

February Newsletter Australia and New Zealand Chapter IFNA



Newsletter Number 39: February 2024

Australian and New Zealand Chapter News

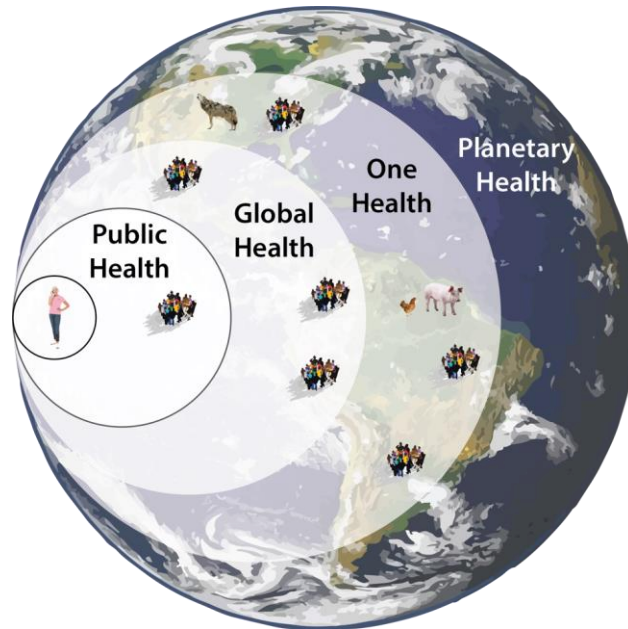
This month the newsletter focus is on planetary health and how health professionals can make a difference. We are all part of the change. This newsletter has information and recommendations for how health professionals can be part of improving practice and sustaining health.



Planetary health, health & wellbeing outcomes, and Family Nursing

By Dr Lindsay Smith

Firstly, I am thankful to IFNA and Dr Paula Nersesian for introducing me to the concept of planetary health.



(Image from “Planetary health recognizes the health of the planet as a system. ERIC MARTY. In What Is Planetary Health? By John Drake, Forbes, 2021)

Australia and New Zealand are experiencing the impact of a planet that is out of balance in many environmental indicators. This article aims to briefly explore how to prepare for the impacts on families of climate change and recognises planetary health as a social determinant of health especially for children and young people.

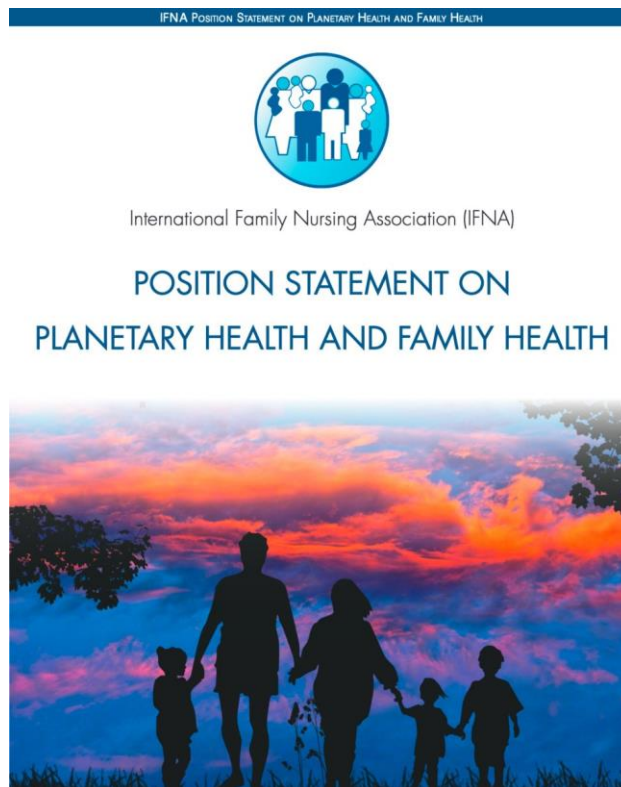
The concept of planetary health a new concept that requires a solution focus (2023 UN Global Climate Action Awards <https://unfccc.int/climate-action/un-global-climate-action-awards/planetary-health>). Dr Selina Lo and Professor Yuming Guo from Monash University in a presentation *Planetary health - what is it and why is it important?* defined planetary health as “the health of human populations and the state of the natural systems on which it depends” (June 2021 available online at <https://www.monash.edu/medicine/news/latest/2021-articles/planetary-health-what-is-it-and-why-is-it-important>).

The **health and wellbeing of families** depends on planetary health. We are clearly seeing the impact of climate change on families through the increased severity of natural disasters, and the challenges of managing chronic health conditions in this changing climate. Families with children and young people are disproportionately affected by the burden of climate change and planetary health. Paula Nersesian and I recently explored the drivers of child and youth health and wellbeing outcomes from a planetary health perspective and showed “children are at high risk of experiencing planetary health-related mental health challenges, with girls and First Nations people at particular increased risk (pg. 242, 2024). Our work concluded that “**a new approach** that can provide focus on strengths, relationships, wholeness, and **interconnectedness to planetary health** is needed” (pg. 251, 2024).

The health and wellbeing of families depends on planetary health.

One problem is clear. Global greenhouse gasses continue to increase despite targets to reduce emissions (<https://wmo.int/news/media-centre/greenhouse-gas-concentrations-hit-record-high-again> accessed 4/2/2024). The U.S. Environmental Protection Agency identified “greenhouse gases from human activities are the most significant driver of observed climate change since the mid-20th century” <https://www.epa.gov/climate-indicators/greenhouse-gases>¹. In December 2023 the Department of Health and Aged Care (Government of Australia) released the National health and climate strategy <https://apo.org.au/sites/default/files/resource-files/2023-12/apo-nid325207.pdf>. This strategy found “although many of key drivers of ill health lie beyond its remit, the health system has a central role to play in disease prevention – and, by extension, in building resilience to the health impacts of climate change. In particular, **primary care... nurses...will be crucial in providing preventive care and chronic condition management** to ameliorate the health impacts of climate change...thereby enhancing patients’ resilience to environmental hazards” (pg. 27).

What can we do about the impact of planetary health on families?



We can enhance **our awareness** of planetary health.

¹<https://url.au.m.mimecastprotect.com/s/eHuyCp8ArRH2xQJVTYlw95?domain=epa.gov>

1. The International Family Nursing Association have developed a series of informative, active, outcomes orientated resources related to Planetary Health. Check out the **IFNA Position Statement on Planetary Health and Family Health** <https://internationalfamilynursing.org/2020/04/18/ifna-position-statement-on-planetary-health-and-family-health/> and the series of blog posts created to highlight the roles family nurses and health scholars can play in promoting planetary health:

- You Can't Ignore Planetary Health: 3 Reality Checks for Family Nursing Practice²
- Minimizing Organizational Impact on the Planet Through Sustainable Practices³
- Assessing Families through a Planetary Health Lens in Family Nursing Practice⁴
- Illuminating Family Research in Planetary Health⁵
- Use a Planetary Health Lens to Bring Family Nursing Research into Focus⁶
- A Political Awakening: Family Nurses Must Lead the Way in Planetary Health⁷
- Take the Leap and Learn about Planetary Health and Family Nursing⁸
- Top Ten Resources for Teaching Future Nurses about Planetary Health⁹
- We Are Part of This Place: An IFNA Commitment to the Planet on Earth Day 2021¹⁰
- Planetary Health Matters for Families: A Call to Action for Family Nursing¹¹

2. The **New Zealand Ministry for the Environment** — Manatū Mō Te Taiao has an extensive information site dedicated to the evidence of climate change, how our activities are contributing to climate change and how climate change affects New Zealand (<https://environment.govt.nz/facts-and-science/climate-change/>).

²<https://internationalfamilynursing.org/2022/02/01/you-cant-ignore-planetary-health-3-reality-checks-for-family-nursing-practice/>

³<https://internationalfamilynursing.org/2022/01/12/minimizing-organizational-impact-on-the-planet-through-sustainable-practices/>

⁴<https://internationalfamilynursing.org/2021/10/29/assessing-families-through-a-planetary-health-lens-in-family-nursing-practice/>

⁵<https://internationalfamilynursing.org/2021/10/04/illuminating-family-research-in-planetary-health/>

⁶<https://internationalfamilynursing.org/2021/08/23/use-a-planetary-health-lens-to-bring-family-nursing-research-into-focus/>

⁷<https://internationalfamilynursing.org/2021/08/02/a-political-awakening-family-nurses-must-lead-the-way-in-planetary-health/>

⁸<https://internationalfamilynursing.org/2021/06/28/take-the-leap-and-learn-about-planetary-health-and-family-nursing/>

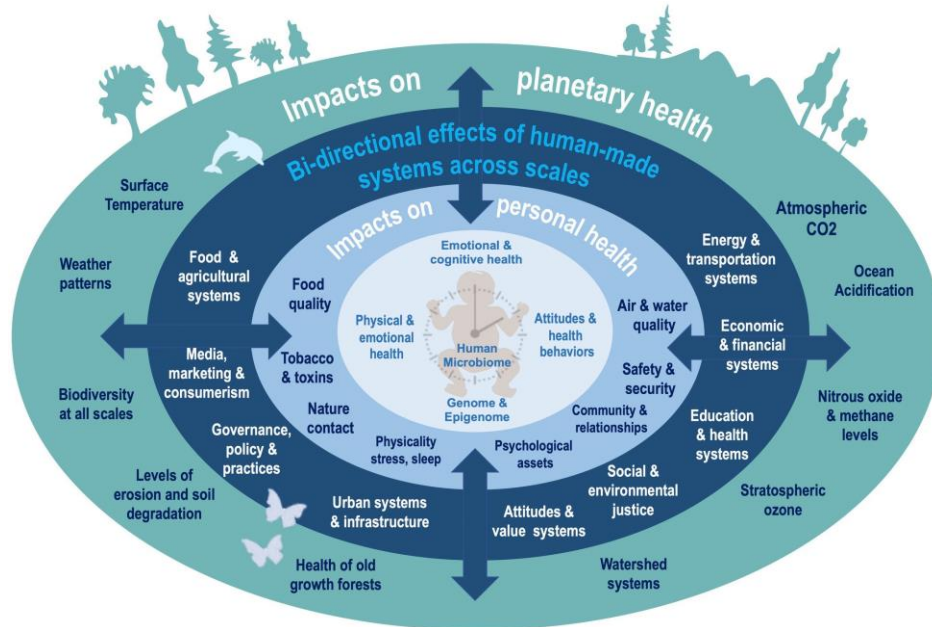
⁹<https://internationalfamilynursing.org/2021/05/20/top-ten-resources-for-teaching-future-nurses-about-planetary-health/>

¹⁰<https://internationalfamilynursing.org/2021/04/22/we-are-part-of-this-place-an-ifna-commitment-to-the-planet-on-earth-day-2021/>

¹¹<https://internationalfamilynursing.org/2020/04/21/planetary-health-matters-for-families-a-call-to-action-for-family-nursing/>

Behaviour changes for planetary health

We can all action important changes in behaviour and help create policy that is fit for purpose in response to planetary health challenges.



Prescott, S. L., Logan, A. C., Bristow, J., Rozzi, R., Moodie, R., Redvers, N., Haahtela, T., Warber, S., Poland, B., Hancock, T., & Berman, B. (2022). Exiting the Anthropocene: Achieving personal and planetary health in the 21st century. *Allergy*, 77(12), 3498-3512. <https://doi.org/10.1111/all.15419>

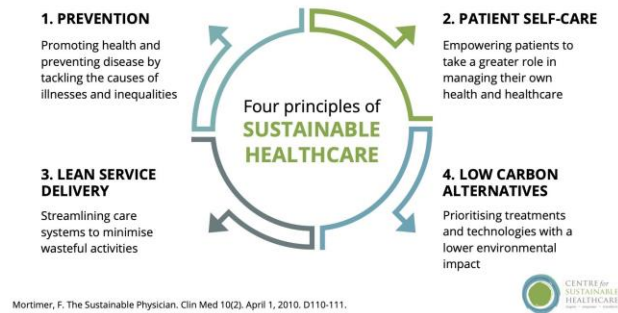
There is much action you can take in the **collaborative efforts** across the profession of nursing to responded to the challenges of planetary health for the benefit of families. **Being aware of your carbon footprint** individually and as a **professional nurse** may be a start.

Check out *Nursing Leadership in Emissions Reduction Guiding Principles*, (ACN 2021) to explore the role played by nurses in helping to control clinical waste and leading on environmental stewardship <https://www.acn.edu.au/wp-content/uploads/guiding-principles-nursing-leadership-in-emissions-reduction.pdf>. Also read *The Nursing Response to the Climate Emergency - White Paper* (ACN, 2023) <https://www.acn.edu.au/wp-content/uploads/white-paper-the-nursing-response-to-the-climate-emergency.pdf> to explore how nursing curriculum and research you can include a planetary health focus.

These actions will help us **achieve the vision of IFNA** “to build a community of nurses and other health care professionals who are dedicated to transforming health for families worldwide”. Dare I say it, the planet and future generations will be thankful.

Dr Lindsay Smith

Principles of sustainable healthcare



IFNA25

Don't forget to start thinking about your presentations for the family nursing conference June 2025 in Perth. Do you have any suggestions for **guest speakers???**



2024 travel to Denmark in May for the Nordic Family Health Conference

We are thrilled to announce that the submission phase for the upcoming Nordic Family Health and Care Conference 2024 is now officially open! 🌟🌟

This prestigious conference, dedicated to advancing the field of family-focused health and care, presents a unique platform for researchers, practitioners, and advocates to share their insights and contribute to the improvement of family well-being across the Nordic region and beyond.



- Conference Dates: 21st - 23rd May 2024

Whether you are an accomplished researcher, a passionate practitioner, or an enthusiastic student, this is your chance to showcase your work, exchange ideas, and engage with a community of like-minded individuals committed to enhancing family health and care practices.



Submission Categories:

Health Promotion

Establish relationships and communication

Treatment and supportive care

Rehabilitation

Palliative care

Methods & Methodologies in family health

Innovation

Other (Please specify it in the abstract and add a keyword.)

Let's collectively shape the future of family health and care by contributing our knowledge and expertise. Spread the word among your colleagues and networks, and let's make this conference a resounding success!

For more information and updates, visit the official conference website: See the comments section for more details.

Looking forward to hearing your innovative submissions and to the enriching discussions that will undoubtedly take place during the conference. 🍷📄

#NordicFamilyHealthCare¹² #Conference2023¹³ #CallForSubmissions¹⁴ #HealthcareInnovation¹⁵ #FamilyWellbeing¹⁶ #CollaborationInCare¹⁷

Contact Dr Elisabeth Coyne for more information. E.coyne@griffith.edu.au¹⁸

¹²<https://www.linkedin.com/feed/hashtag/?keywords=nordicfamilyhealthcare&highlightedUpdateUrns=urn:li:activity:7097538482054512640>

¹³<https://www.linkedin.com/feed/hashtag/?keywords=conference2023&highlightedUpdateUrns=urn:li:activity:7097538482054512640>

¹⁴<https://www.linkedin.com/feed/hashtag/?keywords=callforsubmissions&highlightedUpdateUrns=urn:li:activity:7097538482054512640>

¹⁵<https://www.linkedin.com/feed/hashtag/?keywords=healthcareinnovation&highlightedUpdateUrns=urn:li:activity:7097538482054512640>

¹⁶<https://www.linkedin.com/feed/hashtag/?keywords=familywellbeing&highlightedUpdateUrns=urn:li:activity:7097538482054512640>

¹⁷<https://www.linkedin.com/feed/hashtag/?keywords=collaborationincare&highlightedUpdateUrns=urn:li:activity:7097538482054512640>

¹⁸<mailto:E.coyne@griffith.edu.au>



Next meeting Wednesday • March 6th ,1400-1500 AEST

Microsoft Teams meeting

Join on your computer, mobile app or room device

Click here to join the meeting¹⁹

Written by Dr Lindsay Smith, edited by Dr Elisabeth Coyne

References

¹⁹https://teams.microsoft.com/l/meetup-join/19:meeting_OTkwYmE3NmYtNmYxYi00ZmlyLWI0MjYtNDQyMjk1NDEyN2Zl%40thread.v2/0?context={%27Tid%27:%275a7cc8ab-a4dc-4f9b-bf60-66714049ad62%27%2c%27Oid%27:%272fa526d7-e268-410f-9277-42360c0b3876%27}}