

Maryland H2E News Roundup



September 2010

Be Alert! Boston Center Fined Over Medical Waste



http://www.epa.gov/ region03/green/ healthcare.html

The Massachusetts Department of Environmental Thursday, November 18, 2010 Protection (MassDEP) said July 14 it has fined 7:30 a.m.- 4 p.m. Boston Medical Center (BMC) \$38,943 for solid Join regional and national health care professionals, waste violations involving the improper disposal of infectious medical waste at the nearby Allied Waste transfer facility in Roxbury. In following up on a complaint, the MassDEP's Environmental Strike Force said it discovered that BMC was improperly shipping some of its infectious medical waste, including partially filled blood bags and material marked "biohazard," to a nearby transfer facility on Norfolk Street, which is not licensed to accept or treat such waste. DEP said the medical center later explained that the normal practice of running this material through an autoclave—to sterilize or neutralize the material Founder, Health Care Without Harm and then through a shredder—was not used due to a malfunction of this equipment. Under terms 30 Continuing Nursing Education: 5.25 Contact Hours of the administrative consent order, MassDEP said it agreed to suspend \$12,981 of the penalty if its first disposal option is not available. A spokesman for MassDEP said July 14 that a disposal plan has been submitted and the applicable Location: University of Maryland School of Nursing fine has been paid.



http://nursing.umaryland.edu/events/environm ental/november/index.htm

Environmental Excellence in Health Care:

A Showcase of Best Practices

environmental industry experts, and educators for this learning and networking event designed to showcase the best practices of hospitals as they journey to more sustainable environments for hospital staff, patients, and communities. Topics may include an array of environmental best practices for purchase of goods and services, procedures in the operating room, design and construction of buildings, purchase and usage of energy, management of hazardous pharmaceutical waste, and procurement and service of sustainable food.

Keynote Address: Gary Cohen, President and Co-FEE: **\$55 PER PERSON**

available*

*The University of Maryland School of Nursing Office if BMC drafts and implements disposal options of Professional Development and Continuing Education that include an emergency, or contingency, plan is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

> 655 West Lombard Street Baltimore, MD 21201

Harbor Hospital Updates



Harbor Hospital's First Farmers Market is Scheduled!

If you are looking for fresh produce, look no further than Harbor Hospital! Harbor will host a community farmers market on Thursday, September 23 from 2 to 6 p.m. in the south employee parking lot. Local farmers will be selling a variety of fresh fruit, vegetables, baked goods and more. This farmers market is open to the community and the hospital encourages all to attend. Please call Megan Long at 410-350-8271 for more information or if you know a farmer or vendor who may wish to participate.

Harbor Hospital has also expanded their pharmaceutical waste collection program to include the OR. The program now covers 100% of the hospital. Final arrangements have been made to kick off their collections of bottles, cans and plastic...a long awaited program that met many obstacles. The tentative start date is October 1st.

BEYOND PESTICIDES PESTICIDES NATIONAL COALITION AGAINST THE MISUSE OF PESTICIDES • BECAUSE FREEDOM FROM PESTICIDES IS EVERYBODY'S RIGHT





Integrated Pest Management (IPM) & Organic Landcare Free Training—November 4, 2010

Sponsors: The IPM in Health Care Facilities and Community Outreach Project, cosponsored by the Maryland Pesticide Network and Beyond Pesticides in collaboration with Maryland H2E.

What: Training sessions will provide instruction on technical aspects of least-toxic structural IPM and natural landscape management that minimize health and environmental impacts while achieving enhanced pest management.

Who/When: November 4, 2010

8:30 am - noon: Structural IPM: Tom Green, President, IPM Institute of North America 1:30 pm - 4:30 pm: Natural Landcare: Chip Osborne, President, Osborne Organics

Refreshments will be provided. Lunch on your own.

Where: The Associated, 101 W. Mount Royal Avenue, Baltimore, MD 21201

Free Parking: at The Associated garage with your stamped ticket (directions available with your confirmed registration)

Register by October 20
Contact Sharon Fried, Project Director
sfried@beyondpesticides.org or 410-605-0095

Energy in Healthcare Fact Sheet Accompaniment to Targeting 100 Research Study

from Better Bricks/NBBJ NW hospitals

For the full report, go to: http://www.betterbricks.com/graphics/assets/documents/ Energy in Healthcare Fact Sheet FINAL 5.12.10.pdf

Energy Usage and Carbon Output:

- · Healthcare facilities consume four percent of the total energy consumed in the U.S., including all energy used by industry, transportation and buildings. *Energy Information Administration (EIA1)*
- · One average-sized U.S. hospital produces approximately 18,000 tons of carbon dioxide annually. (*Targeting 100*)

Costs and Savings:

- · Savings accrued by energy efficiency strategies are significant, especially when viewed as part of net operating income for a non-profit hospital.
- · In the U.S., the health sector's use of electricity adds over \$600 million per year in direct health costs and over \$5 billion in indirect costs. World Health Organization (WHO3)
- · For an existing hospital no-and low-cost energy strategies can also yield substantial energy savings. Hospitals can expect between 10-20 percent energy cost reductions from tune-ups and improved operations. Most efficiency investments yield returns of 10 percent or more. (Legacy Case Study)

Targeting 100 Study Findings:

- · Prototypical architectural schemes for newly constructed hospitals (based on BetterBricks initiative research in the Seattle market, from Targeting 100 project) were able to achieve more than a 60 percent reduction in energy use from typical operational examples.
- · Simple payback: With whole building utility incentives, the first cost investment could be recaptured in less than five years. Without utility incentives, cost investment could be recaptured in less than eight years. (Targeting 100)
- · If one hospital adopts these strategies, this will save over 7,800 tons of carbon, which is equivalent to taking over 1300 passenger cars off the road or planting over 300,000 trees. This is compared to average operational hospitals in this climate today. (*Targeting 100*)
- 1 EIA, 2006 Energy Information Administration (EIA), Commercial Buildings Energy Consumption Survey (CBECS): Consumption and Expenditures Tables. "Table C3A". US Department of Energy, 2006. Architecture 2030. "The 2030 Challenge". http://www.architecture2030.org/2030 challenge/index.html. CBECS 2006 estimates energy consumption of all healthcare buildings at 594 trillion Btu of 6,523 trillion Btu for all buildings, thus 9 percent of all buildings' energy use. Architecture 2030 estimates that buildings use 48 percent of all source energy in the U.S. with industry and transportation sharing the remaining energy. Therefore, healthcare uses 4 percent of all site energy in the U.S.

2 http://www.energy.gov/news2009/7363.htm

3http://www.who.int/globalchange/publications/climatefootprint_report.pdf

4http://www.energy.gov/news2009/7363.htm

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Franklin Square: New Tower, New "Green Room"







Pictured here is Franklin Square's new "Green Room", located in the newly constructed patient care tower. Incorporated into Franklin Square's "Be Square, Be Green" program is the ongoing pursuit to improve and expand their initiatives. One of the biggest challenges to the program is space. That's why the program's Green Team worked hard for two years to secure a room in the newly constructed patient tower. With the "Green Room" now up and running since August 9, the "Be Square, Be Green" program looks to expand its already strong waste separation and recycling foundation with new recycling initiatives. These initiatives include recycling from the operating room as well as recycling electronic waste, furniture, and non-confidential paper. With a strong vision, hard work, and a little space, the "Be Square, Be Green" program continues to grow.

LED Lighting Retrofit to Save Hawaii Hospitals \$1.2 Million

<u>Hawai'i Pacific Health</u> (HPH), comprised of four nonprofit hospitals and 44 outpatient clinics and service sites, expects to save more than \$1.2 million thanks to a LED lighting retrofit across its facilities.

The switch to LED lighting at its four hospital facilities also will help reduce HPH's carbon emissions by 465,324.65 pounds per year from just the parking garages alone, according to Pacific Eco-Lights, which is supplying the LED lighting.

HPH expects to recover the cost of the conversion through energy bill savings in 15 months due to Eco-Light's Seesmart LED technology, which is said to use 50 percent to 90 percent less electricity than a standard light bulb or compact fluorescent light bulb (CFL). Other benefits include longer life and no hazardous wastes such as mercury and lead, which are found in CFLs.

Read the rest of the article at:

http://www.environmentalleader.com/2010/08/10/led-lighting-retrofit-to-save-hawaii-hospitals-1-2m/

Anesthesiologists Trying to Go Green

Some anesthesiologists are trying to improve their environmental footprint by choosing anesthetics that produce less potent greenhouse gasses, according to a report in the Sacramento Bee.

After surgery, anesthetic gas is often vented into the atmosphere. Some of the gasses can have powerful greenhouse properties, according to the paper. Choosing the anesthetic that is most damaging to the environment can result in 12 times as much greenhouse gas production as choosing the least damaging, according to the report...

The paper reported that a type of anesthesia called sevoflurane has the lowest carbon footprint of all, and is already extremely popular among physicians due to the fact that it does not irritate breathing passageways as much as other anesthetics do. Desflurane, for example, is the anesthetic that produced the worst greenhouse gas emissions and tends to irritate patients more.

Read the rest of the article at:

http://www.environmentalleader.com/2010/07/12/anesthesiologists-trying-to-go-green/

Sustainable Foods Update

HEALTH CARE FACILITIES MEET CHALLENGE TO BUY LOCAL FOODS

Statewide campaign demonstrates commitment to healthy foods and local economies



Anne Arundel Medical Center hosted Craig Sewell, chef and owner of *A Cook's Café*.

Thirty-eight health care facilities in Maryland and the District of Columbia purchased and served at least one food from a local farmer each day during this summer's Buy Local Challenge from July 17—25, a statewide campaign launched by the Southern Maryland Agricultural Development Commission (SMADC).

Hospitals also engaged over 800 employees & community members in taking the challenge to eat at least one local food each day during Buy Local Week.



Doctors Community Hospital included local foods in the cafeteria and at an Executive dinner.

Leading in Employee & Community Participation:

Union Hospital of Cecil County: 294 individuals signed on — with 21% employee participation
Upper Chesapeake Medical Center: 220 individuals signed on — with 11% employee participation
Harford Memorial Hospital: 126 individuals signed on — with 15% employee participation



Upper Chesapeake Medical Center displays local foods served during Buy Local Week

The 38 facilities collectively spent over \$15,000 on local foods during Buy Local Week, including fruits, vegetables, eggs and meat. Individual hospitals and nursing homes spent from \$45 to \$2276 during the week.

Leading local food purchasers:

Union Hospital of Cecil County — \$2,276 University of MD Medical Center — \$1,565 Washington County Hospital — \$1,185

Hospitals Purchase Local AND Sustainable Foods

University of Maryland Medical Center purchased local chicken and turkey that were produced without the use



Food & Hospitality Attendant Veronda Williams-Coles services the salad bar at University of MD Medical Center where they list their local foods.

of antibiotics. Sinai Hospital launched the purchase of vegetables grown without pesticides from one of Baltimore's first urban farms, Real Food Farm. Union Hospital of Cecil County serves local, certified organic produce and local grass-fed beef regularly to patients, staff and visitors.

Maryland and DC Health Care Facilities That Participated in the 2010 Buy Local Challenge:

Anne Arundel Medical Center Harford Memorial Hospital St. Agnes Hospital Calvert Memorial Hospital Holy Cross Hospital St. Joseph Medical Center Carroll Hospital Center Howard County General Hospital St. Mary's Hospital Children's National Medical Center Johns Hopkins Bayview Medical Center Suburban Hospital Civista Medical Center Union Hospital of Cecil County Johns Hopkins Hospital Courtland Gardens Nursing & Rehab. Kernan Hospital Union Memorial Hospital **Doctors Community Hospital** Levindale Hebrew Geriatric Ctr & Hosp. University of Maryland Medical Center Franklin Square Hospital Long View Nursing Home Upper Chesapeake Medical Center Frederick Memorial Hospital Montgomery General Hospital Washington Adventist Hospital National Rehabilitation Hospital Washington County Hospital Georgetown University Hospital



DEA Heads First-Ever Nationwide Prescription Drug Take-Back Day

AUG 19 -- WASHINGTON, D.C. - The Drug Enforcement Administration and government, community, public health and law enforcement partners today announced a nationwide prescription drug "Take-Back" initiative that seeks to prevent increased pill abuse and theft. DEA will be collecting potentially dangerous expired, unused, and unwanted prescription drugs for destruction at sites nationwide on Saturday, September 25th from 10 a.m. to 2 p.m. local time. The service is free and anonymous, no questions asked.

This initiative addresses a vital public safety and public health issue. Many Americans are not aware that medicines that languish in home cabinets are highly susceptible to diversion, misuse, and abuse. Rates of prescription drug abuse in the U.S. are increasing at alarming rates, as are the number of accidental poisonings and overdoses due to these drugs. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet. In addition, many Americans do not know how to properly dispose of their unused medicine, often flushing them down the toilet or throwing them away - both potential safety and health hazards.

"Today we are launching a first-ever National Prescription Drug Take-Back campaign that will provide a safe way for Americans to dispose of their unwanted prescription drugs," said Michele M. Leonhart, Acting Administrator of the Drug Enforcement Administration. "This effort symbolizes DEA's commitment to halting the disturbing rise in addiction caused by their misuse and abuse. Working together with our state and local partners, the medical community, anti-drug coalitions, and a concerned public, we will eliminate a major source of abused prescription drugs, and reduce the hazard they pose to our families and communities in a safe, legal, and environmentally sound way."

"With this National Prescription Drug Take-Back campaign, we are aggressively reaching out to individuals to encourage them to rid their households of unused prescription drugs that pose a safety hazard and can contribute to prescription drug abuse," said Acting Deputy Attorney General Gary G. Grindler. "The Department of Justice is committed to doing everything we can to make our communities safer, and this initiative represents a new front in our efforts."

"Prescription drug abuse is the Nation's fastest-growing drug problem, and take-back events like this one are an indispensable tool for reducing the threat that the diversion and abuse of these drugs pose to public health," said Director of National Drug Control Policy Gil Kerlikowske. "The Federal/state/and local collaboration represented in this initiative is key in our national efforts to reduce pharmaceutical drug diversion and abuse."

Collection sites in every local community can be found by going to www.dea.gov. This site will be continuously updated with new take-back locations. Other participants in this initiative include the White House Office of National Drug Control Policy; the Partnership for a Drug-Free America; the International Association of Chiefs of Police; the National Association of Attorneys General; the National Association of Boards of Pharmacy; the Federation of State Medical Boards; and the National District Attorneys Association.

Climate Change Hazardous to Your Health

13 July 2010

From heat stress to sewage overflows, climate change promises to bring extreme weather that can throw our nation's ill-prepared public health infrastructure 'back to the 1890s,' according to experts.

By Douglas Fischer

http://wwwp.dailyclimate.org/tdc-newsroom/2010/07/climate-health

Extreme weather induced by climate change has dire public health consequences, as heat waves threaten the vulnerable, storm runoff overwhelms city sewage systems and hotter summer days bake more pollution into asthma-inducing smog, scientists say.

The United States - to say nothing of the developed world - is unprepared for such conditions predicted by myriad climate models and already being seen today, warn climate researchers and public health officials.

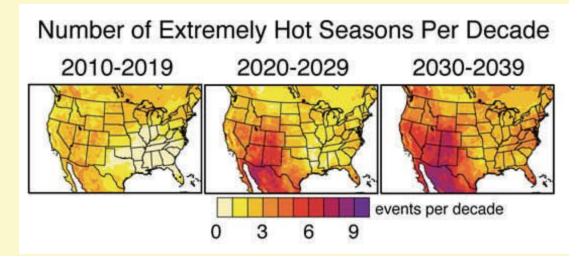
"Climate change as it's projected will impact almost every aspect of public health, both in the developed world and - more importantly - in the developing world," said Michael McGeehin, director of the Environ-mental Hazards and Health Health Effects division at the Centers for Disease Control and Prevention.

A flood takes us back to the 1890s as far as the public health system is concerned.

- Michael McGeehin, Centers for Disease Control

"We know - and we have ample evidence - that heat waves are a public health disaster. That in fact they kill, and they kill the most vulnerable members of our society."

[Earlier this summer], as the East Coast stewed its way through the first heat wave of the summer, researchers at <u>Stanford University</u> published a study suggesting exceptionally long heat waves and extreme temperatures could be commonplace in the United States within 30 years - sooner than expected.



Nursing News



Creating a culture of sustainability is "the right thing to do." As a nurse, I believe in protecting the health of patients and staff by reducing their exposure to toxics such as mercury, latex, cleaning products, pesticides, and synthetic hormones often found in hospital foods. As a nurse, I look for problems and try to fix them—that is the way I operate, often at a rapid pace. Making change at a large institution can be slower. The best part of this job has been watching the tide turn—staff used to be negative and now are supportive and offer ideas. The culture has changed significantly over the past three years. My job takes patience, perseverance, and knowing

how to find your allies—those that believe in the cause—to use as resource and spread that spark.

- Charlotte Wallace, RN Chair, Green Team, Anne Arundel Medical Center

Suzanne Jacobson

Suzanne Jacobson's embrace of the environment began with the personal but inevitably encompassed the professional. Outside of work (as a nurse in the Emergency Department of Frederick Memorial Hospital), Suzanne was involved with a



nonprofit that was trying to promote sustainability in economically depressed areas.

Once she began looking at her community that way, she started seeing the hospital in new ways. "That's kind of like my work home," she said. "I felt like I wanted to take care of my work home too. So that's how I started looking at Frederick and environmental health."

Looking at the hospital through that new lens, she realized she didn't know what environmental practices FMH had in place. Working at night, she wasn't aware of the daytime activities. "I had to educate and introduce myself to the hospital as far as what we're doing," Suzanne said.

FMH was already recycling paper, batteries, plastic, and aluminum cans, but not consistently throughout the house. In the Emergency Department, Suzanne couldn't find more than 1 can, with all trash going in there. So, with a green team formed, this became a good goal: to get more people recycling and throwing trash in the correct cans. The response has been good: "People are really pretty positive about it...[they] want to do this," she said. So far, the OR, PATHU, and Mother-Baby have all started to comply with the hospital recycling policies. The Emergency Department is getting off the ground as well. We wish Suzanne and the green team of Frederick the best; we look forward to seeing what they accomplish!

MD H2E Welcomes Karin Russ

As Denise Choiniere, MD H2E's Nursing Outreach Coordinator, leaves to accept a full-time position as UMMC's Sustainability Manager—the first of its kind in Maryland—we welcome Karin Russ, MS, RN to con-



tinue engaging nurses in developing environmental health initiatives in healthcare facilities.

Karin has been a registered nurse for many years, working in a variety of settings such as labor and delivery, women's health, long term care, epidemiology, vaccine development and research management. In 2009, she earned a Masters degree in Nursing Management and a certificate in Teaching in Nursing from the University of Maryland School of Nursing. Recently, she completed a post-masters certificate in Environmental Health Nursing, also from the University of Maryland School of Nursing. Currently, she is a clinical instructor in Community/Public Health Nursing for the University of Maryland.

Karin was an early environmentalist. When she was a child, she and her family would crush cans and bring big bags of aluminum to a scrap metal company, before curb-side recycling pick-up was available. Karin has helped start new recycling initiatives in her local community, and coordinated continuing education seminars for health professionals on environmental health topics. Her role as Nursing Outreach Coordinator brings together a lifelong passion for environmental issues, expertise in various nursing specialties, and a love of teaching.

At MD H2E, Karin will work with nurses to form Green Teams at their facilities, so they may carry out initiatives that reduce waste, implement more sustainable practices, and minimize hazardous exposures to toxicants in healthcare.



Climate Change Leadership Series

Healthy Hospitals: Changing Climate in Healthcare Facilities and Institutions

September 29, 2010 - 7:30am - 5:00pm (eastern) George Washington University - Washington, DC

FEATURING SPECIAL GUEST SPEAKER GOVERNOR HOWARD DEAN ADDITIONAL INFORMATION ABOUT THIS PROGRAM AVAILABLE AT: WWW.ACCOONLINE.ORG/CCLS/HEALTHYHOSPITALS-SEPTEMBER2010.HTML

Industry and government organizations in the healthcare sector are increasingly addressing the impacts of climate change and energy on operations. The sector is amongst the more intensive users of energy and natural resources in support of its operations. As energy costs rise and availability of natural resources declines, the healthcare community will face significant challenges and opportunities related to procurement, facilities management and design.

Recent studies indicate a convergence of interests related to climate change, energy, and medical and global health. This workshop will examine the role of supply chain programs, green building design and retrofits, and facilities management in improving patient health and response to treatment, and reducing energy consumption, operational costs and greenhouse gas emissions.

On September 29, the Association of Climate Change Officers invites you to a full-day workshop examining opportunities to modernize healthcare institutions and facilities with respect to energy consumption, greenhouse gas emissions and improved patient response.

SOME OF THE SPEAKERS INCLUDED ARE:

- **Howard Dean –** Former Governor, State of Vermont
- Kathy Gerwig Vice President, Workplace Safety, Kaiser Permanente
- Gary Cohen President, Health Care Without Harm
- Just Added: Jamie Harvie Food Coordinator, Institute for a Sustainable Future
- Just Added: Anna Gilmore Hall Executive Director, Practice Greenhealth
- Just Added: Peter Arn Vice President, Capital Improvements and Campus Services, LifeBridge
- Just Added: Leonard Taylor, Jr. Vice President for Facilities, University of Maryland Medical Center
- Just Added: Seema Wadhwa Sustainability Engineer, Inova Health System Additional speakers and program agenda will be announced shortly

PROGRAM HIGHLIGHTS

- Case studies on developing metrics related to the supply chain, establishing value chain management systems, achieving ROIs, engaging vendors and modernizing evaluation criteria
- Examination of trends and identification of best practices related to food and beverage, facilities management, building design and the value chain
- Exploration of opportunities for cross-sector working groups

VENUE INFORMATION

The event will be hosted by George Washington University. Specific building information will be announced shortly.

Interested in attending? Click here to Register

Submit Proposal Now!

The Presentation Proposal Deadline is September 24, 2010!

If you have expertise in a sustainable health care topic, we invite you to submit your session proposal for consideration.

Suggested topics include, but are not limited to, the following:

- Executive buy-in and Leadership / Administrative / Culture change
- Business case for sustainability / Budgeting / Measurements
- Chemicals and toxins
- Climate change/Clean energy/Green building
- Greening by department (OR, purchasing, etc.)
- Healthy food
- International
- Policy reform
- Water conservation



For more information on submitting a proposal, click <u>here</u>. For more information on the conference, visit <u>www.cleanmed.org</u>.

Proposals will be reviewed only if they are received by 11:59 p.m. EST on September 24, 2010.

To submit proposal for consideration, please use the **Online Proposal Submission Form**. **Please call Laura Wenger at 847-592-7808 with any questions.**

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 <u>plisko@son.umaryland.edu</u> 410-706-2107
- Louise Mitchell, PT, Sustainable Foods Coordinator, 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, <u>englund@son.umaryland.edu</u>
 410-706-6832

Practice Greenhealth Webinars



September 30, 1 pm (Eastern)
 Introducing the Healthier Hospitals Initiative

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

Access to Practice Greenhealth webinars is a feebased 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:

 $\frac{www.practicegreenhealth.org/community/member}{ship/}$