



February 2011

Maryland H2E News Roundup



Howard County General Hospital Recognized for "Pioneering Sustainability"



An article from the Howard County Times examines the effectiveness of – and problems with – Howard County’s green building legislation, the first in the state. Howard County General Hospital’s new Medical Pavilion is highlighted, having recently been recognized for “Pioneering Sustainability.” From the article, by Kellie Woodhouse:

The new Medical Pavilion, a 167,000-square-foot structure on the campus of Howard County General Hospital, has all the features of a green building – a rainwater drainage system, a white roof that reflects sunlight and more. Last week, the Maryland chapter of the U.S. Green Building Council recognized the Columbia building for “Pioneering Sustainability in a Medical Facility” at an awards ceremony in Baltimore. Two-and-a-half years after Howard County became the first jurisdiction in the state to mandate environmentally friendly features for large projects, green buildings like the Medical Pavilion are popping up in Columbia, North Laurel and Elkridge.

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Robert White Appointed to MD H2E Advisory Board

CONTACT: Selena Brewer, 410-871-7251

Westminster, Md. – (February 1, 2011) — [Robert White](#), assistant vice president of professional and support services, was recently appointed to the Maryland Hospitals for a Healthy Environment (MD H2E) Advisory Board.



Carroll Hospital Center has been a member of MD H2E, a networking initiative that promotes environmental sustainability in health care, for three years. Participating hospitals receive assistance with preventing pollution; reducing the generation of solid, hazardous and special medical waste; eliminating mercury; recycling; and implementing other programs such as environmentally preferable purchasing, green building,

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Trailblazer Educational Event at UMMC A Success!

Maryland Hospitals for a Healthy Environment kicked off the first in a series of educational events, with partner hospital University of Maryland Medical Center. In November 2010, MD H2E awarded four recipient hospitals for their Trailblazing activities on their journey to sustainability in health care.

On February 15th, the University of Maryland Medical Center proudly hosted the Hazardous Pharmaceutical Waste Management program, complete with a healthy lunch served with compostable serviceware.

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MD H2E Introduces New Resource, Asks for your Help!

Check out MD H2E's latest online resource: a map of all our hospital participants! It can be found here: [Map of MD H2E Hospitals Participants](#). Or go to our website: www.mdh2e.org. Find "Hospital Participants" under our "About" section.

We'll be adding more details in time to make this a useful tool for hospitals to connect with one another. So what do you think? Are we missing something? What would be helpful? Let us know and help us get it right! Contact Molly Englund at Englund@son.umaryland.edu



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Howard County General Hospital Recognized for "Pioneering Sustainability"

Excerpts from "Howard County seeing green building construction trend" in the Howard County Times:

Stuart Kaplow, an attorney and chairman of the U.S. Green Building Council: Maryland Chapter, praised Howard County for its "forward-thinking" legislation.

He said that green building was becoming increasingly embraced by builders nationwide.

"In 2005, less than 2 percent of the nonresidential construction in this country was green. In 2010, it appears that number will exceed 25 percent," Kaplow said. "It's shocking. Real estate doesn't move that quickly; it's a slow moving industry."

WHAT MAKES A GREEN BUILDING?

Medical Pavilion at Howard County, Columbia

- Plants fed by rainwater drainage from the roof
- White roof reflects heat
- Fuel-efficient cars receive priority parking
- Construction waste was recycled and construction materials came from distributors close to the project to decrease fuel for shipping



Continued from page 1, **Trailblazer Educational Event at UMMC A Success!**

The University of Maryland Medical Center Hazardous Pharmaceutical Waste Management team presented to a full room of pharmacists, nurses, facility managers, and others about the design, development and implementation of UMMC's hazardous pharmaceutical waste management program. Leonard Taylor, Vice President of Facilities and executive leader of the UMMC Green Team, welcomed the crowd of 50 to the event. The presentation on UMMC's program was provided by the team co-leads — Sustainability Manager Denise Choiniere and Pharmacy Clinical Specialist Bethany Shelbourne. Their talk was thorough and inspiring. Attendees learned about key questions to address when starting a program, such as

- Why build an EPA pharmaceutical program?
- How do we get out of the starting block?
- Do we build this program internally or externally?
- How much and what do we collect?
- Do we segregate front-end or back-end?
- How many containers will we need?
- How do we train 2,000 nurses?
- How do we monitor compliance?



The team, which involved members of pharmacy, nursing, safety, and environmental services, began a pilot program in the cancer center. After 90 days, it was deemed a success and ready to be instituted across the Medical Center. This included the critical task of educating 2,000 nurses. But educate they did, at committee meetings, via e-mails, on posters, in-services and more. And the program is going strong.

According to Denise, it was important to eliminate the possibility of human error: on the label of all UMMC's hazardous pharmaceuticals, it says "Hazardous Waste," with instructions for proper disposal.

The attendees were delighted by the event. One said afterward that, "The amount of work showed. It was flawless." Another gushed, "It feels like a load off. I feel ready to go with this at my hospital now. It's wonderful to hear from someone else in the area who has done this already. It's a hot topic and it's the right thing to do."

For those who were not able to attend, the UMMC presentation will be made available on the MD H2E website, www.mdh2e.org.

For more information on instituting a hazardous pharmaceutical waste program, contact Denise Choiniere, Sustainability Manager, at dchoiniere@umm.edu.



Continued from Page 1, **Robert White**

integrated pest management and sustainable food practices.

"We are very excited to have Robert White join our advisory board," Molly Englund, communications coordinator for MD H2E, said. "We know he'll bring energy and thoughtfulness to the board. We are looking forward to his perspective and contributions, and to working closely with Carroll Hospital Center to promote sustainability in Maryland health care."

Carroll Hospital Center, founded in 1961 as Carroll County General Hospital, is a nonprofit, acute care facility offering the latest in medical technology, experienced medical professionals in a variety of specialties and a continuum of programs and services to meet the needs of the community.

Upcoming Events

March MD H2E Trailblazer Education Series

Journey to LEED Certification, Anne Arundel Medical Center goes for LEED gold with their new building and institutes energy and water conversation and recycling programs.

March 23rd, 1:00 —4:00 pm



Save the date! More information regarding the event to follow.

Register at trailblazer@son.umaryland.edu; preference given to health care providers.



April MD H2E Trailblazer Series

LED Lighting and Waste Life Cycles, Sinai Hospital/LifeBridge Health-Tops include LED lighting, composting, RMW separation and reduction, and the Neptune Stryker fluid management system.

April 19th, 12:00 - 5:00 pm



Save the date! More information soon to follow.

Register at trailblazer@son.umaryland.edu; preference given to health care providers

National Capital Region Sustainable Healthcare Alliance

The National Capital Region Sustainable Healthcare Alliance (NCRSHA) in collaboration with the District of Columbia Hospital Association's Environmental Protection Committee invites you this **Share & Learn Event** on Thursday, February 24th from 1:00-3:00PM at the DCHA. **(DCHA's NEW offices are at 1152 15th Street, NW, Suite 900, Washington, DC)**. This event is FREE and open to all interested participants working with or in National Capital Region hospitals. Bring yourselves, your ideas and your experiences (good and bad) in building a sustainable healthcare organization and join the discussion. **Mark your calendars!**

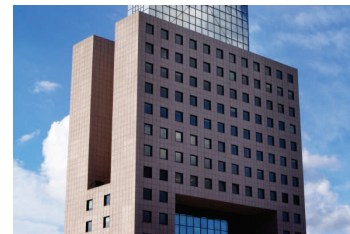
Trying to tackle sustainability but don't know how to get started? Starting a sustainability program can be challenging. Building the structure and vision within your organization to address sustainability is a vital first step to a successful program. Setting up a Green Team or tasking an existing committee with the same charge is often a key first step. This program will feature a panel of healthcare professionals who have taken a leadership role in creating Green Teams at their organizations. Learn how hospitals around the region have:

- Created functional and productive Green Teams;
- Have engaged their fellow employees to participate;
- Have gotten support from the C-Suite to move forward; and
- Have used the Green Team to develop sustainability goals and make progress!

Confirmed panelists include: Robert Jewell, Director of Environmental Services, Sibley Hospital, Seema Wadhwa, Sustainability Engineer, Inova Health System and Rachel DeMunda, Senior Director of Sustainability & Env Health & Safety.

Please don't forget to RSVP to ncrsha@gmail.com if you can join us for this event.

**Maryland Hospitals for a Healthy Environment
and the Maryland Nurses Association
are pleased to announce:**



**The 1st meeting of the MNA Environmental
Health Committee**

**Tuesday, February 22nd, 2011
5:30-7:30 p.m.**

**Maryland Nurses Association (MNA)
21 Governor's Court, Suite 195
Baltimore, MD 21244**

The Environmental Health Committee creates a community of nurses interested in making positive changes for the environment and health. Join us for a lively discussion of how nurses can make health care safer for patients, staff and the community, and explore ideas for the future of the committee.

Dinner will be provided

Special topic: Greening the OR

Teleconference option: 1 (800) 351-4871 Pass code: 19886970#

(Membership in the MNA is not required to attend this event)

RSVP to Karin Russ, Nursing Outreach Coordinator at: kruss003@son.umaryland.edu

Sustainable Food Page Calling Food Service Professionals, Employees & Community Members:

Buy Sustainable Chicken during National Nutrition Month in March

The use of arsenic compounds in chicken and turkey production has raised concern about the health impacts caused by arsenic residues in the poultry we eat, as well as the poultry waste that contaminates our water system, the Chesapeake Bay, and the soil and crops where poultry waste is used as fertilizer. Studies show that arsenic residues are in grocery store and fast food chicken products. See the [Full Report](#) or the [Arsenic Fact Sheet](#) on arsenic use in Maryland poultry production.

Another area of concern is the use of antibiotics. The [CDC testified to the U.S. Congress](#) last summer that "there is unequivocal and compelling evidence that the use of antibiotics in animals leads to the development of drug-resistant bacteria that have adverse impacts on human public health." For more information on antibiotic use in agriculture & its link to antibiotic resistant bacterial infections in humans, visit: [Protect Antibiotics](#).



Health care providers have the responsibility to protect the health of their patients, employees and community members. One way to demonstrate your demand for healthier food production practices and healthier food choices is through your purchase of chicken produced without arsenic compounds or antibiotics during **our March campaign for National Nutrition Month**.

There are 2 ways for any institution or individual to participate:

1. Buy chicken produced without arsenic compounds or antibiotics from a local farmer.
2. Buy 3rd party certified chicken that may or may not be produced locally.

3rd party certifications include:

- USDA Certified Organic
- Certified Humane Raised and Handled
- Animal Welfare Approved
- Food Alliance

[Register Here](#)

For Institutions:

To receive the growing list of Alternative Chicken Suppliers that are USDA inspected or certified by the MD Dept of Agriculture, email: sustainablefoods@son.umaryland.edu.

[Purchaser's Guide to Sourcing Sustainable Poultry](#)

For Consumers:

[Amazing Grazing Directory](#)
[Maryland Niche Meats & Poultry Producers Directory](#)

[Impacts of Large-Scale Poultry Production](#)

For more information:

contact Louise Mitchell or Priya Saha: 410-706-1924 or sustainablefoods@son.umaryland.edu.

Waste Not: Developing a Hospital Recycling Program

By Bill Turpin and Dr. Linda D. Lee

Below is an excerpt from Health Facilities Management Magazine. It is a detailed, informative article on how to start a hospital recycling program and why it's important to do so.

Because health care facilities frequently are the largest organizations in many communities, reducing the amount of waste that is diverted for beneficial use can have a significant and measurable impact. The benefits of a successful hospital recycling program can be wide-ranging, providing a means to reduce operational costs, increase worker safety, enhance community relations and, on some occasions, generate revenue.

Hospitals generate many distinct categories of waste, so a successful recycling program must be planned carefully, with a highly defined infrastructure, ongoing educational programs and regular monitoring. By setting up a well-planned program throughout the facility, hospitals and other health care organizations can reduce the quantity of expensive disposable materials and develop a powerful tool to enhance operational efficiency at all levels.



Leading health care facilities across North America have set up innovative materials management programs. Many organizations partner with an experienced local resources provider to establish a program. But, whether they rely on outside help or attempt to do it in-house, they generally follow a similar process.

... Properly training staff and ensuring adequate procedures down to the level of clearly mandating use of correct waste containers is critical to ensuring program success and minimizing worker risk inside and outside a health care facility. By establishing and enforcing guidelines for properly categorizing waste, hospitals can avoid serious consequences.

For instance, red bag waste or radioactive material improperly included with regular solid waste greatly increases regulatory and compliance risk. This type of sorting error can result in serious health issues for employees and the public; it also can trigger audits and disruptions in workflow, creating a financial burden for the health facility.

The benefits of a well-designed waste program incorporating recycling are myriad: keeping staff safe; improving compliance; reducing environmental impact; and helping the facility manage community and regulatory affairs.

It can change the way facilities manage their waste streams before they leave the building. But, above all, the most compelling reason to recycle is cost. On average, medical waste is five times more expensive to discard than solid waste, and solid waste is more expensive to dispose than to recycle.

Read on to find reasons to recycle, necessary steps and more:

http://www.hfmmagazine.com/hfmmagazine_app/jsp/articledisplay.jsp?dcrpath=HFMMAGAZINE%2FArticle%2Fdata%2F01JAN2011%2F0111HFM_FEA_enviro&domain=HFMMAGAZINE&sms_ss=email&at_xt=4d2f0d7863fdde50%2C0

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Once a year Bike Maryland hosts Maryland's only Annual Bicycle Symposium.

Please join us, government, community and industry leaders, elected officials and staff, advocates, and on and off-road recreational bicyclists and commuters from the Tri-State Region and beyond to learn about key bicycle issues and how you can make your community or workplace more bike-able.

Tuesday, February 22nd, 2011

8:30 am - 4:00 pm

Thomas V. Mike Miller, Jr. Senate Building
President's Conference Center
11 Bladen Street, Annapolis, MD 21401

[Register and View Directions HERE.](#)

What is Maryland H2E?

Maryland H2E is a technical assistance and networking initiative that promotes environmental sustainability in health-care. Participants include hospitals, clinics, nursing homes, and other ancillary health care providers in MD. Our staff now includes:



- Joan Plisko, PhD, Technical Director, plisko@son.umaryland.edu, 410-706-2107
- Louise Mitchell, PT, Sustainable Foods Program Manager, lmitch001@son.umaryland.edu, 410-706-1924
- Karin Russ, MS, RN, Nursing Outreach Coordinator, kruss003@son.umaryland.edu, 410-706-1389
- Molly Englund, Communications Coordinator englund@son.umaryland.edu, 410-706-6832
- Priya Saha, Sustainable Foods Coordinator saha@son.umaryland.edu 410-706-3077

Practice Greenhealth Webinars



February 23, 2 pm (Eastern)

Green Design and Construction Series: Big and Green! New York Presbyterian: A Case Study in Campus Infrastructure

To Register and Purchase Webinars, go to:
www.practicegreenhealth.org/tools/webinars/

Access to Practice Greenhealth webinars is a fee-based service, and is one of many member benefits.

You can learn more about the fees and benefits of membership by going to our website. See:
<http://www.practicegreenhealth.org/community/>