



The “Introduction to Sustainability for Individuals” Series

Our three part series provides key concepts, clinical studies, and examples to improve patient care and challenge healthcare professionals to examine and improve their own behavior. We prepare health care professionals for their three key roles in life... health care professional, world citizen, and leader.

“The Nutrition Prescription” focuses on the clinical problems of type 2 diabetes, coronary artery disease, cancer, and obesity. We provide a context by reviewing their relative importance and the response of the medical industry. We present a systems approach to leveraging change for our patients. Part one concludes by placing these conditions in perspective in the three eras of emerging diseases.

“The Sustainability Prescription” uses the clinical problems of hypertension, renal disease and polycystic ovarian syndrome to lead into a discussion of the common issues raised by patients including the use of supplements and recommendations for protein intake. We next discuss the environmental and ethical issues affecting how we care for our patients and our role as a world citizen. We conclude with a discussion of the challenges facing healthcare professionals in keeping up with advances in clinical medicine.

“The Leadership Prescription” moves beyond clinical issues and presents the concepts necessary to be an effective leader. We review the principles of “Natural Capitalism” and their applicability to the medical industry. We use a case study to illustrate the importance of these principles in working with complex systems. We review the use of statistical process control to improve patient health and safety. We provide the key concepts necessary to be an effective leader whether on a clinical team, within an organization, or within the community.

This series can be given as three one-hour presentations or as a half-day workshop. The material can be expanded or modified to meet the needs of specific organizations or groups of healthcare leaders and professionals.