



Maryland H2E News Roundup



June 2011

MD H2E Concludes 2011 Trailblazer Education Series

In November 2010, MD H2E presented Trailblazer Awards to four hospitals for advancing sustainability at their facility. In Spring 2011 each hospital hosted an educational event to highlight their award-winning practices. Here is the recap:

[Feb 2011: University of Maryland Medical Center Hazardous Pharmaceutical Waste Management](#)

UMMC's multidisciplinary team presented about the development and implementation of its hazardous pharmaceutical waste management program.

[Mar 2011: Anne Arundel Medical Center, Journey to LEED Certification](#)

A team of designers and contractors, along with the AAMC executive and management team, showcased many exciting features of the new building, including a 3D, interactive "going green" public education wall and two green rooftops, which help cool the building in warm weather and absorb rainwater, lessening storm water runoff.

[Apr 2011: LifeBridge Health, LED Lighting and Waste Life Cycles](#)

The LifeBridge Health team provided samples of compost and showcased methods of composting at four facilities. Sinai installed LED lights in all non-patient areas and a fluid management system in the operating rooms.

[May 2011: Franklin Square Hospital Center, Environmental Management Systems](#)

The hospital is the first one in Maryland to create and employ an EMS as a method for identifying and reducing environmental impacts (more on page 5).

[Click here](#) for more info on this year's Trailblazer Education Series.

Integrated Pest Management Springfield Hospital Center

June 21st, 1–3 pm

[Details on page 5!](#)

Health Care Sustainability Leadership Council Update

New Participants Welcome!

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.

This is an opportunity to work and learn from peers, create and participate in statewide campaigns and collaborative efforts, develop measurable statewide health care environmental goals, and leverage the commonalities among and between health care facilities to generate reduced costs and improved environmental and health outcomes!

The third meeting of the Maryland Health Care Sustainability Leadership Council (MD HCSLC) will be on **Thursday July 14th at 9 a.m. at the Maryland Hospital Association in Elkridge, MD.**

After this meeting, the MD HCSLC will elect a Chair, Vice Chair and Secretary as well as develop a vision/mission/charter!

Information about the HCSLC, including a list of participating facilities to date, as well as minutes from the first two meetings are posted [here on MD H2E's website.](#)

As a reminder **there is a seat at the table for every hospital in Maryland as well as other health care providers, such as community health centers, health systems, and more.** The goal is to have at least one representative from each facility there! There are over thirty participants so far representing nursing, facilities, environmental services, planning and more. If your hospital or system isn't represented, we urge you to take up this amazing opportunity. Not sure if someone from your facility is participating? Just ask us!

For more information, or to RSVP to the July 14th meeting, please contact Joan Plisko: plisko@son.umaryland.edu or 410-706-2107.





Environmental Excellence in Health Care

Measuring Success

MD H2E's Annual Conference *Environmental Excellence in Health Care:* *Measuring Success*

Call for Abstracts

Maryland Hospitals for a Healthy Environment (MD H2E) is accepting abstracts on environmental programs developed, implemented and tracked at health care facilities across the region. Abstracts showing measurable results and subsequent presentations that facilitate discussion are of particular interest. Selected abstracts will be presented **November 10, 2011 at the *Environmental Excellence in Health Care Conference*** at the University of Maryland School of Nursing in Baltimore, Md.

The theme of this year's conference is "Measuring Success." Therefore, appropriate abstracts will share methods of measuring and the results of environmental programs put in place at the facility or system level. How is your facility tracking the results of sustainability initiatives? MD H2E welcomes product and service providers to partner with hospitals for case study presentations.

Measurements can be qualitative or quantitative. Examples include, but are not limited to, programs that measure:

- Building Design and Construction
- Carbon Footprint Reductions
- Chemical Usage Reductions
- Community Benefits
- Cost Savings
- Employee Engagement and/or Satisfaction
- Energy Conservation
- Patient Exposure Reductions
- Patient Satisfaction
- Sustainable Food Purchases and/or Practices
- Waste Reductions

Guidelines:

- Abstracts are limited to 250 words.
- Include the author(s) name(s), credentials, title, organization, work phone number, cell phone number, mailing address, and e-mail address. Presentation at the conference is limited to two authors only. Both authors must provide the listed information.

Deadline for submission: Friday, July 29, 2011. Early submission is encouraged.

Notification: First authors only will be notified by August 19, 2011. First authors of accepted abstracts will be granted free registration to the full conference.

Submit abstract as an e-mail attachment to: mdh2e@son.umaryland.edu Attention: Joan Plisko



Integrated Pest Management

Springfield Hospital Center

June 21st, 1:00 – 3:00 pm

6655 Sykesville Road, Sykesville, MD 21784



As a winner of the Maryland Pesticide Network's IPM Award, Springfield Hospital Center is hosting educational session on their award winning Integrated Pest Management program.

Speakers

Winnie Barnes, Housekeeping Department: An introduction to Springfield Hospital Center

Jay Feldman, Beyond Pesticides: Principles of IPM

John McTaggart, Angel Systems: Implementation of IPM

The IPM in Health Care Facilities Project (a partnership between MPN and Beyond Pesticides, in collaboration with MD H2E) honored Springfield Hospital Center and the MD Department of Health and Mental Hygiene for outstanding achievement in creating a "green pest management" campus through adoption of IPM principles and practices that minimize the use of toxic chemicals in controlling pests.

[Click here for more information.](#)

Please RSVP to trailblazer@son.umaryland.edu by June 10th

Priority is given to employees from any hospital or health system.

Lunch will be provided at 12:30; presentations begin right at 1 pm.

St. Joseph Earth Day Sales: Recycled Scrubs for a Down- to-Earth Price

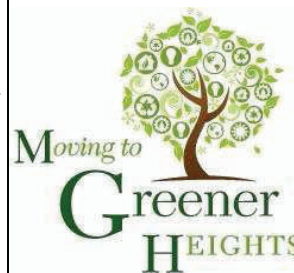


Julie Bolling, RN, on 5 East, looks like she found the right piece for her wardrobe.

The first "Gently-Used Scrub Sale" sponsored by St. Joseph Medical Center's Green Team was a huge success. The sales' co-organizers Sandi Walsh, RN, Clinical Practice Specialist, and Michelle Williams, administrative coordinator, Imaging Services, collected hundreds of gently-used scrubs donated by St. Joseph nursing staff, technologists, and other health care professionals. The clothing, which was washed, pressed, and looked like new, was offered for the bargain price of \$1 a piece.

Continued on page 5.

Maryland General Moves to Even Greener Heights



A year after sitting in on the inaugural meeting of Maryland General Hospital's green team, MD H2E staffers joined the monthly meeting in late May to offer the energetic group congratulations on a successful Earth Day and community clean-up, and present a host of new ideas.

Communications Coordinator Molly Englund outlined cost-effective sustainable initiatives the hospital could take on, including energy, integrated pest waste and OR programs. Louise Mitchell, Sustainable Foods Program Manager, then spoke about some fairly simple and quick – as well as long-term – projects the team could look at, such as purchasing less meat and more local produce.

Continued on page 5.



Franklin Square Hospital Center
reduce/reuse/recycle

Franklin Square Hospital Center Shares Big Successes at Trailblazer Event

Franklin Square Hospital Center hosted a Trailblazer Educational Event on Tuesday, May 24th. As attendees arrived to learn about the hospital's sustainable feats, they mingled with peers and received handouts of vegetable seeds.

Franklin Square Hospital Center (FSHC) won a Trailblazer Award from MD H2E for its work developing and implementing an Environmental Management System (EMS), as well as for incorporating LEED design elements in its new patient tower and for impressive reuse and recycling of materials in the move to the new building.

The hospital is the first one in Maryland to create and employ an EMS as a method for identifying and reducing environmental impacts. An EMS is a way for a facility to develop, structure, and manage its environmental efforts; according to the Environmental Protection Agency, "An Environmental Management System is a set of processes and practices that enable an organization to reduce its environmental impacts and increase its operating efficiency."

[The Maryland Department of the Environment](#) first approached Franklin Square in 2008 to be a pilot in its EMS program. Three years later, the hospital has had phenomenal feedback; Kevin Knight, Safety Manager at Franklin Square, said "The success of the EMS program is due, in part to tremendous staff support."



Several initiatives were planned to properly reuse much of the old equipment.

Skip Wingo, Director of Materials Management, detailed to the audience the transition to the new patient tower. "Have you ever moved houses?" he asked the audience, who nodded knowingly. "Now, have you ever moved *buildings*?" The challenges were plentiful, with the Emergency Department proving especially difficult. Nevertheless, FSHC recycled or reused some 35,000 pounds of material from the old facility. Hospital departments were invited to take unwanted furniture first, then a yard sale was held for employees to buy the remaining pieces. FSHC also gave furniture to a homeless shelter, churches and other organizations.

Facilities Director Dennis Kephart spoke about the incorporation of LEED design elements into the new patient tower including water recirculation, lead-free wiring, a meditation garden, and as many

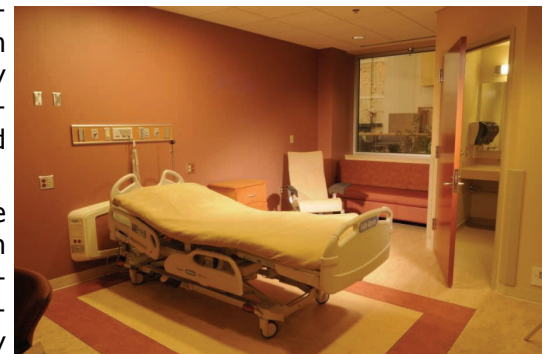
natural daylight views as possible throughout the building. Located on a public transportation route, FSHC added bike storage spots. The hospital expects these design elements and more will save \$44,000 in operating costs annually.

So what's in the future for FSHC? For one, the hospital is moving forward with an Environmentally Preferable Purchasing Program. They are also looking into ways to start measuring their carbon footprint, which is a big step that many hospitals are starting to consider. MD H2E congratulates Franklin Square Hospital Center on the sustainable successes they have already achieved, and on the many that are to come!

Check out Franklin Square's green team webpage which highlights its mission statement and core values: <http://www.franklinsquare.org/body.cfm?id=559264>.



Visitors to the hospital are greeted with giant bamboo near the entrance.



In developing this project they used sustainable building products and followed the Green Guidelines and LEED principles.

DSIRE™

Database of State Incentives for Renewables & Efficiency

U.S. DEPARTMENT OF ENERGY | Energy Efficiency & Renewable Energy

IREC
INTERSTATE RENEWABLE ENERGY COUNCIL

NORTH CAROLINA SOLAR CENTER

Useful Database of Renewables and Efficiency Incentives for Maryland Hospitals!

The online database DSIRE (Database of State Incentives for Renewables & Efficiency) has a section specifically for Maryland which provides opportunities for health care. On the Maryland page, find links to incentives and policies for renewable and efficiency. Financial incentives include corporate tax credits, property tax incentives, state and utility rebate programs and more. There are also links to rules, regulations, and policies, including but not limited to the building energy code, green power purchasing and the renewable energy portfolio standard. A useful guide!

Check it out here:

<http://www.dsireusa.org/incentives/index.cfm?re=1&ee=1&spv=0&st=0&srp=1&state=MD>

St. Joseph's Earth Day

Cont. from page 3.

Hundreds of gently-used scrub tops, jackets and pants were sold to happy customers, who supplemented their wardrobes for an incredible price. They



Mary Cimino, RN, maternal child health educator, browses through "pre-owned" scrubs at St. Joseph's sale.

shopped at racks set up by the café of the hospital during lunchtime on April 29. The sale continued all week at the Clinical Skills Lab for evening shifts or those unable to get away from their units.

There was also a Flower Sale featuring impatiens, and a collection for Jeans Day, which allowed staff to don jeans that day in exchange for a \$5 donation.

The entire Earth Day activities were organized by the Green Team at St. Joseph. All proceeds, which topped \$500, support St. Joseph Medical Center's recycling efforts, including increasing the number of single-stream containers on campus.

The sales and Jeans Day took place on April 29, since the official Earth Day conflicted with Good Friday.

Maryland General Moves to Even Greener Heights

Cont. from page 3.

Maryland General has made big strides in the last year since it started its sustainability program, "Moving to Greener Heights." They have a waste separation and recycling program going, as well as subcommittees (including one for education). The team, an impressively large one for a smaller hospital, is now looking at what projects to take on for the rest of the year. MGH is hoping to install reusable sharps containers this year, to dedicate a webpage to their efforts, and one green team member recently spotted an empty median space that would be perfect for a local, flowering tree.

MD H2E thanks Maryland General Hospital and its enthusiastic green team for including us in its efforts; we wish you the best with all your future environmental programs!

MD H2E wants to promote what you and your facility have accomplished!

Send your green activities to Molly Englund at:

Englund@son.umaryland.edu

Kaiser Dissects Green Benefits of Electronic Medical Records

From [GreenBiz](#):
By [Matthew Wheeland](#)



Published May 04, 2011

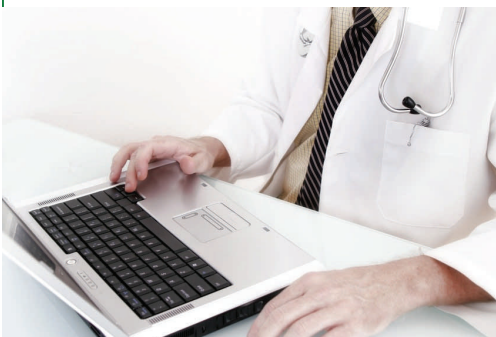
OAKLAND, CA — For a field whose putative motto is "First, do no harm," the health care industry has a significant environmental footprint. From energy, water and waste-intensive high-tech hospitals to reams upon reams of paper used to print medical records and the other copious paperwork that goes with a visit to the doctor, medicine may have come a long way in curing ailments, but is only just beginning to recognize its need for greener practices.

Kaiser Permanente, which has long been working on green initiatives across its operations -- from buildings to purchasing to supply chain -- today is announcing its first efforts at measuring those impacts. The company has published the results of an audit of its years-long shift to electronic health records (EHRs), chronicling the positives and negatives of moving away from paper records to computerized systems.

"We just didn't know what the impacts were, we made assumptions about our reductions in paper, but we didn't know what to expect with other impacts," Kathy Gerwig, Kaiser Permanente's vice president for Workplace Safety and environmental stewardship officer, explained in an interview. "We were fascinated with the results."

The results from switching 8.7 million members over to EHRs include:

- Eliminating 1,000 tons of paper records;
- Eliminating 68 tons of x-ray film by switching to digital x-rays;
- Eliminating about 38 tons of toxic chemical used to process film x-rays;
- 71.5 million gallons of water saved per year;
- Saving 3 million gallons of gasoline per year from avoided medical visits.



Though these figures are rough assumptions, and the assumptions are detailed in the company's audit report, the impacts are significant. And to its credit, Kaiser also details the negative impacts of the switch: Over 87,000 megawatt-hours of energy is needed to power the computers and data centers that make the EHR system work. And those computers add up to an additional 250 tons of e-waste generated by switching to EHRs.

The e-waste and energy findings were not surprising, Gerwig said. "We use a lot of computers and a lot of data centers, and we know that computers have plastics, heavy metals, and toxics in them, and we wanted to look at those impacts as well."

But knowing the impacts adds further impetus for expanding efforts to address that area. Gerwig said Kaiser has long required green IT purchasing -- all of the company's desktops and laptops are [EPEAT](#) Gold certified -- and has been working on improving the energy efficiency of its data centers as well. And Kaiser's secondary goal for conducting this study is to be able to help other organizations make the greenest transition to EHRs possible.

"Lots of other organizations are moving to EHRs, and we wanted to share some of our learnings," Gerwig said. "It was not just about figuring it out for ourselves, but to help others figure it out."

In the findings of the report, the authors extrapolate that, if EHRs were to be implemented nationwide following Kaiser's example, the net reduction in CO2 emissions from healthcare would be 1.7 million metric tons. Although that is a drop in the bucket of the industry's 434-million-ton footprint, it is still preferable to a scenario where the healthcare industry transitions to EHRs without reducing hospital visits, a situation that could lead to a 653,000-ton increase in emissions.

Sustainable Foods Update

Cost-Saving Strategies for Buying Local Sustainable Meat & Poultry

Attendees of the MD H2E conference *Local Sustainable Meat & Poultry: Making the Shift in Institutional Purchasing* walked away with many new resources for making change, including:

- Reduce meat purchasing; use money saved to switch remaining meat to local and sustainable
 - > Serve smaller portions of meat & poultry
 - > Move meat away from center of the plate
 - > Switch to more vegetarian options
- Reduce purchases of pre-cooked and processed meats (e.g., fajita strips, beef patties, cold cuts); prepare meat from scratch in-house
- Choose less expensive cuts such as ground or stew meat, roasts, poultry legs and thighs, instead of chops, breasts, and other smaller cuts
- Purchase whole animals at better price/lb; use all parts (i.e. bones for stock) for maximum yield

New “Toolkit” to Measure Your Healthy Food Progress

The Healthy Food in Health Care Program announces the release of the Green Guide for Health Care (GGHC) Food Service Credits Toolkit. This new planning and benchmarking suite offers templates, tools and tracking sheets to support hospital food service departments in planning, implementing and tracking their progress towards achieving sustainable operations.



Use of the Toolkit will also enable hospitals to compile and share actual data on their sustainability-related food service achievements with hospital executives, the community benefits department, general public, media and other interested parties.

Stay tuned for news about a new Awards Program, for which this toolkit will be an important resource.

To Download the Toolkit, Click [Here](#).

Food Matters: Clinical Education and Advocacy

What Clinicians Need to Know About Our Food System to Help Ensure Healthy Pregnancies, Healthy Families and a Healthy Planet

Learn the current science around exposures to environmental toxins within our food system and impacts of these exposures on pediatric, reproductive, and ecological health. Includes pesticides, antibiotics, bisphenol-A (BPA), and phthalates.

Health care professionals receive tools to:

- Provide anticipatory guidance to patients and families about the importance of healthy food
- Advocate for a healthier food system within your health care facilities and surrounding community

Saturday, June 11

Thomas Jefferson University, Philadelphia, PA

\$50 - includes sustainable lunch

www.when.org or www.healthyfoodinhealthcare.org

Prepare Now for the Buy Local Challenge



Prepare now for this year's **Buy Local Challenge** from July 23–31, 2011.

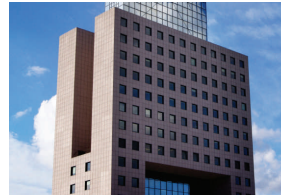
Plan meals now and stay tuned for registration, education and marketing tools to engage hospital employees in taking the pledge to eat healthier, support local farmers and our economy!

This year, MD H2E encourages hospitals to not only purchase food from farmers within 200 miles, but also to:

- Select local farmers using sustainable practices
- Incorporate the principles of *Balanced Menus*
 - > Reduce meat purchases & portion sizes
 - > Move meat away from center of plate
 - > Increase vegetarian options
 - > Use money saved on local sustainable meat

Registration information and resources will be available soon.

Join us for the June meeting of Maryland Nurses Association Environmental Health Committee



Tuesday, June 28th, 2011

6:00-8:00 p.m.

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

**The Environmental Health Committee
~a community of nurses making positive changes
for the environment and health~**

This month's discussion will include:

- **Healthier food in healthcare**
- **Environmental health articles for the MNA newsletter**
- **State level environmental commissions and nursing representation**
- **Strategies for reform of chemical regulations**

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

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

World Wide Green: Setting Up a Green Team Webpage

Garnering recognition for your green team's initiatives is an excellent way to gain momentum and boost employee morale. One way to do that is set up a webpage for your green team. The hospitals listed to the right all have webpages for promoting their sustainable efforts — click on each hospital to check out the site. Speak to your PR department about getting an online presence for the green team at your hospital.

Hospitals with "Green" Webpages (click to link to site)

[Carroll Hospital Center](#)

[Civista Medical Center](#)

[Franklin Square Hospital Center](#)

[Good Samaritan Hospital](#)

[LifeBridge Health](#)

[University of Maryland Medical Center](#)

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, lmitc001@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



June 16, 2 pm (Eastern)

Greening the OR:

Fluid Management Systems in the OR

June 22, 2 pm (Eastern)

Getting Started with PGH—

Intro for New Members

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/>