



July 2011

# Maryland H2E News Roundup



## Springfield Hospital Center Shares Award-Winning Practices of Pesticide-Free Facility

Springfield Hospital Center sprayed chemical laden pesticides regularly to keep any and all bugs out of campus buildings, a practice still standard at many Maryland hospitals and often considered vital to protecting patient health. That has all changed; nary a pesticide has been sprayed on the campus in three years: not in the kitchen, in patient rooms, or even on the grass. **Springfield Hospital Center is pesticide-free**, and on June 21<sup>st</sup> hospital employees from around Maryland came to learn how they could implement integrated pest management practices at their facilities.

Springfield Hospital Center is part of the Maryland Department of Health and Mental Hygiene hospital system and in 2006 Maryland Pesticide Network (MPN) selected the facility to be part of the [Integrated Pest Management in Health Care Facilities Project](#), a project initiated with Beyond Pesticides and in collaboration with Maryland Hospitals for a Healthy Environment. After a walk-through of the facility, MPN determined that not only ants and roaches were a problem, but groundhogs, too (outside, that is). There was room for improvement.



Jay Feldman,  
Beyond Pesticides

Pests in a hospital are more than an inconvenience; roaches, rodents and birds can carry diseases, and rodents chew on wires, causing infrastructure damage. While pesticides help keep invaders at bay, they also have the potential to harm humans. Studies have shown [fetuses](#), [children](#), [the elderly](#) and the sick are [more vulnerable](#) to the threat of such toxic chemicals. It's only sensible to remove this unnecessary threat to the susceptible population of hospital patients.

Says Jay Feldman, Executive Director of Beyond Pesticides and a speaker at the Springfield session, "If we work together to prevent pests" we don't need to spray chemicals.

**Continued on page 3**

## Report Out: AAMC Nursing Grand Rounds

By Charlotte Wallace, RN, Chair AAMC Green Team

On June 3rd, Anne Arundel Medical Center's (AAMC) green team, the E.A.R.T.H. Advisors, sponsored the quarterly Nursing Grand Rounds.



Over 70 nurses participated in this informative session, **"From Bedside to Bayside; a Closer Look at Environmental Health at AAMC"**.

The two hour program focused on wellness through disease prevention which is primary focus of the E.A.R.T.H. Advisors, whose overall goal is to protect the health of healing patients and loved ones, staff, and local community.

Nursing is a healing profession, dedicated to optimizing wellness. Prevention is essential to this mission, yet ironically, toxins in healthcare facilities that may contribute to disease.

In October 2003, the American Nurses Association's Board of Directors adopted the precautionary approach which states that if it is within one's power, there is an ethical imperative to prevent rather than merely treat disease, even in the face of scientific uncertainty. As Sherry Perkins, Sr. vice president - patient care service joked, "It's the equivalent to jumping out of an airplane. Do you need scientific research to put on a parachute?"

***"It's the equivalent to jumping out of an airplane. Do you need scientific research to put on a parachute?"***

For more information on Anne Arundel Medical Center, contact Charlotte Wallace at [cwallace@aahs.org](mailto:cwallace@aahs.org).



## Environmental Excellence in Health Care

Measuring Success



**November 10, 2011, 7:30 a.m. - 4:15 p.m.**  
**University of Maryland School of Nursing, Baltimore, MD**

### Registration now open!

<http://nursing.umaryland.edu/events/environmental/2011/>

Join regional and national health care professionals, environmental industry experts, and educators for this learning and networking event designed to showcase the measurement practices of hospitals as they journey toward more sustainable environments. The keynote speaker, plenary session, and smaller breakout sessions will explore how facilities are measuring sustainability success using quantitative and qualitative measures. Areas of measurement may include building design and construction, carbon footprint reductions, chemical usage reductions, community benefits, cost savings, sustainable food practices, waste reduction, and water conservation.

### Keynote Address



**Christina Vernon, AIA, LEED AP BD+C**

Senior Director, Sustainability and Environmental Strategy  
Office for a Healthy Environment  
Cleveland Clinic

### Submit an Abstract or Apply as an Exhibitor!

**Call for abstracts – deadline July 29<sup>th</sup>**

**Call for exhibitors – deadline September 9<sup>th</sup>**

**Still the same low price! Register before October 21:** \$55 per person

**October 22–November 7:** \$65 per person

Includes sustainable breakfast and lunch!

\$30 Continuing Nursing Education: 5.25 Contact Hours available\*

\*The University of Maryland School of Nursing Office of Professional Education is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

## Springfield Hospital Center is Pesticide-Free, continued from page 1.



*Caulking around a wall-mounted paper towel dispenser*

According to Feldman and John MacTaggart, of Angel Systems, there are many integrated pest management (IPM) techniques that are easy for a hospital to implement. Each requires coordination and collaboration with different departments to make it a successful practice. If employees aren't educated about integrated pest management, then they will reach for the bug spray every time a pest scurries by or will be surprised to see roaches hiding in stacked cardboard boxes (a good hiding spot and source of food).

When hospital staff and outside pest contractors are properly educated and understand that pesticides should only be used as a last resort, then IPM practices are easy to imple-

ment.

Pests require water, food and shelter to survive. If there's water pooling, or food left out, or cardboard boxes piled up against a wall, then pests are not far behind. So Springfield eliminated food and shelter sources, the first step toward reducing the use of pesticides. Regular monitoring and site inspections by employees as well as vendors, along with education of patients and staff, can make a big difference. More examples of the measures Springfield Hospital Center has taken that can be done at any hospital include:



*Drains are kept clean to prevent flies*

### Exclusion

- Properly close doors and add door sweeps (helps keep heat and air conditioning in, too).
- Seal everything! Fixtures, electrical panels, bumper guards, and anything mounted on a wall (paper towel dispensers, framed pictures, etc) should be sealed with caulk. Give a pest nowhere to run and nowhere to hide.

### Harborage

- Shelving units should be 6" off the ground for easy cleaning and inspection.
- Get rid of cardboard! Roaches will eat it and lay eggs in it.

### Cleaning

- Regularly fill drains with clean water to prevent cockroaches from coming up the sewer system.
- Clean recycling bins and trash carts on a regular basis.
- Keep walls, floors, corners, baseboards, ice machines and drains clean.

### Land Care (an organic lawn can be as beautiful as a chemical one!)

- Plant pest-resistant grasses
- Fertilize with compost and aerate
- Mow and water properly



*Springfield Hospital Center's kitchen is kept clean and free of clutter, including cardboard*

Session attendees at the Springfield Hospital Center event got to see several of these examples in practice as Alice Gunner, Director of Dietary, provided a tour of Springfield's very clean and pest-free kitchen (see pictures for details). A lively discussion ensued—no surprise, as pests are a universally pesky problem.

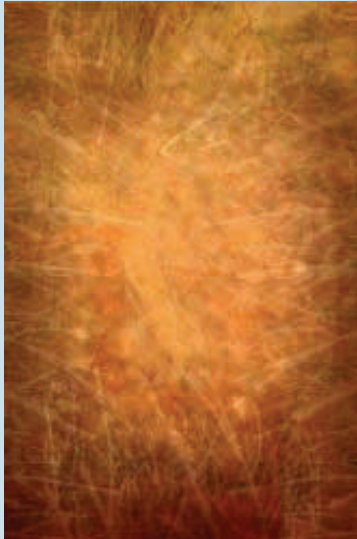
MD H2E would like to thank Springfield Hospital Center for a dynamic event. PowerPoint presentations for event speakers will be available shortly on [www.mdh2e.org](http://www.mdh2e.org).

For more information about the IPM In Health Care Facilities Project, go to <http://www.mdpestnet.org/projects/ipmHealthcare.html>.

## Study Shows Copper Kills 97 % of Bacteria in Hospital ICUs

NEW YORK | Fri Jul 1, 2011 10:51 am EDT

<http://www.reuters.com/article/2011/07/01/us-copper-antimicrobial-idUSTRE76031820110701>



According to a Reuters article from Friday, July 1st, "Antimicrobial copper surfaces in intensive care units (ICU) kill 97 percent of bacteria that can cause hospital-acquired infections, according to preliminary results of a multisite clinical trial in the United States."

The numbers are startling: ICU surfaces harboring bacteria could be the cause of up to 80% of patient infections, which are the fourth leading cause of death in the United States.

[Click here to read the article.](#)

## Hospitals Focus on Smaller Projects, Use Green Designs

From [www.fiercehealthcare.com](http://www.fiercehealthcare.com):

Although a boom in hospital construction is on the horizon, hospitals are focusing on smaller projects that improve quality and attract patients.

Elmhurst Memorial Hospital may be opening its new \$450 million main campus facility Saturday, Centegra Health Systems may want to build a new \$233 million facility, and Mercy Health Systems may have proposed a new \$199 million hospital, but most Chicago-area hospitals are turning to smaller renovations and additions, reports the *Chicago Daily Herald*.

**Instead of huge projects like new buildings, hospitals are adding private patient rooms, building outpatient clinics and incorporating green designs.**

"Most hospitals and healthcare systems are in a wait-and-see mode," Albert Manshum, vice president of facilities & construction for Advocate Health Care, told the newspaper.

And as hospitals compete to attract insured patients and generate better outcomes and profits, they may lean toward smaller projects that have been shown to add value or enhance clinical quality--like single patient rooms.

"That's going to be the driver moving forward in any construction," noted York Chan, administrator of facilities for Advocate Health Care.

[Click here for more.](#)

## Hospital Turn to Design to Promote Healing Research shows that environmental elements can help patients

From <http://www.signonsandiego.com/news/2011/jun/12/hospitals-turn-to-design-to-promote-healing/>

Imagine spending the night in an oversized suite-style room with floor-to-ceiling windows overlooking tranquil gardens or rolling green hills. As comfortable as it is quiet, the room is decorated in soothing earth and ocean tones with a large well-appointed bathroom, wall-mounted flat screen TV and plush sofa and easy chair.

No, this isn't some luxury hotel. It's a modern hospital room built to make patients happier, healthier and heal faster so they go home sooner.

Employing a new approach called evidence-based design, an increasing number of architects are building hospitals using research which shows that environmental elements such as natural light, a view of nature, less noise and a subdued color palette can produce positive patient outcomes.

"Hospitals can be a very scary place, so we have to create a soothing environment that considers the five senses," said Dr. Mimi Guarneri, cardiologist and medical director of Scripps Center for Integrative Medicine, which features many evidence-based-design elements. "We know that the body heals best

when it's not in a high anxiety state and producing lots of stress hormones that raise the heart rate and lower the immune system. If we can design facilities that decrease patients' anxiety, then we can help them decrease the pain and help them to heal faster." [...]

"Evidence-based design addresses all kinds of human needs," said Tom Chesum, lead architect for the new Palomar Medical Center West in Escondido, which is scheduled to open in late summer 2012 and is being held up as model for incorporating all facets of evidence-based design. "It looks at things such as how quiet distractions can take away stress — things that seem like common sense — and proves through research that building design has a consequence and a tangible result, which is a better health outcome for the patient."

Although evidence-based design is most often seen in new hospital construction, many older hospitals are adding features through remodeling or retrofitting.

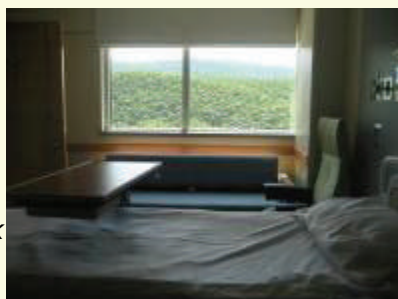
Scripps Mercy Hospital's 45-year-old San

### Examples of Healing through Design in Maryland Hospitals:

*Right and below, Franklin Square Medical Center employs serene art and color palettes, natural light, and plants and flowing water.*



*Right, Western Maryland Health System has single-patient rooms that overlook a natural environment.*



Diego campus is transitioning to a more calming color palette with nature photographs and paintings in patients' rooms. Gardens and patios have been added, and piano music plays softly in the lobby.

The patients aren't the only ones to reap healthy rewards from a healing environment. According to Dr. Gary Levinson, medical director of Sharp's Cushman Wellness Center, the staff benefits from the new hospital design almost as much as the patients.

"The new hospital doesn't even seem like a hospital. The way it looks and feels and sounds just takes the edge off and makes you more productive," he said of Sharp Memorial Hospital, which was rebuilt in 2009 using many evidence-based design details. "It makes you feel good when you go to work each day. That's a good thing for everyone."

*For examples of how San Diego hospitals incorporated natural light, connection to nature, reduced noise, single-patient room design, and serene color palettes and art, [click here](#).*

## Sustainable Foods Update



### Register Now! Buy Local Challenge – July 23-31



It's time for the [Buy Local Challenge](#), the statewide and now a national campaign in which consumers, institutions and businesses pledge to eat or serve at least 1 local food each day for a weeks time.

*Hosted by the Southern Maryland Agricultural Development Commission, this annual campaign is supported by the Maryland Department of Agriculture and kicked off by Governor Martin O'Malley with a Buy Local Cook-out.*

### How to Participate

- Hospital food service can pledge to serve at least 1 local food\* each day from July 23 - 31
- Employees, patients and other community members can pledge to eat at least 1 local food\* each day from July 23 - 31

### [Register Here & Receive Tools & Resources](#)



### NEW THIS YEAR

- Special recognition to the top three hospital Green Teams with the best participation (see below)
- Enter your department's picture in the [Buy Local Workplace Contest](#) - you could win a free lunch!
- [Food service recognized](#) for most local foods purchased, most meat reduction & most sustainable
- Updated marketing tools & resources - flyers, table tents, patient tray bookmarks, point of sale cards

### HOW CAN YOUR GREEN TEAM PARTICIPATE AND BE RECOGNIZED?

1. Hospitals with highest employee and community member participation will be recognized so put sign-up sheets around your facility, then scan/email or fax them in so your hospital can receive credit!
2. Host a display table promoting the benefits of local and sustainably produced foods.
3. Ask your marketing department to publish an article in your newsletter inviting employees to sign up.
4. Host a speaker, cooking demo, movie and more to educate employees about local sustainable foods.
5. Create a video, web page, poster, award/competition or special recognition for participating (enter a picture into the [Buy Local Challenge Workplace Contest](#) – you could win a free lunch).
6. Host a special activity, including a local produce stand, farmers market, seed or plant give-away, gardening class, or farm visit – including a Pick-Your-Own farm outing.
7. Have your hospital offer some kind of incentive to encourage employees and community members to buy local and sustainable foods.

#### NOTE TO HOSPITAL FOOD SERVICE:

It's now a state law: For any raw whole foods (not including chopped, cooked or otherwise processed raw foods) that you sell and promote as "local," you also need to list their state of origin at the point of sale. Here's a Flyer you can display at your point of sale (and edit as needed) to show which states your local food is from: [State of Origin Flyer](#). This applies to produce stands, farmers markets or farm stands where you promote foods as "local." More info: [www.mda.state.md.us/pdf/buylocalfaq.pdf](http://www.mda.state.md.us/pdf/buylocalfaq.pdf)

**\*Definition of Local Food:** food grown or produced (processed and packaged) within a 200 mile radius of your location (see Pg 11-14 of [GGHC Food Service Credits](#)).

# Nurses' Dinner Get-Together



Tuesday, July 26th, 2011

7:00 p.m.

AIDA Bistro

6741 Columbia Gateway Drive

Columbia, MD 21046

Come out for a casual, mid-summer get together with other nurses interested in environmental health. We'll be celebrating Maryland's Buy Local Challenge at the AIDA Bistro. AIDA specializes in classic Italian favorites as well as an eclectic mix of non-traditional entrees & small plates from a variety of culinary & cultural backgrounds. The FARM-2-TABLE initiative features locally produced items on their menus.

*RSVP to Karin Russ, Nursing Outreach Coordinator at:*

*[kruss003@son.umaryland.edu](mailto:kruss003@son.umaryland.edu)*



## Green Leaders: Jo Wilson, Western Maryland Health System

It wasn't hard for Jo Wilson, Vice President of Ancillary Support Operations at Western Maryland Health System (WMHS), in Cumberland, MD, to get her colleagues interested in sustainability. In November 2009, Western Maryland Regional Medical Center opened, combining two existing hospitals and offering more comprehensive care. It was important to WMHS from the beginning of the design phase that it get the best return from its investment, and as Wilson, an MD H2E advisory board member, remembers, "There was a lot of interest from our board members and executive team about sustainability. We had already been recycling, but wanted to hit the ground running with the new building." And run they did. Western Maryland Regional Medical Center (WMRMC) recently replaced its cardboard baler (which flattened and tied up cardboard, like a bale of hay) with a compactor, which is safer and more economical, as it can fit much more cardboard in it. There is now more room on the loading dock and more time for housekeeping to get other work done. WMRMC also has a sizable green team (run by Wilson), with different sections focusing on energy, hazardous material, recycling, and more. And the hospital has gotten rid of daily charting, saving time and lots of paper: "Our lab has been phenomenal," Wilson says. "We've been able to stop charting X-rays and EKGs as well. And we're getting closer and closer to all electronic records."

Some green initiatives are more explicitly about patient healing. Says Wilson, "In the old hospital, we used headwalls in the ICU. Now we put in a boom, so everything is attached to the ceiling. This means that any bed can be placed to face the window." It makes a considerable difference when a patient can take in a sea of green nature rather than a hospital wall. Along with a healing garden outside the chapel, a rehab director found an area for her patients to do some therapeutic gardening. "Her patients are growing lettuce and flowers, and you can see it all from the cafeteria," says Wilson.

City hospitals might be envious of the healing views and open space that a rural area offers, but the setting is not without its drawbacks. "Because we're a rural hospital, we don't have what you have in Baltimore. Let's say a company was thinking about investing in some technology to recycle blue wrap—think of all the hospitals in a city that would buy in. But out here in Allegany County, there isn't enough demand and we're the only ones asking, so vendors are more reluctant. We have to explain to our local companies what our needs are. But it's happening. Vendors are starting to work with us to get what we need...Our team is dedicated. We have a brain bank here. You should see all the ideas that come out of the green team!" Here at MD H2E, we're looking forward to it.

## 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](mailto:plisko@son.umaryland.edu), 410-706-2107
- Louise Mitchell, PT, Sustainable Foods Program Manager, [lmitch001@son.umaryland.edu](mailto:lmitch001@son.umaryland.edu), 410-706-1924
- Karin Russ, MS, RN, Nursing Outreach Coordinator, [kruss003@son.umaryland.edu](mailto:kruss003@son.umaryland.edu), 410-706-1389
- Molly Englund, Communications Coordinator [englund@son.umaryland.edu](mailto:englund@son.umaryland.edu), 410-706-6832
- Priya Saha, Sustainable Foods Coordinator [saha@son.umaryland.edu](mailto:saha@son.umaryland.edu) 410-706-3077



## Practice Greenhealth Webinars



July 13, 2 pm (Eastern)

**Green Operations Series: 10 Steps to Standardizing Waste and Recycling Procedures in a Large Health System**

July 21, 2 pm (Eastern)

**Greening the OR: RMW Separation & Minimization in the OR**

July 27, 2 pm (Eastern)

**Green Design & Construction Series: Case Studies in International Healthcare Greening Strategies**

[Click here to Register and Purchase 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 the website. See:

<http://www.practicegreenhealth.org/community/>