

Title: "The future of healthcare if we do nothing".

I attended this seminar online from COP26 in Glasgow. The Royal College were invited to the conference as observers, along with the Royal College of Physicians and the Royal College of Paediatrics and Child Health. They were accommodated in the WHO Health pavilion which was a small area within a vast hall with thousands of other stands, the majority of which were lobbyists from the fossil fuel industry. They remarked that they were placed alongside the stand representing Saudi Arabia, there to represent their oil industry.

The themes the RCPsych has adopted are Social prescribing and Prevention.

The speakers were a paediatrician, a consultant physician, a liaison psychiatrist, and a child psychiatrist who spoke from a refugee camp in Bosnia.

Dr Lisa Page is a liaison psychiatrist and is an associate registrar in RCPsych for Sustainability and Climate Health. The title of her talk was "Heat effects on mental health".

She cited a systematic review of heat effects on psychiatric outcomes, - *Thompson, Horigold et al, 2018*. There is an increase in suicide risk for each degree rise in temperature (1.01-1.37/1°C). They predict there will be 22k excess suicides in the US and Mexico between 2018 and 2050 due to increasing temperatures.

In particular there is increased mortality in people with psychosis, dementia and with substance misuse due to rising temperatures. There is also an increase in mental health related admissions.

In the general population, there is increased psychological distress, reduced wellbeing, reduced positive emotion and increased negative emotion associated with rising temperatures.

Indirect effects of climate change include migration, change in land use, changing patterns of infectious disease, conflict and eco distress and eco anxiety.

Dr Lynn Jones OBE, a child psychiatrist, spoke from the UNICEF offices in the family centre in a refugee camp on the Somali border in Bosnia. She spoke of the effects on child development of a lack of stimulation and play in generations of children in refugee camps. She is a member of the group "Doctors for Extinction rebellion". A psychologist from the group "Psychologists for extinction rebellion" also contributed.

The take home message is that we all should ask our healthcare organisations what they are doing to promote a low carbon resilient healthcare system and to identify carbon hotspots. They encouraged everyone to get political and raise the issue with our elected

representatives as they said health professionals are listened to. They reiterated that fossil fuels are pollutants.

The event is on YouTube on the RCPsych "Choose psychiatry" channel.