

## Checklists in Dental Practices

### Courtland Dental Practice

#### Introduction

The Sustainability matrix is a Self-Evaluation Tool to allow the team to focus on improving sustainability in the practice. Using the matrix enables everyone in the practice to think about sustainability in the 7 areas or dimensions. These are laid out on a grid and will cover the following topics:

- Waste management
- Energy
- Travel
- Procurement
- Biodiversity
- Prevention & promotion
- Education & training

The dimensions are designed to raise awareness about sustainability in dental practice and the contribution the profession can make to achieving net zero.

During the Sustainability Engagement Matrix session, the dental team appointed a Sustainability Champion, Rachel and identified that there are a significant number of checklists printed in the practice on a weekly and monthly basis.

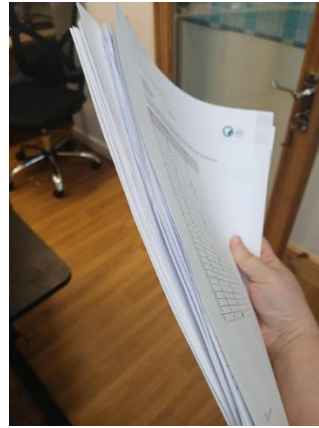
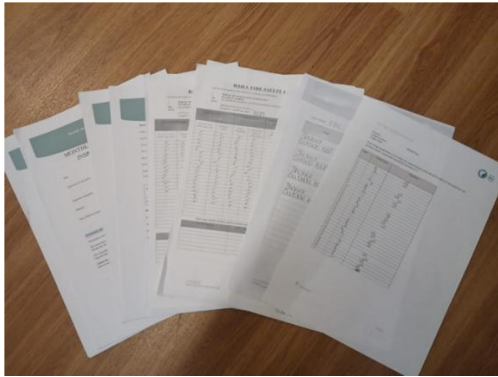
Paper production and disposal can also negatively impact the environment through deforestation, water and energy consumption, and pollution. The carbon footprint of an office paper from cradle-to-costumer is approx. 5g of CO<sub>2</sub>.

A single printer cartridge emits 4.8kg of carbon emissions (or greenhouse gases) during production. When you simply throw your ink cartridges in the trash, they end up in a landfill or worse, the ocean. The volatile organic compounds (VOCs) and heavy metals in printer ink can lead to soil and even water pollution when left in landfills.

As a result, any reduction in the use of printed materials in the practice will significantly benefit the environment.

#### Problem statement

- Paper weekly and monthly checklists printed in the dental practice wastes paper and printer ink.



**Aims statement**

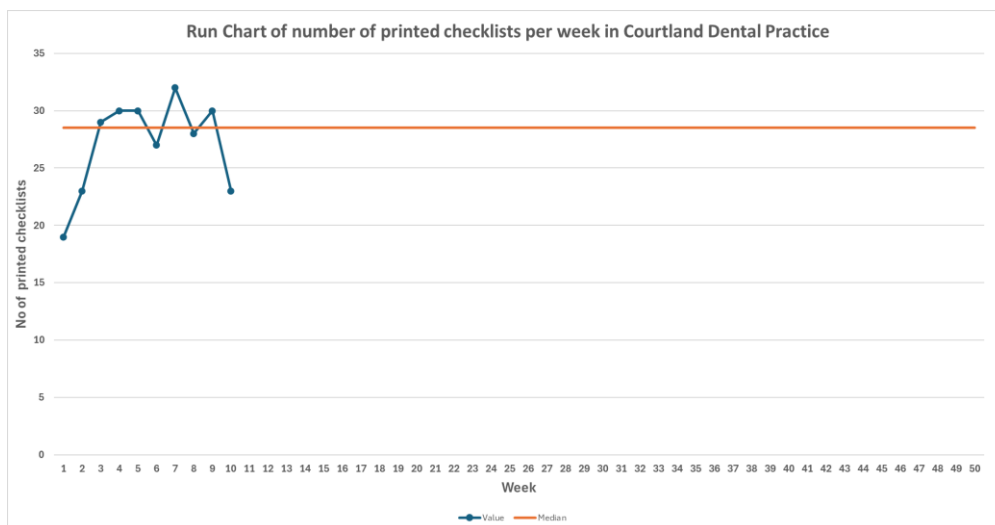
- To reduce the amount of paper weekly and monthly checklists printed in the dental practice from 28 to 10 per week by 31<sup>st</sup> May 2025.

**Outcome measure**

- The number of paper weekly and monthly checklists printed in the dental practice measured per week.



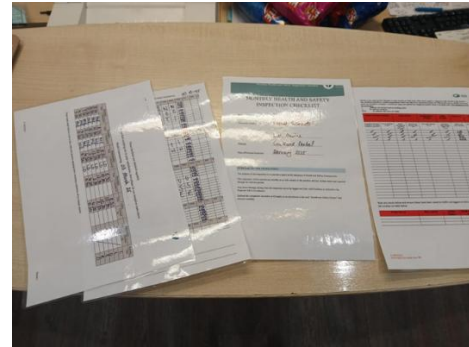
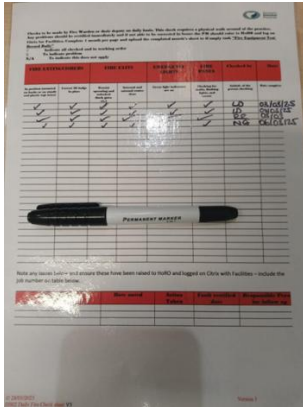
**Baseline data**



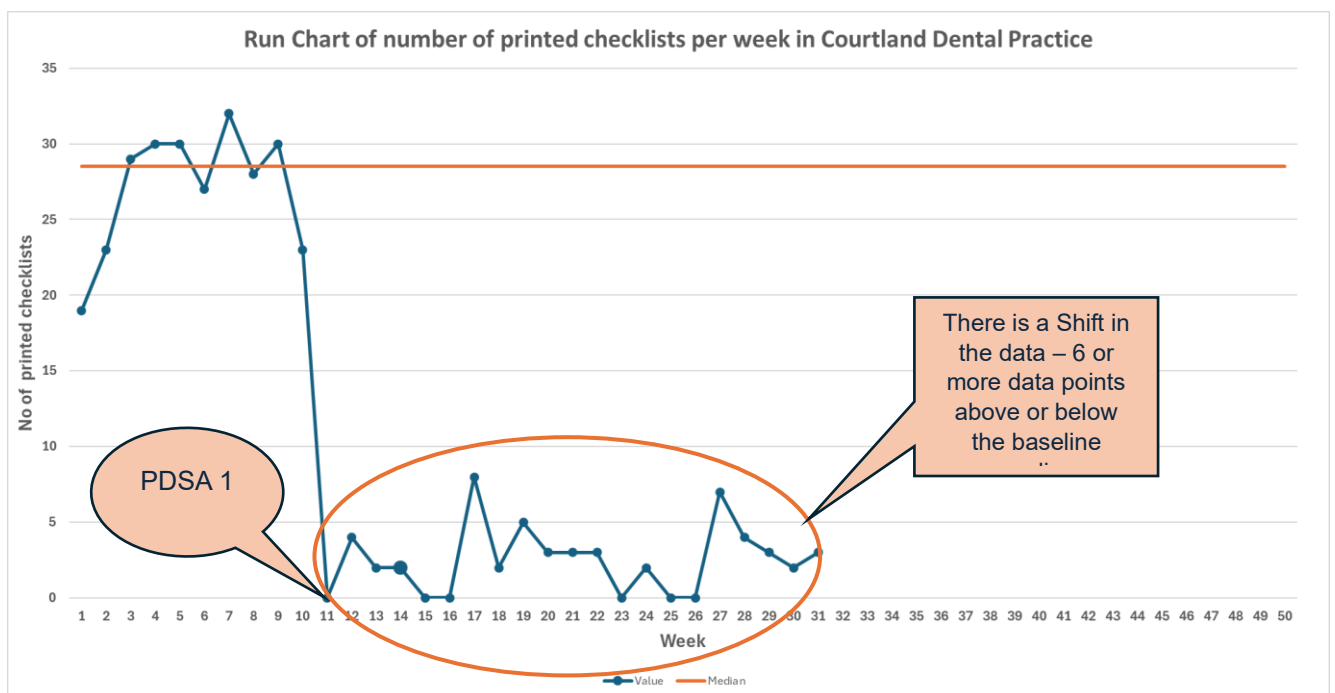
The baseline data shows random variation, and the median is 28.5.

### PDSA cycle 1

- To laminate all the weekly and monthly checklists. When the checklist is full, the checklist is scanned to evidence compliance and wiped clean for re-use.



### Run chart following PDSA 1



### Conclusion

- The project achieved the aim to reduce the amount of paper weekly and monthly checklists printed in the dental practice from 28 to 10 per week by 31<sup>st</sup> May 2025.
- The team are really pleased with the results of the project but there will be further PDSA cycles in the practice to overcome the problems listed:
  - The laminated forms are damaged and need to be replaced
  - The forms need to be reprinted if the checklist is updated
  - Staff on autopilot reprint the forms
  - Selection of the correct pen to ensure that the information can be easily wiped off

### **Next steps**

- Develop electronic checklists
- Invest in Clinipads/ Ipads or computers
- Spread to other Rodericks practices

### **Reflection from the Sustainability Champion, Rachel**