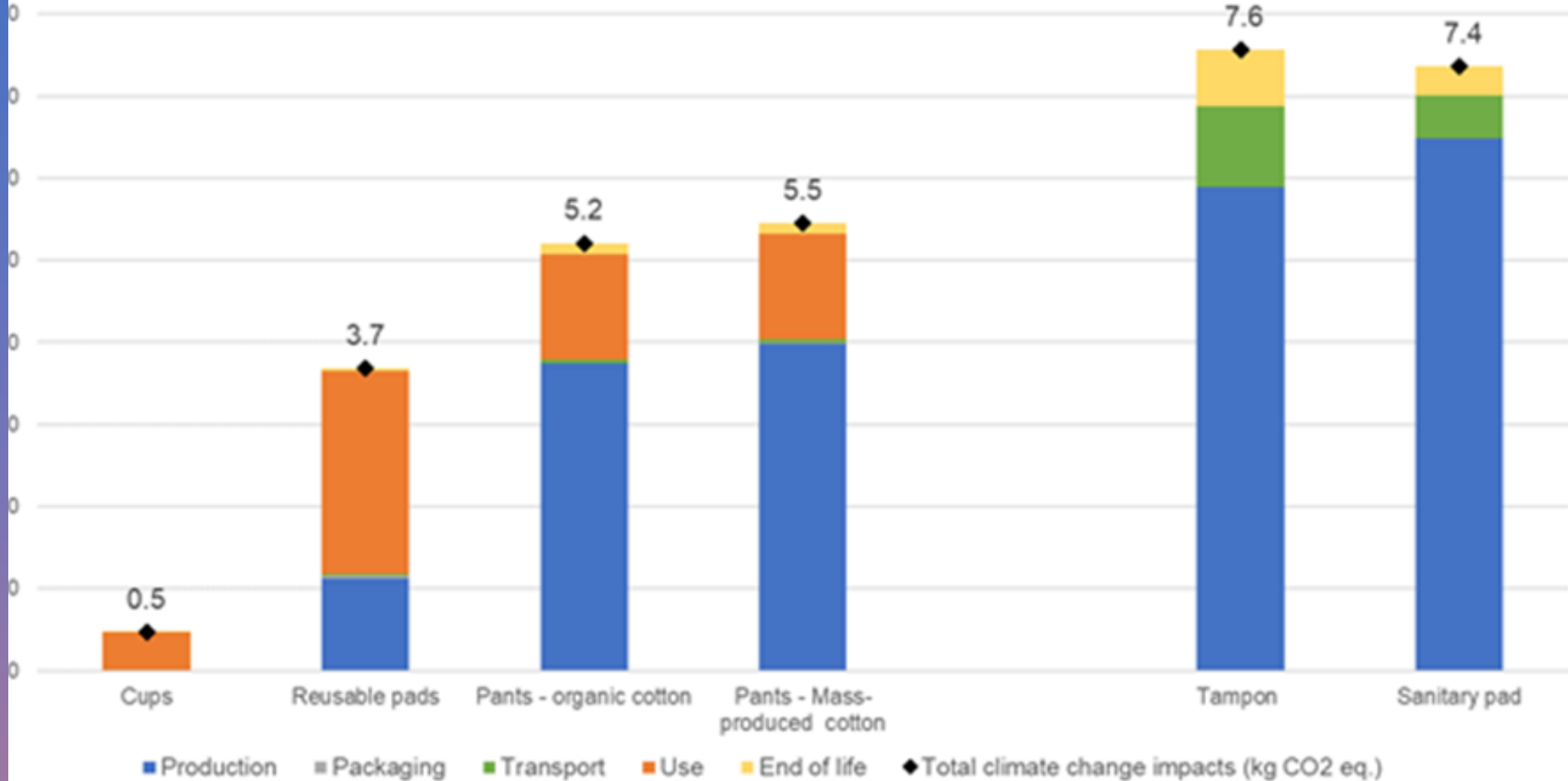
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The carbon impact of menstrual products, average use, per person over a year



WASTE & DISPOSAL

- People who menstruate on average use 11,000 disposable menstrual products
- Generates 200,000 tonnes of waste/year
- A tampon applicator used for 10 seconds lasts FOREVER!



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99%

“ Using menstrual cups results in a 99% reduction in waste compared to single-use products ”

#breakfreefromplastic



1. What are we trying to achieve?

Problem Statement:

SMART Aim:

Specific &
Measurable &
Achievable &
Realistic &
Timely

2. How will we know a change is an improvement?

How will we measure progress towards our aim?

Where will we get our data? Who will collect it? When?

3. What changes could we make?

What ideas are we going to test?



Who needs to be involved?

Who is keen? Who is neutral? Who might resist?

4. What's next?

Action	Lead	Due Date



Education

- <https://www.gosh.nhs.uk/conditions-and-treatments/general-health-advice/period-products/>

- Added questions on admission proforma
- Directed to website
- Informed about trauma induced /anaesthetic induced periods

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Period Products

Choosing what period products to use is a personal decision, it is important to find what works best for you. This sheet sets out information for patients, families, and carers about period products to help informed decisions that are inclusive to all and mindful of environmental sustainability.

Why is this important?

Period/ Menstrual products are a huge cause of plastic waste – on average a person will use 11,000 period products in their lifetime– that's a lot of plastic waste, most of which goes to landfill. There are even plastics and chemicals in the absorbent material of these products. This breaks down into polluting microplastics. Imagine, every 'disposable' period product you ever used is probably still out there somewhere. And next time you go for a dip in the sea, remember that disposable period products are the fifth most common type of waste found in the ocean. Disposable products are also expensive, between £45-£130 a year per person.

There is **good news**. There are now loads of choices of re-usable products that are so much easier to use than disposable ones, and better for the environment and for you.

Research has shown that these are safe and hygienic, with a **reduced chance of infection, and leakage**.

Having a period whilst being in hospital

Please don't worry if your period catches you unprepared whilst you are an inpatient, this can often happen, especially as having an operation can trigger a period! Just tell your **Nurse or Occupational Therapist** and we will help.

Period Pants

Just like normal pants but absorbent, leak-proof & breathable mid-layers keep you dry. These look the same as regular knickers, hipsters, bikini style or big pants! They come in different absorbencies to suit your flow and can keep you dry all day. They are available in most big high street shops at reasonable prices.



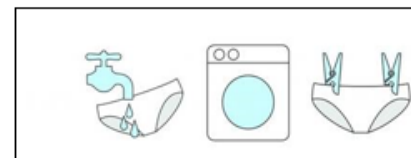
Period pants are good for all people who have periods and come in all sizes and styles, from boy shorts to thongs. These pants are great for anyone with problems using their hands as they are as easy to use – just put on as you do normal pants.



Caring for your period pants

Wear for the day or night, rinse, pop in the wash and reuse. Do not tumble dry or use fabric softener as this will reduce absorbency.

Occupational Therapy x 5439



EPIC

- Added as questions to admission proforma
- Directed to website
- Providing information and support to families and young people

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The screenshot displays the EPIC clinical software interface. At the top, there is a navigation bar with tabs for Summary, Chart, Flows, Fluid B..., MAR, Work List, Dail..., Education, Chat, Curren..., Create..., and Or. Below this is a 'Navigators' section with a list of categories on the left, including Admission, Transfer, Discharge, and various clinical sections like Registration Info, History, Allergies, and ADL. The right pane displays a form with sections for 'Child able to feed itself?', 'Pain Management', 'Period Information', and 'Feeding Status'. The 'Feeding Status' section shows 'No data found.' The bottom of the screen shows a Windows taskbar with various application icons.



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IMPACT - questionnaire

- **Increases independence**
- **Empowers young people and supports parents**
- **Lifelong benefits – reduced costs (average spend £120/year on disposable products)**
- 65% were happier 75% more in control
- 95% would use again 83% recommended to others
- <https://www.smartsurvey.co.uk/s/PeriodPants/>

It's a complete game changer! She is independent now.

I feel so good not having to ask my Mum to help.

I thought they would be horrible but they are really comfortable!



Benefits to hospital - £ and carbon reduction

- Reduces disposable protection – less plastic is produced
- Decreases waste – reduced costs
- Reduces blocked toilets and bins
- 840 kgCO₂e reduction in one year



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In the UK

Impact on health, wellbeing,
education & safety



- 1/3 girls aged 14-21 struggled to afford or access menstrual products during the pandemic Plan international UK 2022
- This is equivalent to over **one million girls** May 2022
- People choosing to buy food **or** menstrual products
- School attendance affected when menstruating – 60% have at least 1 day a month off
- People with disabilities – most likely to be affected
- Use newspaper, socks, rags, inconvenient & risk infections Action Aid

Financial Benefits for Individuals



A menstrual cup will save you an amazing £1177 over 10 years



Period pants will save you £257 over 3 years



Number of disposable menstrual products used over one lifetime is approx. 11,000 costing £3,600!

Health Benefits to Individuals



Substances toxic to humans – (chlorine and dioxin) are contained in menstrual towels and tampons

Synthetic fragrances made up of cocktail of chemicals can contain carcinogens, allergens, irritants and Endocrine Disrupting Chemicals

Women using re-useable menstrual products report less cases of vulval dermatitis

There is no legal obligation for companies to declare toxins on packaging



Scaling it up...



AIM:

- 🌱 Information available everywhere about benefits of sustainable products
- 🌱 Normalise use by staff and patients – ask and talk
- 🌱 Period pants to be available on NHS like Scotland !
PickupMyPeriod app
- 🌱 Dispensers in hospital toilets for discounted purchase

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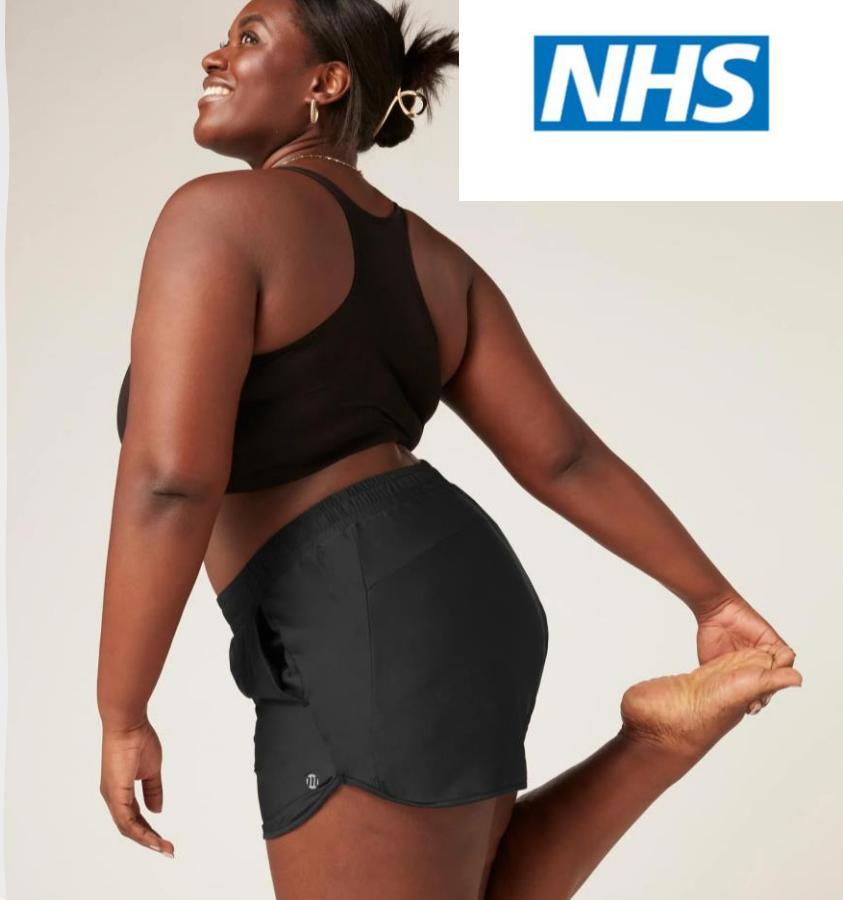
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Underwear for Bladder leaks



NEW AND IMPROVED



- Promote confidence in swimming pool, beach or gym, encourage activity and participation

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Thank you

Q & A

Please get in touch if want to talk more

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@e8muffin

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References

- Menstrual cup use, leakage, acceptability, safety and availability: a systematic review and meta-analysis : The Lancet Vol 4, Issue 8 August 01, 2019 E376-E393 Anna Maria van Eijk, Garazi Zulaika, Madeline Lenchner, Linda Mason, Muthusamy Sivakami, Elizabeth Nyothach et al. Open Access: **THE LANCET, Public Health DOI: [https://doi.org/10.1016/S2468-2667\(19\)30111-2](https://doi.org/10.1016/S2468-2667(19)30111-2)**
- <https://www.actionaid.org.uk/blog/2022/05/18/period-poverty-statistics-around-world>
- <https://www.nationalgeographic.com/environment/article/how-tampons-pads-became-unsustainable-story-of-plastic>
- [Zerowastescotland.org.uk/research-evidence/carbon](http://zerowastescotland.org.uk/research-evidence/carbon)
- <https://www.wen.org.uk/wp-content/uploads/Fact-Sheet-Environmenstrual.pdf>
- <https://sustainablehealthcare.org.uk/what-we-do/sustainable-specialties/occupational-therapy>
- <https://www.who.int/news/item/11-10-2021-who-s-10-calls-for-climate-action>
- [The Lancet Countdown on health and climate change](#)