

GPNET-0

SUMMARY OF ACTIVITIES FOR GENERAL PRACTICES TAKING PART IN THE GPNET-0 STUDY AS A CASE STUDY SITE

We wish to recruit 12 practices to act as case studies for the GPNET-0 study. We will assess these practices' experience of, engagement with, and implementation of decarbonisation activities over a period of 12 months, starting in spring 2024. This document sets out the benefits for GP teams and their patients from being a case study practice, the activities involved, and the remuneration practices will receive.

What is involved and how much time will each stage take?

1. Initiation meeting - up to one hour, on-line via Teams

Prior to the start of the 12-month data collection period, an online initiation meeting will take place to discuss the details of the practice's participation in the study. The practice manager, a lead GP, and other interested practice staff that will be involved in the implementation of the study at the practice should attend. This will be held at a time convenient to the practice and will involve a 10-minute presentation by the research team explaining what participation involves, followed by a Q&A with the members of the research team.

The practice will need video calling capacity that allows this to run smoothly on Teams.

2. Baseline practice workshop and interviews – 60–75-minute workshop, on-line via Teams; additional individual interviews, if required

This will be held in the month following the initiation meeting at a time convenient to the practice. **Five or six members of the practice team** including at least one GP, practice nurse, practice manager and receptionist will be expected to participate. They will be introduced to resources that are currently available to support decarbonisation activities in general practice and shown examples of how each resource can be used. This will be followed by a discussion, led by members of the research team, about the practice's interest in committing to undertaking specific decarbonisation actions over the following 12 months.

The practice will need video calling capacity a meeting room with a screen, camera and IT access that allows this to run smoothly on Teams. Where there is insufficient time to fully explore a viewpoint that one or more participants have expressed, or where the practice participants identify another member of the team who is not present

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as having views that it is felt we should be aware of, we will invite such individuals to take part in an online interview.

3. Confirmation of decarbonisation action plan

Within two weeks of the workshop, the practice team will be expected to agree a **practice decarbonisation action plan for the following 12 months**. This will describe one or more actions that they plan to undertake over the coming year, how the practice intends to do these and who will be involved, the timescales and the resources that will be used to support this.

The practice will also be asked within the two weeks to **complete a carbon calculator tool**; this will be repeated after 12 months as a measure to identify the extent to which the planned actions have had an effect. While it is likely that the practice manager will be best placed to oversee the completion of the calculator, it will be at the discretion of each practice as to which individual(s) do so. The research team will be available to assist with this process. Linked to this, the practice will also be asked for information to establish baseline costs and resource usage (e.g. asthma prescribing, energy use) which will feed into a practice-specific budget impact model. This will allow calculation of the cost implications of different actions and actual changes in costs after 12 months.

4. Patient survey

The practice will support the **recruitment of a patients to complete a survey**. Each practice will send out postal invitations to participate (via SMS text or Docmail) to a random sample of patients (or their carers) who have had contact with the practice in the days prior to the database search. This will include adult patients and parents of children who have attended.

Each practice will have a target of 30 patients completing the survey. Ten trees will be planted by NHS Forest in recognition of the practice's achievement once 30 patients have responded.

The **practice will receive an additional £122 (NIHR service support costs) to cover the time involved in undertaking the Patient Search** for the survey and eligibility check or, if CRN staff are available, can undertake the search with the support of the CRN. Potential participants will be screened to ensure that patients who have opted out of taking part in research, are at the end of life, severely ill or suffering from cognitive decline are not included.

We will discuss with GP practices how they feel it would be best to send the invitation to their patients, and whether they would prefer the CRN team in their area to assist with this.

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5. Three-monthly progress check-ins – 30 minutes each, on-line

We will expect participating practices to have **Decarbonisation Progress as a standing item to be reviewed at practice / partnership meetings** in order that the practice can monitor its own progress against its action plan.

Every three months, a member of the research team will have a brief online check-in (30-minutes) with the practice to hear about decarbonisation progress, with a particular focus on any drivers and barriers that have been encountered in implementing the practice's intended actions. These conversations will take place with the practice manager or another designated member of the practice.

At the fourth check-in (i.e., 12 months post-baseline), practices will be asked to **repeat the non-clinical carbon calculator** to provide a measure of change.

6. Follow-up focus groups and interviews – one hour focus group, on-line; additional individual interviews, if required

Towards the end of each practice's 12-month involvement in the study, we will hold an **online focus group** (where possible involving the same participants as at the baseline workshop) to discuss the practice's experiences in relation to the actions they planned, implemented (or not), how they interacted as a team and how this affected the changes achieved, and their future plans.

Where there is insufficient time to fully explore a viewpoint that a participant has expressed during the focus group, or where the practice participants identify another member of the team not present for the focus groups as having views that we should be aware of, we will invite such individuals to take part in a semi-structured online interview.

Costs covered

£2500 is available per practice for completion of all activities: £1000 after the initial set-up; £500 after 6 months, and £1000 after the follow-up workshop.

Benefits of taking part: for GP teams

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- 10 trees will be planted by NHS Forest for each participating practice (dependent on at least 30 of the practice's patients completing a survey covering their views about general practice decarbonisation activity).
- An opportunity to work with a multi-disciplinary team of experts to develop sustainability plans, implement different decarbonisation tools and resources and learn from this as a practice.
- Opportunity to identify green champions among practice staff that will support the practice's future decarbonisation and sustainability efforts.
- Evidence of quality improvement activity for CQC assessment, annual appraisals etc.

Benefits of taking part: for practice's patients

- A £15 high street voucher (for those that take part in the patient interview)
- Opportunity to voice concerns about the potential impact of climate change on their health and wellbeing and/or concerns about the potential impact decarbonisation activities on the healthcare provided by the practice.
- Feeling engaged in actively participating in shaping the decarbonisation efforts of their practice.
- Opportunity to contribute to evidence that will inform national and regional policy supporting NHS carbon reduction and sustainability efforts.