

Empowering Nurses & Midwives for Environmental Sustainability: A Protocol for a Mixed-Methods Study on Knowledge, Attitudes, and Readiness at Hamad Medical Corporation

Abstract

The healthcare sector significantly contributes to greenhouse gas emissions, accounting for an estimated 4.4% of global net emissions. Health and social care systems must undergo fundamental changes in care delivery, clinical practice, patient access, and demand reduction to achieve net-zero targets. Nurses and midwives, as the largest group of healthcare professionals, play a crucial role in mitigating the environmental impact of climate change through advocacy, sustainable practices, and addressing health consequences.

This three-phased mixed-method study aims to assess and enhance the understanding, attitudes, and behaviors of Hamad Medical Corporation (HMC) nurses/midwives regarding environmental sustainability in healthcare. The study will explore current knowledge levels, attitudes, and perceived barriers through focus group discussions and in-depth interviews. It will also develop and validate a measurement tool tailored to the HMC context and quantify these constructs across a representative sample of over 600 nurses/midwives. Additionally, the study aims to identify key demographic and professional factors influencing nurses/midwives' readiness to adopt environmentally sustainable practices and uncover facilitators that can empower them to contribute to future organizational sustainability initiatives.

The study's results will help uncover facilitators and opportunities that can empower nurses/midwives to contribute to environmental sustainability at HMC effectively. The research will support targeted interventions, training programs, and policy changes by robustly understanding nurses'/midwives' perspectives and developing a validated measurement tool. These efforts will enhance the role of nurses/midwives as champions of environmental sustainability within the healthcare system, ultimately contributing to the broader goal of sustainable energy for all.

The findings will be pivotal in guiding healthcare leaders and policymakers to incorporate environmental sustainability criteria into healthcare delivery, fostering a culture of sustainability in Qatar's healthcare sector and beyond. This aligns with Qatar's National Vision 2030 and its commitment to reducing greenhouse gas emissions by 25% by 2030.

Keywords: Sustainability; Environmental Sustainability; Zero Net; Decarbonization; Nurses; Midwives; Healthcare

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