
Transition Network Conference

Ruskin Mills, 31-May-07

Session Notes

Pamela Gray: Post Peak Healthcare

Question: What is health?

A state of complete physical, emotional, mental and spiritual well being.

Pollution of our environment and its effect on health: air, water, food and environment. Reducing the use of fossil fuels – you can expect health to improve. Medical Oil Dependencies – Xrays / MRI's, CT scans are highest use of energy. Hospital procedures and medical materials such as gloves, syringes etc require oil to be made (most things that hospitals use now).

A question then that the medical profession are forced to face is the eventual scarcity of high energy.

Therefore the use of low energy Medical Systems will be needed. Alternative and Complementary will need to come to the fore front. Major issues with regard to the medical services will need to be considered especially in relation to decisions that need to be made on who will be served in an oil scare environment? Who is saved and who is not?

Medical Industry Trends

WHO – a global strategy organisation
Integrated Health Care Management, A wellness industry & a focus on prevention

UK's response

Practices based on commissioning expert patient programmes.
Healthy Living Initiatives (more community based programmes)

Impact of Peak Oil?

World War 2 – medicines in short supply – pharmacists made up old remedies.
Dig for Victory – Pharmacists became v important in the community.

Demonstrations happened in order for people to get hold of the medicines needed.

Examples of other communities

Cuba – built a first class health care system – the Drs and Nurses lived in the community. They had a good health care system already in place – but the outreach work that developed took 10 years in the making.

The Transition Response

- From a TT Health Group
- Hold a speaker event to highlight the relevant issues.
- Invite all people with an interest in medicine and health.
- Have an open space session to look at the issue.
- Encourages a committed group to come out of it.

ENERGY DESCENT ACTION PLAN

- Build the energy descent Action plan.
- Envision a vibrant, low energy health and medical system.
- Backcast to define milestones
- Identify and partner with existing initiatives.
- See the gaps that are missing – then redefine / recreate them.

Outline Specific Projects

- Conduct an audit of all medical resources
- Develop healthy living programmes in partnership with community and local & national government
- Develop re-skilling programmes in relation to health
- Develop green herbal medicines as replacement for pharmaceuticals
- Low impact - Chi gung, Yoga, Kum Nye programmes for healthy bodies

Ethics – Discussion Points

Decision making becomes important.

The role of self care and secondary care – ie people being trained in the community for particular medical tasks but not life saving surgical or serious medical decisions. What is the line on that?

Look at critical care – for those with serious illnesses or requiring operations.

Create an emergency plan. Who would be involved? What would be the instant resources needed? What would be the care required? What energy and transport facilities would be involved?

Vav Simon: Post Peak Animal Healthcare

How do we relate to Animals?

- a. A food source – pigs, cows, chickens, fish
- b. Working Animals – for example – police dogs, guide dogs, animals on the land, transport uses, they can also help us control vermin
- c. Vermin – pests to us and to them. How do we deal with this? (consider rats, mice & foxes)
- d. Pets - how we respond to them in our home and when they die.

Feeding large Animals

What do we feed them now? (some feeds have concrete in them!!)
Transport costs in getting feed to animals and moving animals around

We have to learn the old ways – hard feeding with grains and vegetables and the natural herbs that are available in our pastures and hedges.

Feeding Small Animals

DEFRA – (I didn't get the full name of this organisation)
RCVS – (a veterinary surgeon organisation) - will have to set up good relations with them, as they are influential in a variety of ways in animal health care.

To be considered – local abattoirs rather than ones to travel to, tanners, re-training in animal husbandry skills. Go to supermarkets, Pharmaceuticals & Insurance Companies – as these need to be approached in the whole field of animal health care and this ties in with Vets as well.

Audience responses to both presentations

Statement – Need to be aware of Societies attitude to death – health and healing. The prolonging of peoples lives – the mindset shift that is needed. The denial of death and how to change it. We need to bring this into the open and deal with it.

Question - Have you had experience in your work with diseases with animals and how to deal with it?

Question Statement - Re-skilling - Womens Institute as an organisation to contact. Give examples to them and other groups like them. The WI would be a good contact for the skilling up of women as nurses (WW2 nurses and ambulance people had to deal with horrible injuries of all kinds in all situations.

Statement – UK there is a lot of expertise from people who have lived and worked in overseas – get them to train us.

Statement - The training of children to deal with animals and new medical systems

Statement – Animals complementary Health – establish a good relationship with local Vets – is vital. (at present – insurance companies restrict the vets – it increases their bills – consumer pays more)

Question Statement – Raising awareness – Could we all do one thing? What can we use instead of Panadol? That is a simple response. Find out the herbal remedies that could be used instead.

Statement – Christine Stapeley – written a book on this – 10 point health step (a medicine chest)
By Healthcraft – I think!) Also at Plymouth University there was a Dr that Pam mentioned and I didn't get his name (big rush at the end). He had something to do with Plants for a future website.

Question – Ayurvedic medicines – are they Peak Oil proof?
Import the herbs? Or use the herbs of this country ie the daisy (use in poultice format) is like arnica but stronger as it comes from these shores.

Statement – Do a permaculture design course.