



Prescribing Nature

Supporting Health and Wellbeing
through
Nature-Based Interventions

**HSE Climate and Sustainability
Programme**

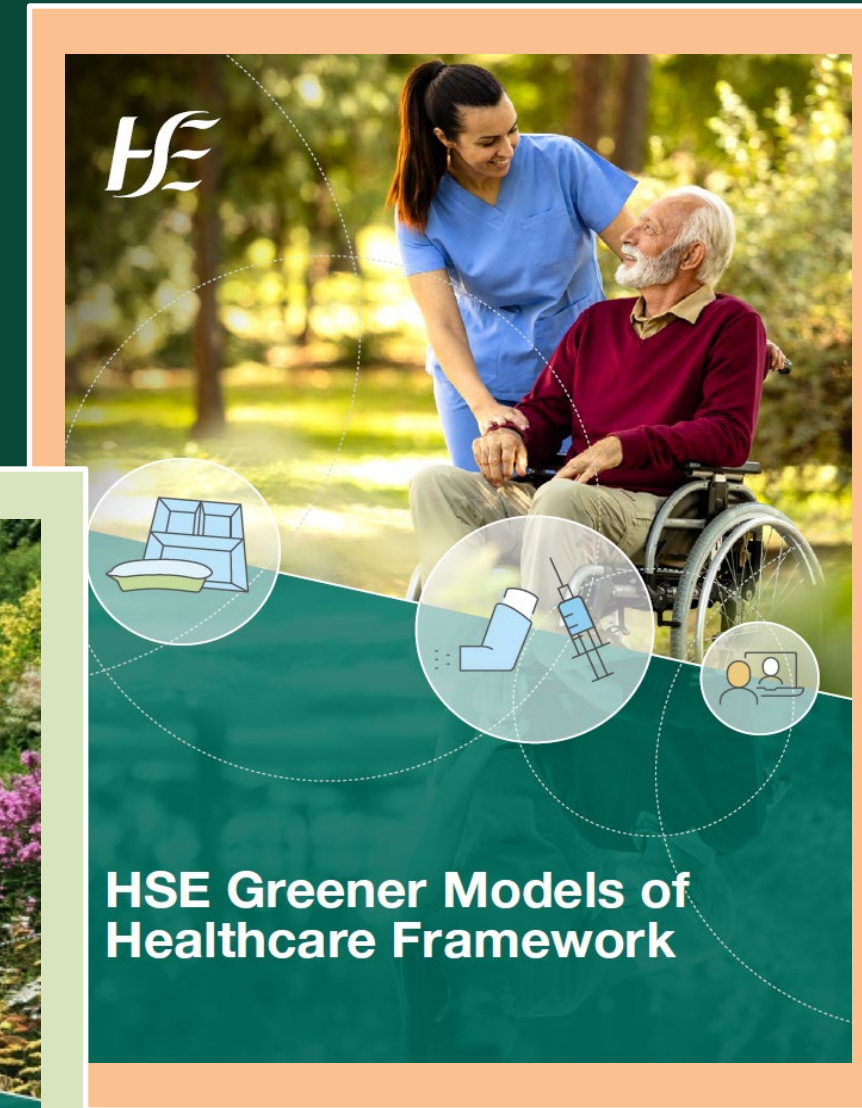
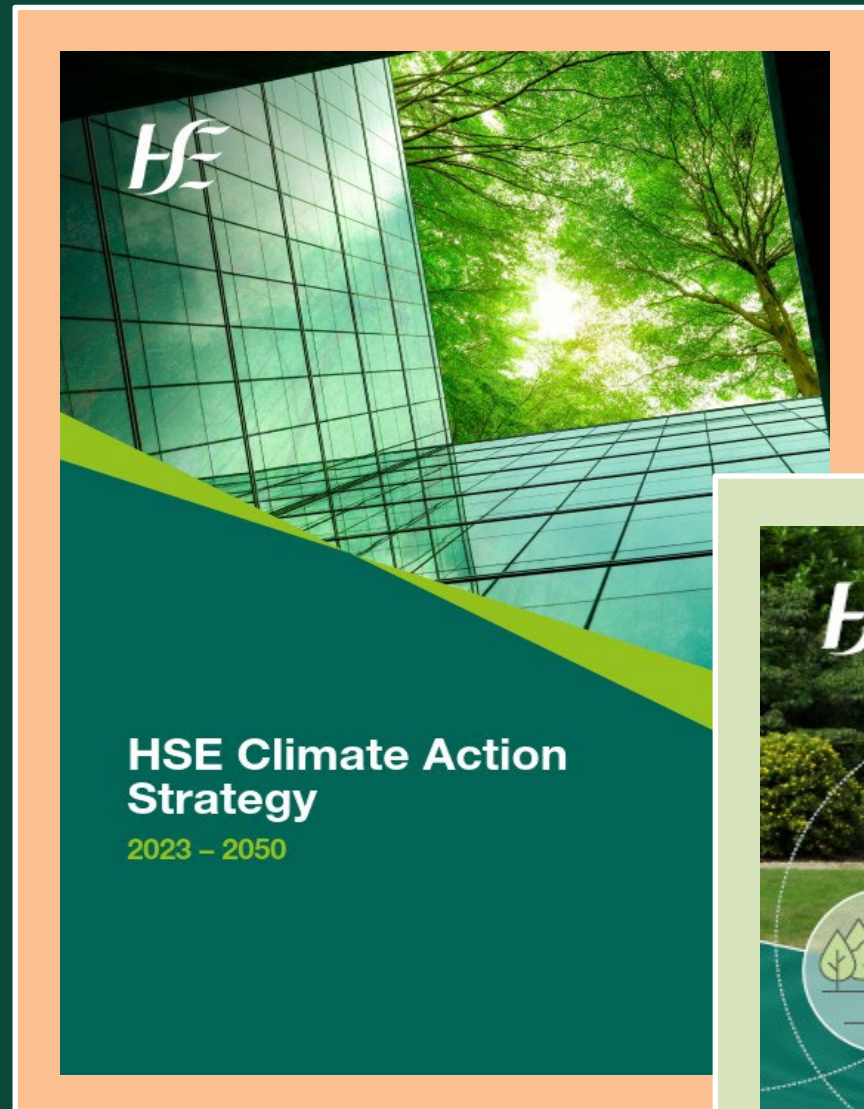
Niall Walsh, Project Manager



What I will cover:

1. Who we are?
2. Why Nature Prescribing?
3. What is Nature Prescribing?
4. Developing the HSeLanD E-Learning Module.

HSE Climate and Sustainability Programme



Greener Healthcare:



(2) Patient-Empowerment

- Collaborate to develop national green, blue, and social prescribing networks.
- Educate your patients on climate change and health.
- Refer patients to available self-management education services (e.g. cardiac or pulmonary rehabilitation).

(1) Prevention

- Promote public health initiatives e.g. Healthy Ireland.
- Promote plant-based diets and reduced red and processed meat intake.
- Encourage physical activity and support active travel initiatives.

(3) Lean Pathways

- Use telehealth / virtual care where clinically appropriate.
- Refer to integrated community care pathways.
- Review clinics and processes to reduce duplication and unnecessary follow-up.
- Identify and discontinue low-value care within your scope of practice.

(4) Clinical Leadership for Sustainable Practice

- Model sustainable clinical decision-making
- Complete sustainability training e.g. HSELand.
- Include sustainability in teaching, supervision, and audits.
- Lead or participate in at least one sustainability improvement initiative annually.

(5) Low-Carbon Alternatives

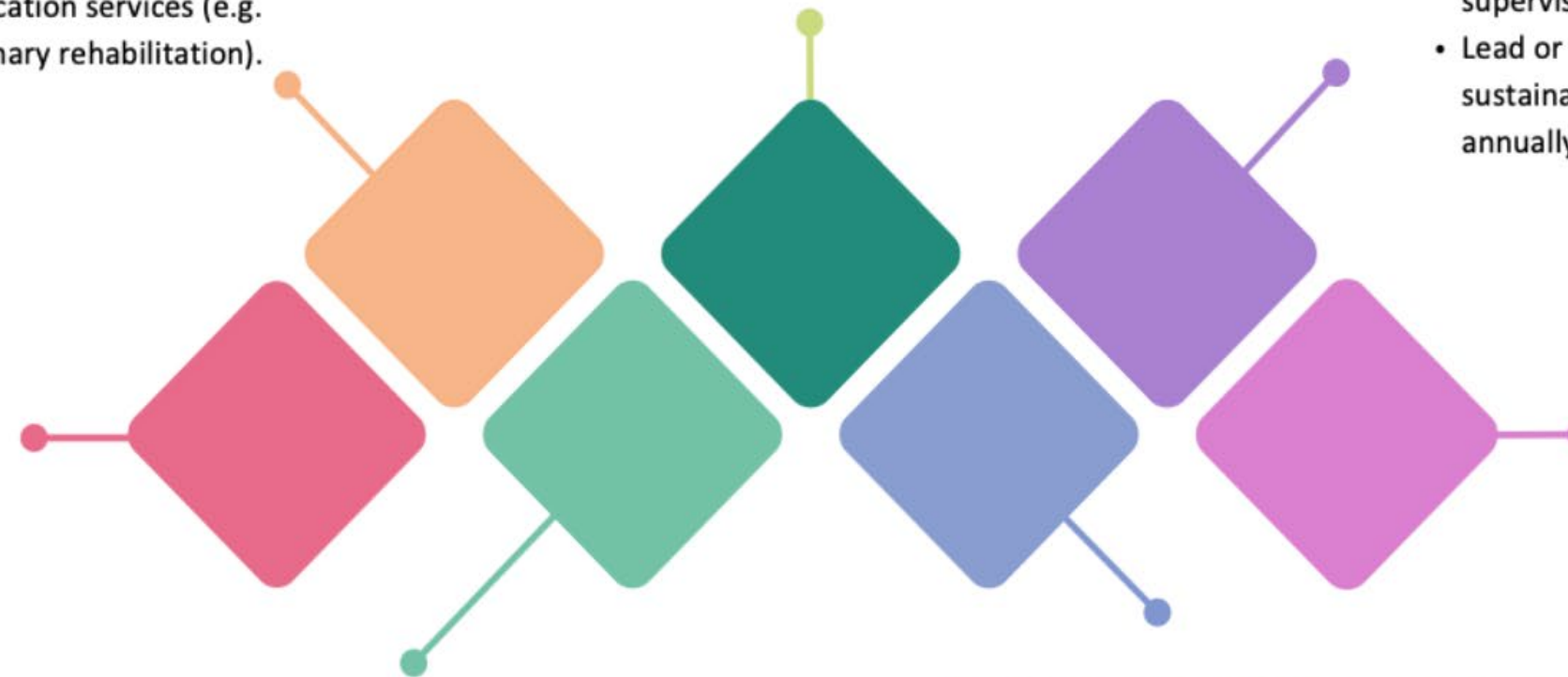
- Optimise prescribing to reduce waste and over-ordering.
- Choose lower-carbon clinical options where safe and effective.
- Audit your area of practice to identify carbon and waste reduction opportunities.

(6) Operational Resource Use

- Reduce energy, water and material waste in daily practice.
- Support sustainable commuting (e.g. walking, cycling, public transport).
- Work with facilities to improve recycling, reprocessing and resource efficiency locally.

(7) Adaptation and Resilience

- Identify local climate-related health risks (e.g. heat, flooding) relevant to your service and incorporate them into emergency and service continuity planning.
- Ensure vulnerable patients are supported during extreme weather events.
- Contribute to service planning that maintains access and safety in a changing climate.





Why Nature Prescribing?

1

Rising chronic disease and mental health challenges.

2

Greater emphasis on prevention.

3

Need for low-cost interventions.

4

Improving our relationship with nature.



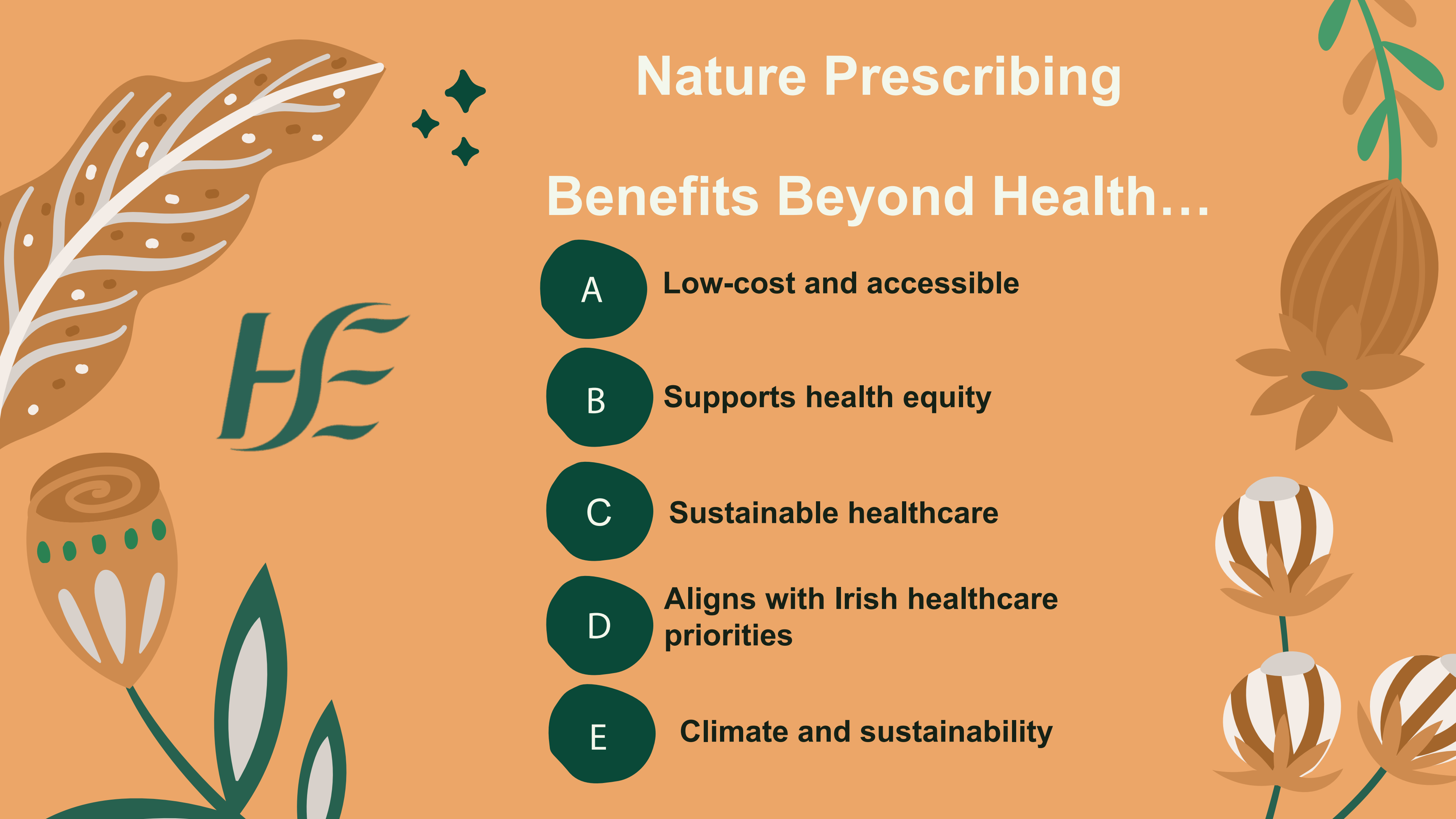
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What is Nature Prescribing?

- Walking in parks and woodlands
- Gardening and community activities
- Walking on the beach or by river
 - Listening to the birds

Benefits:

- Reduced stress
- Improved mood
- Increased physical activity



Nature Prescribing

Benefits Beyond Health...

A

Low-cost and accessible

B

Supports health equity

C

Sustainable healthcare

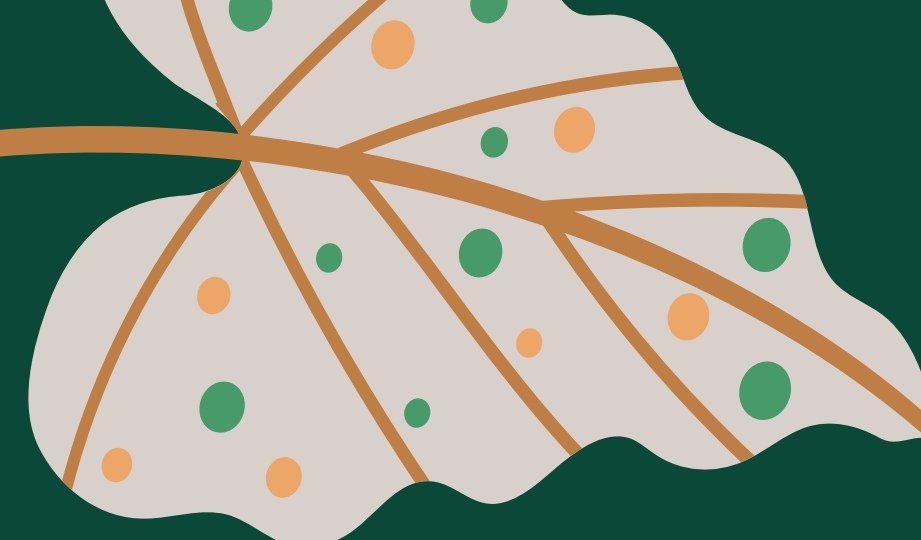
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Aligns with Irish healthcare priorities

E

Climate and sustainability

HE



Key Enablers

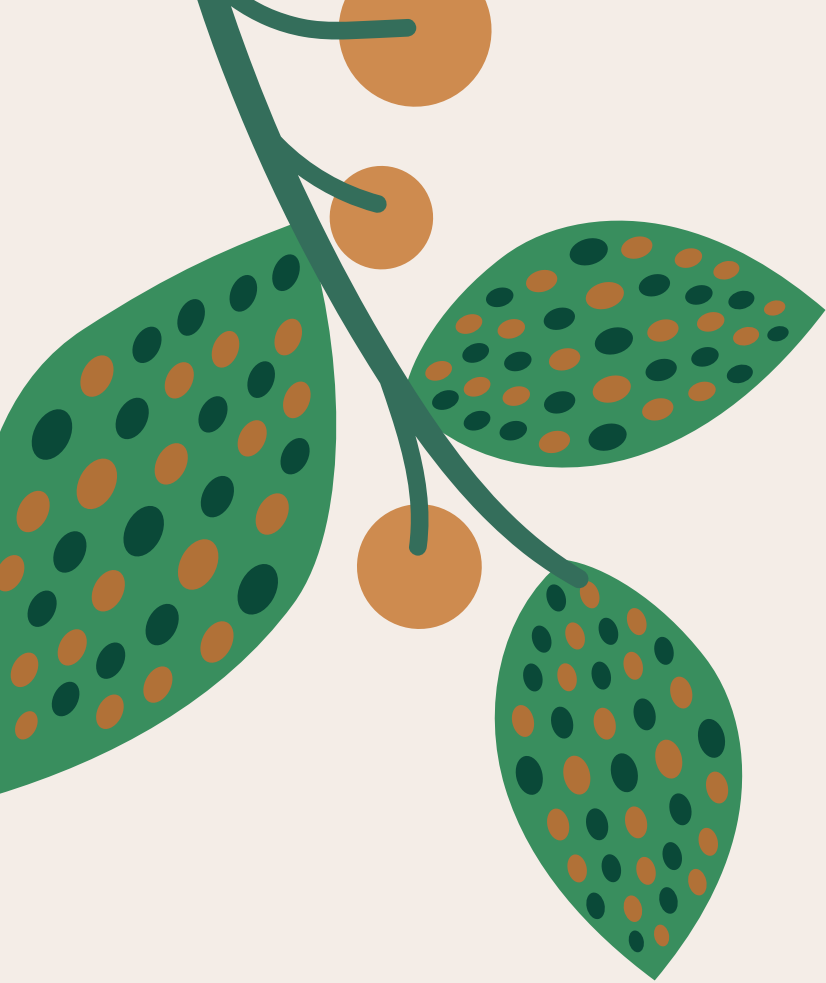


Facilitators:

- Social prescribing alignment
- Policy support

Challenges:

- Unequal access to green spaces
 - Variable services
 - Service user expectation
- 



Developing the HSeLand E-Learning Module

Objectives:

- Introduce nature prescribing
- Provide practical guidance/ toolkit
- Increase clinician confidence

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Mixed-method approach:

Interviews

Focus
Group

Evidence
Review

Best
practice
Review

Why Does This Matter?

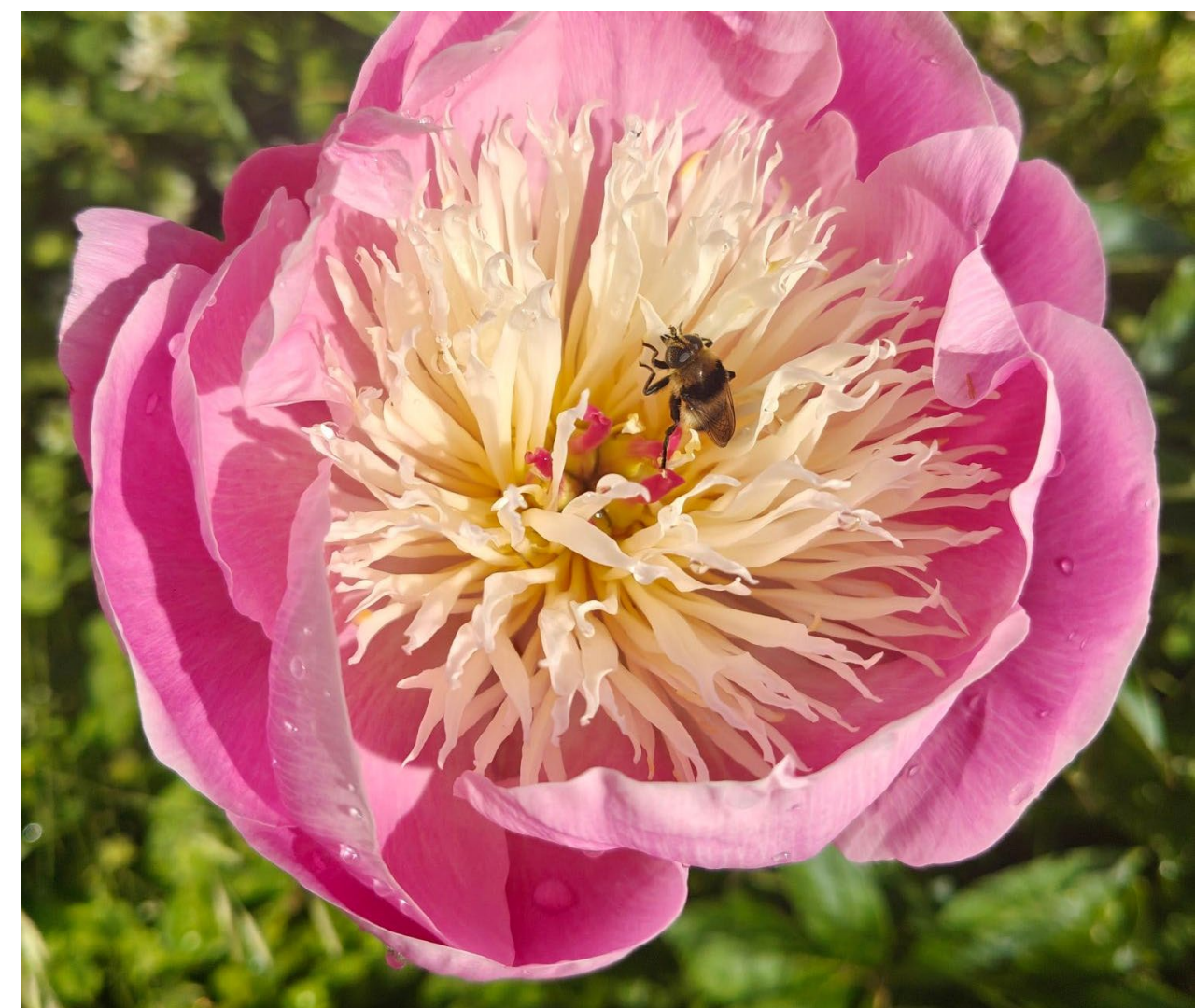
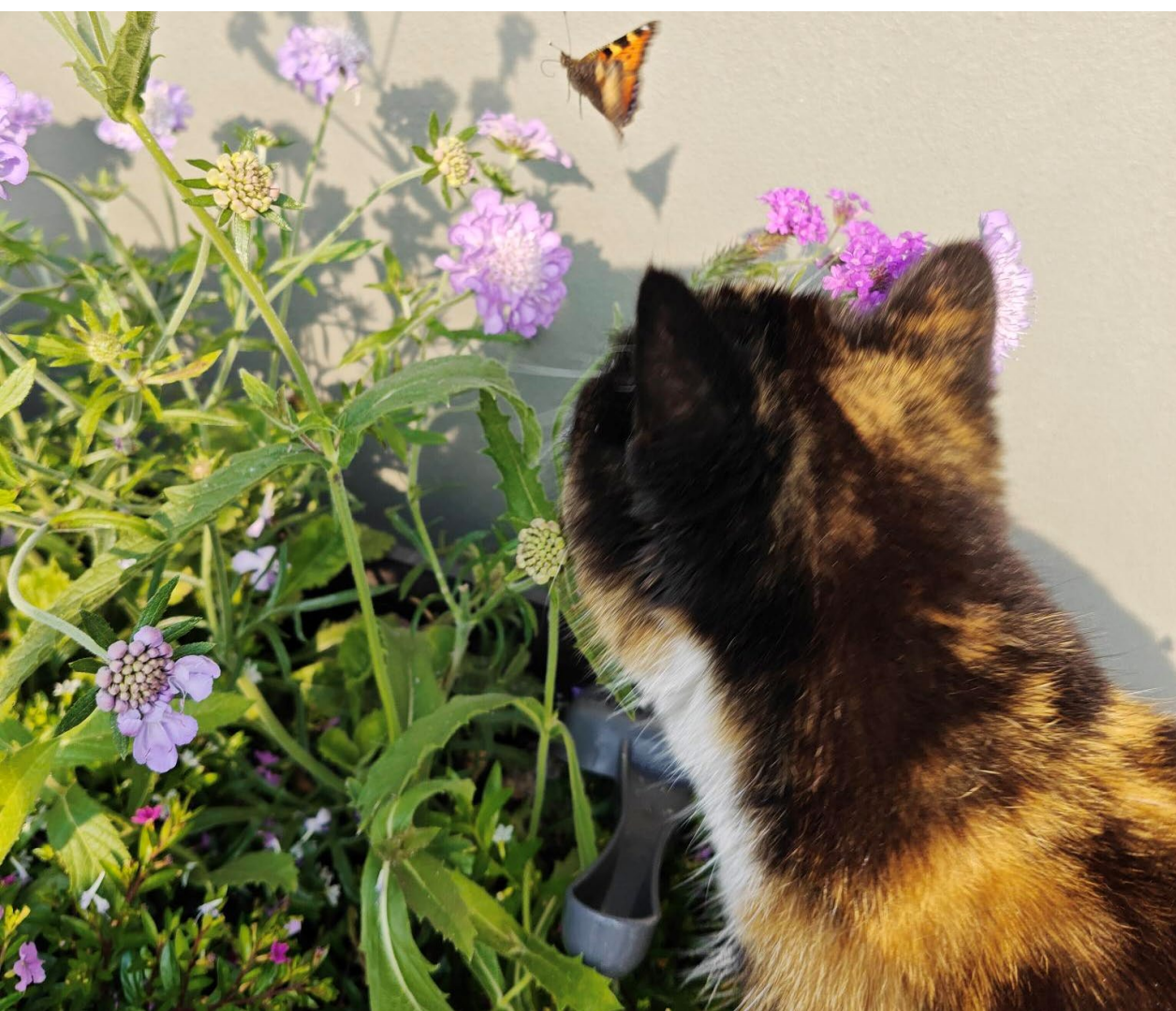
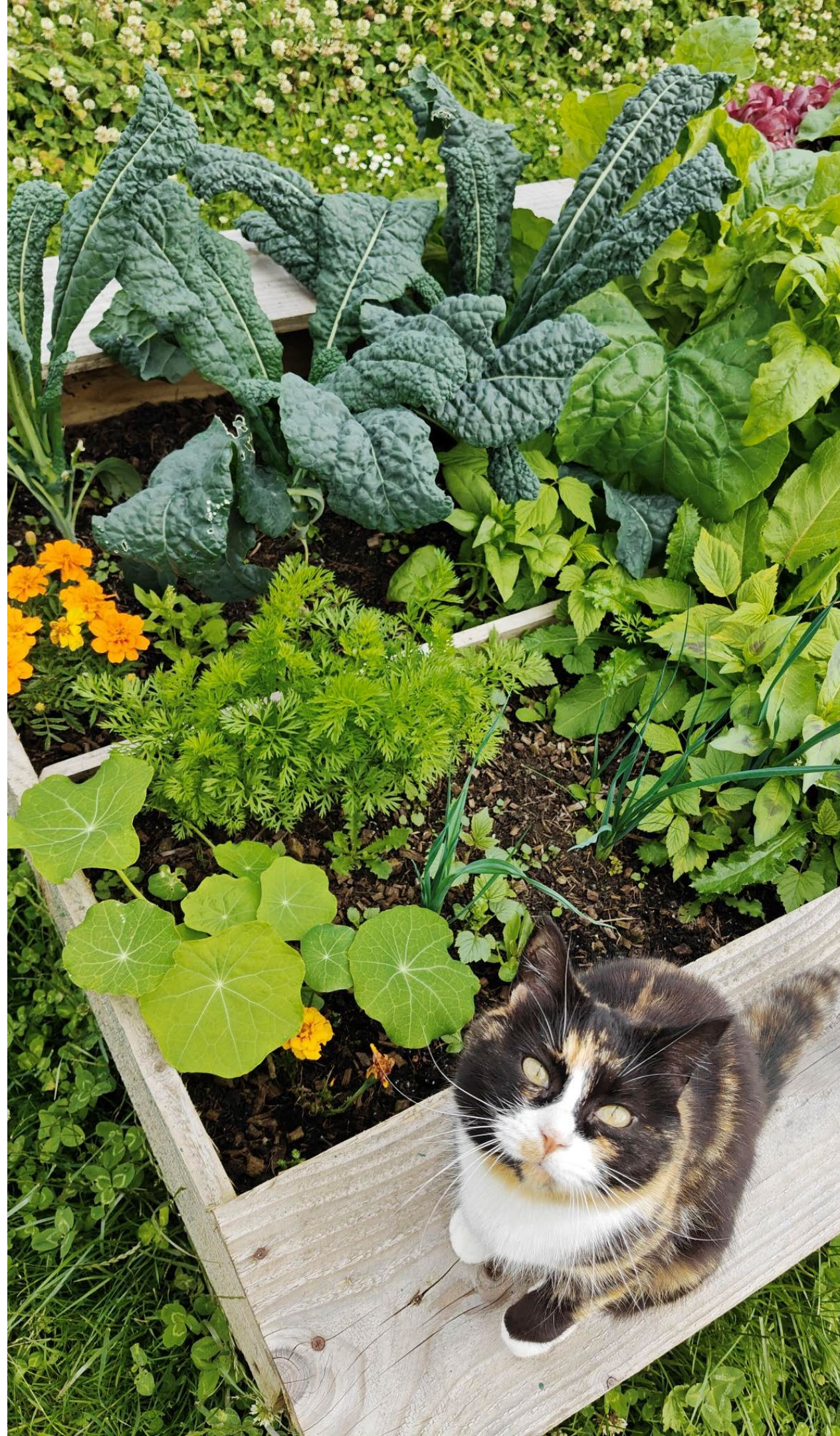
Nature prescribing is:

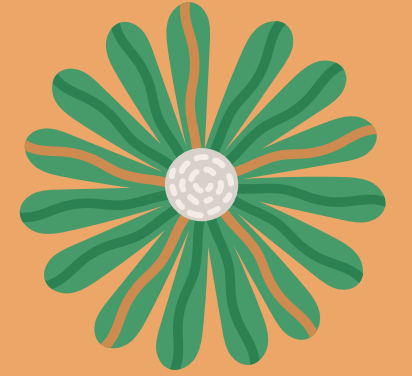
- Cost-effective
- Scalable
- Fair and accessible

What next?

- Promotion campaign for module
- Integrating into existing operations
- We have to measure
- Patient/service user experience







Thank You

Keep in touch

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