



January 2011

Maryland H2E News Roundup

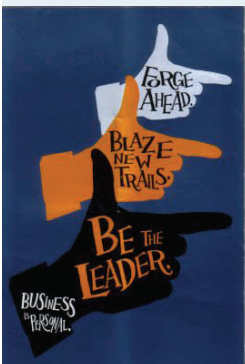


WANTED:

Individuals to Lead Maryland Hospitals to Greener Future!!!

MD H2E is facilitating the creation of **Maryland's Health Care Sustainability Leadership Council**, comprised of health care providers who want to lead the development of environmental and community health efforts across Maryland. Members of the HCSLC will:

- Work together with and learn from peers across Maryland;
- Create and participate in state-wide campaigns and collaborative efforts;
- Develop measurable statewide health care environmental goals and targets for tracking progress;
- Harness and leverage the commonalities among and between health care facilities to generate reduced costs and improved environmental and health outcomes.



Sustainability leadership is about critical and forward thinking, piloting new ideas, modeling behaviors, and setting examples for others to follow. Here is what we expect to be part of the pioneering work of the MHCSLC:

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Trailblazer Education Series

In November 2010, four Maryland hospitals were awarded the Trailblazer Awards and Springfield Hospital was awarded for its work in Integrated Pest Management. These trailblazing institutions will host educational events, featuring components of their Trailblazing activities. Mark your calendar and send an e-mail to register for one or all events at Trailblazer@son.umaryland.edu.

- **Hazardous Pharmaceutical Waste Management**, University of Maryland Medical Center—February 15th, 12:30 —3:00 pm
- **Building a LEED Silver Tower**, Anne Arundel Medical Center—March 23rd, 1:00 —4:00 pm
- **Environmental Management Systems (EMS)**, Franklin Square — TBD
- **LED Lighting and Waste Life Cycles**, LifeBridge Health—TBD
- **Integrated Pest Management**, Springfield Hospital Center—TBD

Sustainable Goals for the New Year

Many of us set personal goals for the new year, so why not set professional goals as well? To help get you started, here are some ideas:

Be a spark plug. Become more active in your hospital greening efforts by starting or joining your facility's green team. If you are already a member of the facility green team you may ignite a new initiative—or ignite your health *system's* green team!

Be a detective. Ask questions so you can understand the environmental footprint of your facility and its operations. How many chemicals are purchased and used by staff at your facility? Where does the trash go? How much water and energy are consumed on an average day? The questions are only limited by your quest for knowledge – which creates opportunity for savings, change, and education!

Give the gift of knowledge. Share your enthusiasm and information with others. From the sub basement to the boardroom, the information and energy you have can make a difference – in your unit, in your hospital, to the staff, to the patients, and to the community!

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Wanted: Leaders

- The HCSLC will **provide guidance and advice to sustainability professionals** working in Maryland since more than 75% of acute care hospitals in MD have green teams and have already begun shifting practices to align with sustainability principals.
- The HCSLC will **advise MD H2E** on topics and endeavors to continue creating value to Maryland's health care community since a majority of health care facilities make use of the resources and opportunities created by MD H2E.
- The HCSLC will **chart the course for state-wide collaborative sustainability efforts** as hospitals become more environmentally aware.
- The HCSLC will **provide insights to creating a more vigorous marketplace** appropriate for current and future sustainability operations as vendors, suppliers, and producers now recognize the viability of the health care market but realize there are challenges as well.

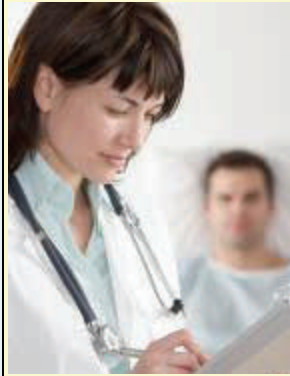
MD H2E is a leader in creating statewide initiatives to promote sustainability in health care. To continue efforts, it is important to move forward aggressively. Facilitating the HCSLC will be MD H2E's Technical Director, Joan Plisko, who is engaged in the national community on sustainability in health care and has shown effective leadership in this arena.

MD H2E is seeking committed health professionals from ANY discipline to be part of this groundbreaking initiative to create and lead statewide environmental and health programs by Maryland's health care institutions. **The first meeting will be a face-to-face meeting, held in February 2011 at a time and place TBD. After that, we expect to hold monthly conference calls to conduct business, with face-to-face meetings scheduled as needed.** If you are interested in this exciting new endeavor, please contact Joan Plisko, plisko@son.umaryland.edu or 410-706-2107 by January 24th 2011.

Questions or comments, please contact:
Joan Plisko, Technical Director, 410-706-2107, plisko@son.umaryland.edu

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Sustainable Goals for the New Year



Here are ten suggestions for your facility's efforts:

1. Convert to [non-DEHP tubing and IV bags in the NICU](#), reducing exposure to XX neonates.
2. Purchase XX% of all computers using [Electronic Purchasing Environmental Assessment Tool \(EPEAT\)](#).
3. Divert XX pounds of pesticide from usage by implementing an [integrated pest management program](#).
4. Increase [recycling rate for rechargeable batteries](#) from XX% to XX%, diverting XX pounds from disposal.
5. Convert to [reusable sharps containers](#) and save XX tons of plastic from disposal.
6. Utilize [fluid management systems for suction canister waste](#), eliminating XX pounds of regulated medical waste from disposal.
7. Use the [Green Guide for Health Care](#) for a project conserving XXkW of energy and XX gallons of water.
8. Join the [Maryland Buy Local Challenge](#) for all of 2011 and purchase XX dollars of food from local and sustainable farmers.
9. [Reduce overall meat purchases](#) by 20% and switch 10% of remaining meat purchases to local sustainable to reduce impact on climate change.
10. Benchmark and then reduce your energy consumption using the [U.S. Environmental Protection Agency's Energy Star](#) program as a guiding force.

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Sustainable Goals for the New Year

To Infinity and Beyond...Here are some goals to consider that will bring your professional life to a higher level:

- Join MD H2E's new **Leadership Council for Health Care Sustainability**, forming in early 2011!!! Contact Joan Plisko at plisko@son.umaryland.edu for more information and see article on Pages 1-2.
- Submit info on your facility's sustainability efforts for inclusion in the MD H2E News Round Up.
- Join [MD H2E on Linked In](#) and start networking with your peers.
- Connect with your peers at sister institutions to help them with sustainability programs!
- Educate your employees, patients and surrounding community members on the personal, public health and environmental impact of their lifestyle choices and suggest alternatives in making healthier lifestyle decisions.

How Will Sustainability Change at Your Company in 2011?

(Excerpts) By [Jonathan Bardelline](#), Published December 29, 2010

In preparation for the new year, Greenbiz, a media company that focuses on sustainability in business, asked a wide range of companies to answer questions about "their most exciting green prospects, the challenges and the changes they anticipate for 2011, and what they think 2011 will look like from the perspective of 2012." Here is a sampling of some anticipated sustainability changes:

- Elevate, scale and amplify the work we are already undertaking.
- Broaden the base of (sustainability) understanding.
- Integrate sustainability into everyone's job.
- Build a sustainability governance structure and expert teams.
- Demonstrate the business case for sustainable practices and measure results.
- Accelerate sustainability efforts moving from a strategy to a platform for innovation and improving operations.
- Optimize organizational metabolism -- the collective resources we consume and the resulting outputs.
- Imbed sustainable solutions throughout.

To read the full answers regarding the role of sustainability in business in the new year, go to: http://www.greenbiz.com/blog/2010/12/29/how-will-sustainability-change-your-company-2011?utm_source=GreenBuzz&utm_campaign=f5525adf14-GreenBuzz-2011-01-03&utm_medium=email#ixzz19yw17CH3



Sustainable Food Updates

Carroll Hospital Center and Union Hospital Serve Local Sustainable Turkey for Thanksgiving

Carroll Hospital Center and Union Hospital of Cecil County served local sustainable turkey in their Thanksgiving meals. Amid growing concern over the routine use of arsenic in poultry feed, both of these hospitals demonstrated their commitment to serve healthier foods at Thanksgiving by serving turkey from local farmers raised without arsenic or antibiotics.

Discussions at MD H2E's monthly Food Leadership Council meetings spurred them to search for sources of local sustainable turkey and to work to identify strategies for increasing hospitals' ability to purchase it more regularly from local sources. Anders Grant, RD, LD, clinical dietitian at Carroll Hospital Center, took the lead in contacting local producers. "The farmers I talked with were very open to addressing the needs of institutional purchasers from hospitals, nursing homes, universities and other large purchasers," said Grant.

And with the recent media coverage about local organizations' call for eliminating arsenic use in Maryland poultry production, Food Leadership Council members are finding that they have an increased sense of responsibility, especially as health care institutions, to purchase poultry produced using sustainable farming practices.



Harford Memorial & Sinai Hospital Chefs Work with Clementine Restaurant; Provide Tasty Meals at Conference

The great thing about promoting local sustainable food is the opportunity to practice what you preach and learn while you're doing it. For the November 18th MD H2E conference, restaurateurs Winston Blick and Cristin Dadant, co-owners of Clementine in Baltimore, lead the effort to provide a delicious breakfast and lunch. Staying true to the educational spirit of the conference, MD H2E invited chefs from two local

hospitals to work with the Clementine team to find out which local farms provide sustainable foods and learn more about designing a delicious menu for over 200 people using as much locally sourced, seasonal ingredients as possible, which can be more of a challenge during the late Fall in Baltimore.



Assistant Director/Executive Chef of Food and Nutrition Services Matt Sercombe from Sinai Hospital.

"I had never seen in my whole life an entire menu of all local ingredients," said Isaac Nowak, chef at Harford Memorial Hospital and a graduate of the Culinary Institute of America. "Winston is an incredible chef and every food we got was just incredible. I had a blast, learned a lot and got that spark to do more of this. I would do it again in a heartbeat." Nowak worked with the staff at Clementine the day before and the day of the conference, snapping green beans, roasting butternut squash, serving and answering questions from conference attendees about the food.



Chef Isaac Nowak from Harford Memorial Hospital

Matt Sercombe, assistant director/executive chef of Food and Nutrition Services at Sinai Hospital also took this opportunity to learn more about sourcing and menu design using local sustainable foods. One of the dishes he prepared, among other things, was the roasted root vegetable salad. "The staff of Clementine is very knowledgeable on organic and sustainable foods," Sercombe said. "They were very pleasant to work with and willing to pass their knowledge on."

Clementine worked hard for not only a local seasonal menu, but also to identify farmers that went the distance with sustainable farming practices to produce the healthiest food possible. They also supported other local food vendors for the bread, coffee and the probiotic drinks that they served at the conference.

To see the delicious menu, follow this link: [Clementine's Conference Menu](#)

Nursing Updates

Notice this Nurse: Sonja McAdams

Sonja McAdams has been a med-surg nurse since 2007, joining the staff at Montgomery General Hospital last year. Nursing is not, however, her first career; Sonja spent 9 years fulfilling various roles in environmental management. As an environmental scientist, Sonja assessed industrial sites for environmental hazards, and provided environmental health and safety oversight for large-scale environmental remediation projects. As an environmental manager, she supervised the removal of underground fuel storage tanks at sites formerly occupied by gas stations. Sonja's work included lead and asbestos remediation of commercial buildings. As she progressed in her environmental career, Sonja started her own business. Her environmental management company continued to do assessments and remediation, including removing old residential oil tanks buried in Washington DC in the aftermath of the 1968 riots.

Changes in her family situation led Sonja to reevaluate her career path. After much introspection, she chose nursing as a second career. As Sonja describes it, "Nursing allows me to help people on an individual level, and it's spiritually rewarding." Sonja brings together her dedication to environmental health and commitment to nursing by promoting healthier, safer practices in health care. She has written on the importance of risk reduction through DEHP and BPA-free patient care devices. Sonja is seeking out less toxic alternatives to cleaning and sterilizing agents on her unit. Her personal commitment to optimal nutrition is echoed in changes to Montgomery General's food service. As part of the Medstar Health system, Montgomery General is serving healthy, sustainably produced food, as well as working toward environmentally sound purchasing and reducing chemical use, through the multi-system agreement known as the Healthier Hospitals Initiative. Drawing on her background in environmental science and passion for good health, Sonja is looking forward to helping Montgomery General achieve these goals.

Maryland Hospitals for a Healthy Environment Nurses' Networking Dinner



Nurses are ready to make changes.

Join us for a casual dinner and lively discussion at *Tela Mares* (formerly El Trovador):

Wednesday, January 26, 2011

6:00 p.m.

318 South Broadway, Fells Point

- Enjoy a delicious buffet for only \$24 per person (includes taxes & tip)
- Menu includes:
 - > Mixed fajitas- chicken, beef, shrimp
 - > Pollo en crema
 - > Fried plantains
 - > Flan & tres leches desserts
- For more information, go to- <http://www.telamaresrestaurant.com/index.html>

Don't miss this opportunity to meet nurses who have made changes in their institutions and to ask questions about greening your facility.

RSVP to Karin Russ, Nursing Outreach Coordinator at: mdh2e@son.umaryland.edu

Healthy Beginnings for Babies: Free Green Mattress Program for Hospitals

Today, many, if not most, baby mattresses/pads are made with polyurethane foam, vinyl (PVC, including phthalates), chemical fire retardants/barriers, and an extensive list of industrial chemicals.

Some of the suspect chemicals - like phthalates and toxic fire retardants - have been present in many, if not most, baby mattresses/pads for decades and have been shown to leach out into the surrounding air.

Given that infants are uniquely vulnerable to these chemicals and they spend the majority of their time on a mattress/pad, it is imperative to provide them with safer sleeping environments. Offgassing from mattresses/pads is a primary source of chemical exposures for babies.



To help offset the dangers of chemicals in the lives of children, **Healthy Beginnings for Babies: Free Green Mattress Program for Hospitals - A Public Service Project of Healthy Child Healthy World and Naturepedic**, is giving free GREENGUARD certified baby mattresses/pads to hospitals to help babies off to a good start.

If your hospital has a nursery, birthing rooms, NICU, or other related hospital facilities, you can get free GREENGUARD certified Naturepedic mattresses/pads.

Read more: http://healthychild.org/get-involved/hospital_mattress_program/#ixzz19zgCpmYF

Disinfectant Fog in Ambulance May Cause Illness

By Erica Jordan, From *HC Pro OSHA Healthcare Advisor*



While a paramedic is providing care for you in an ambulance, he or she may be getting sick themselves. A new disinfectant machine used by the Monmouth-Ocean Hospital Service Corporation (MONOC) in New Jersey has caused complaints by some emergency workers, reported NJ.com, Dec. 25. In May 2009, MONOC [started pumping ambulances with the disinfectant machine](#) that released pesticide fog. The dry mist has the ability to sterilize areas that may be unreachable with liquid disinfectant spraying.

The Professional Emergency Medical Services Association of New Jersey (PEMSA) started to get complaints from those who came in contact with the disinfected ambulance, complaining of nausea, migraines, headaches, eye and skin irritation, according to NJ.com. Deborah Ehling, who is the union's president, said the disinfectant chemical being used is called Zimek QD. However, Ehling and other industry experts are saying that the chemical itself isn't causing the symptoms, but the method that's being used to disinfect is the problem. According to NJ.com, the method being used includes taking the disinfectant solution and altering it into atomized particles that blow into the ambulances as a fog.

It begs the question if the fog is safe enough for exposure to humans. Labor and environmental advocacy groups feel that the way the fog is emitted violates the Federal Insecticide, Fungicide and Rodenticide Act (FIFRA), reported NJ.com. The Environmental Protection Agency (EPA) is unable to distinguish if the fog is safe for humans once it turns into the dry mist. MONOC performed tests on its ambulances to show that chemicals were below acceptable limits. OSHA also did tests on each ambulance. The investigation is ongoing, and MONOC is not using any of the machines until the investigation is complete, reported NJ.com.

For more, [click here](#).

BGE Session: Upgrade to Energy Efficient Lighting with Big Rebate

January 18, 2011; 12 to 1:15 PM

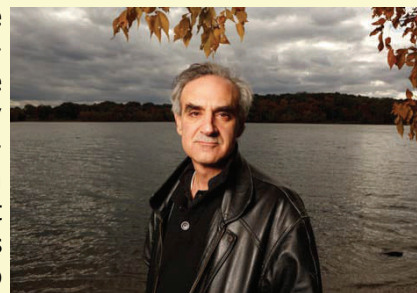
Do You Know About BGE's 80% Energy Efficient Lighting Program?

230 Schilling Circle, Suite 132, Hunt Valley, MD 21031

BGE's Small Business Lighting Solutions (SBLS) Program. BGE has a somewhat unknown rebate program that targets selected commercial customers. In their Small Business Lighting Solutions (SBLS) program, BGE will pay for up to 80% of the cost to perform an energy efficient lighting upgrade. Don't let the phrase "Small Business" throw you, there are over 75,000 accounts in BGE's service territory that qualify for this program. This session will walk you through the steps toward energy savings! Lunch Provided. <http://www.eventbrite.com/event/1126139313>

A profile of Health Care Without Harm's Gary Cohen

Miller-McCune published an interesting profile last week on Gary Cohen, co-founder of Health Care Without Harm. It contains great insight into how Cohen got



started and what brought him to this point today. It is also an excellent reminder of why the work of greening healthcare is so important. To read the article, go to:

http://blogs.hcpro.com/osha/2010/12/disinfectant-fog-is-not-your-friend/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+OshaHealthcareAdvisor+%28OSHA+Healthcare+Advisor%29

What is Maryland H2E?

Maryland H2E is a technical assistance and networking initiative that promotes environmental sustainability in healthcare. 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



January 12, 2 pm (Eastern)

Greening Operations Series: Addressing the Hazards

January 20, 2 pm (Eastern)

Introduction to the Greening the Operating Room Initiative

January 26, 2 pm (Eastern)

Introduction to the Greening the Operating Room Initiative

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/>