



January 2012

Maryland H2E News Roundup



MD H2E Trailblazer Events Announced!

MD H2E's presented Trailblazer Awards to five Maryland hospitals in November, 2011 at a ceremony at the *Environmental Excellence in Health Care* conference, held at the University of Maryland School of Nursing. Each winner will host an educational event highlighting their sustainable successes and show how YOU can do it too! Put these dates on your calendar, and look for more information as the dates draw near. **To register for each event, please send your name, title, facility name, e-mail, and phone to Englund@son.umaryland.edu. Attendance is open to all. However, priority will be given to hospital and health care employees when limitations occur.**

ENERGY CONSERVATION

University of Maryland Medical Center with BGE— March 1st, 9-11 am

UMMC focused on lighting conservation and upgrades in the past year: turning off lights when not in use and when daylight is sufficient in atriums and hallways, replacing inefficient light bulbs with more efficient bulbs, and establishing a baseline to monitor changes. Occupancy sensors and photo cell sensors were installed and lights in mechanical rooms were placed on automated controls. Baltimore Gas & Electric will also take part in the presentation.



SUSTAINABLE FOODS

Union Hospital of Cecil County— March 22nd, 11 am—1pm

Union Hospital is committed to purchasing local sustainable meat, poultry, and produce for its cafeteria and patient meals. Local farms have increased their acreage for produce, employed winter greenhouses for growing, and increased poultry flock size to meet the hospital's needs. Forty-nine percent of UHCC's meat and 100 percent of its beef is now purchased locally. Food waste is either composted or sent to an area hog farmer to be used for feed.



GREENING THE SURGICAL SERVICES

Anne Arundel Medical Center with Practice Greenhealth— April 26th, 11:30 am —1:30 pm

AAMC replaced operating room surgical lights with LED lights and started a program to move from disposable single use medical devices to reprocessed and remanufactured devices. They also implemented a surgical services recycling program and took additional steps to reduce the amount of operating room waste. Practice Greenhealth, an authority on greening the OR, will also present.



TRACKING AND MEASURING SUSTAINABILITY PROGRAMS

Carroll Hospital Center— May, TBD

Using a sustainability tracking tool to quantify the results of an environmental initiative, CHC was able to track its water, energy, and natural gas usage. As a result, CHC took steps that reduced natural gas usage by 30 percent. These steps included boiler refurbishing, boiler parameter control charts, adjustment of pressure and water temperatures, and softening all domestic water within the hospital, which improved heat transfer through coils.



EMPLOYEE/COMMUNITY GARDEN

Good Samaritan Hospital— June 12th, 1-3 pm

Good Samaritan Hospital built an employee/community vegetable and herb garden on its campus. Volunteers planted a variety of crops and donated a portion of the food to a local food bank. The goal of the garden project is to teach employees about healthy food options, creating their own gardens, and sharing the harvest with the community. Good Samaritan is one of two Baltimore hospitals with vegetable gardens.



Conversation with the New Chair of Health Care Sustainability Leadership Council: Colleen Cusick



Like many accomplished people, Colleen Cusick never finds herself too busy to complete another task or set another goal. "I can always do one more thing," she says. Her credentials are longer than many names: MBA, BSN, RN, CMRP. This year, she started working on her master's in nursing, a long-held goal, in addition to her full-time job as Director of Materials Management at The Johns Hopkins Hospital, a position she took on six months ago after earning an MBA the year before.

Colleen was also recently elected to Chair the Maryland Health Care Sustainability Leadership Council (HCSLC). Founded in 2011, the HCSLC is a volunteer organization comprised of health care providers who want to lead the development of environmental and sustainability health efforts in Maryland. Says Colleen, "One of the things I do in my many positions is getting people together to build consensus and collaborate, and this was an opportunity to do that. Working on the Council has been very fulfilling. As the inaugural chair, the first challenge is helping to make culture change, and getting out there and getting started."

Colleen knows hospitals and their needs from nursing and operational perspectives. She was a nurse at the hospital for 20 years before becoming a Clinical Product Specialist there in 2004. In that position, she was responsible for helping to introduce new products and monitoring current products to ensure they were safe and effective for patient use. She was instrumental in the development and implementation of the supply chain

value analysis program and acted as an internal clinical supply chain consultant to both clinical and non-clinical staff.

Colleen is also a frequent speaker and has written several nursing and supply chain articles, published in both local and national publications. Oh, and she chairs the hospital's green team, which she co-founded. For Colleen, "There is no time like the present."

She is the knowledge and experience she brought when she recently joined MD H2E's Advisory Board, a group of area health care employees and environmental professionals who provide MD H2E with valuable insight into the needs of Maryland hospitals. Her advice for a green team looking for easy changes? "There are many things you can do that don't cost any money that can make an impact. For example, changing your sharps containers to containers made with recycled materials." She added, "I would also recommend that hospital send representatives to the Council meetings. There are many knowledgeable people in the group primed to help."

[Click here](#) for more information on the HCSLC. The next meeting of the HCSLC is January 26th, 2-4 pm at the Maryland Hospital Association. To attend, contact Colleen Cusick at 410-502-1900 or ccusick@jhmi.edu. Meetings are open to health care representatives only.



News in Photos



Anne Arundel Medical Center's Greening the OR green team, posing with their 2011 MD H2E Trailblazer Award!

Union Memorial Hospital held a holiday door decorating contest—and the green team won! Here is their entry: All items are from recycled content with the body of the tree comprised of old medical journals. The star is made of #2 pencils. The text reads, "A Green Season Begins with me! Recycle Your Holiday Cheer!"

Experience The New "Greener" GBMC Dining Room

From the [blog of Dr. John Chessare, CEO of GBMC](#):

One of the most important things I can do as the head of GBMC HealthCare is **listen** – not only to our patients, but to our staff as well. Our internal customers represent an important constituency and often have excellent ideas that will help us improve as an organization.

One such idea came from a SICU nurse last year, who shared with me her concerns about the length of time it took for her to get a meal in the dining room because of the long lines at the cashier, and that she barely had enough time to pick out something and eat it before she was due back on the unit taking care of patients. The cafeteria management team got on it and installed faster cash registers and added new lines at peak times.



Now we have the opportunity to shave a few more seconds off the process by offering a **payroll deduction option**. Swiping your ID completes the transaction in about one second! Employees can fill out a form, available in the dining room, and within days they will be approved. I've signed up and encourage our employees to do the same.

This is just one of **several improvements we've made recently in the dining room** – we've come a long way toward making the dining experience more enjoyable for our guests and staff. There are new menu items, combo meals, and sauté specials; we've increased the selection of healthy foods and beverages and are now offering Dunkin' Donuts coffee. There is new furniture in the dining room, and paper menus have been converted to new electronic menu board monitors, which reduces the amount of paper, laminating sheets, sign holders and ink we would require to produce menus.

In addition to the electronic menus, there are a number of other **zero waste initiatives** recently completed in the dining room. We've converted condiment packets to Heinz-branded pumps, introduced a coffee creamer pump, converted all medical intern / resident pink meal vouchers into reloadable cards, and are composting kitchen waste at a local facility and not placing with municipal waste.

This week, **new recycled fiber Earth-friendly trays** were unveiled. Similar to the trays that many are familiar with from sports stadiums or concert venues, the trays are biodegradable and can be placed in regular trash when the customer is done eating. Believe it or not, this will help us save thousands of dollars a year!

Of the 3,000 traditional hard plastic trays that Dietary purchased last year, there are only a few hundred left. At almost \$3 per tray, that's a lot of money that literally just "walks away" every year when people take these trays from the dining room back to their work areas and don't return them. So please remember – if you are talking "lunch to go", take a new recyclable tray. It will help the earth and help us save money. Better yet, if you have just a sandwich and a drink, perhaps you can do without a tray to carry the meal back to your area.

Kudos to our "Green Team", led by Mike Forthman, Vice President of Facilities and Support Services and to the Dietary team led by Matt Tresansky, Director of Food and Nutrition Services and Ryan O'Hara, the dining room's retail manager, for implementing these changes which are designed to reduce waste, shrinkage, and cost while maintaining a high level of customer satisfaction. Be on the lookout for more improvements planned for the near future!



Good Samaritan: Green for Good

Mission Statement



Good Samaritan Hospital's commitment to being environmentally safe and friendly is lead by our own *Green for Good Team*. This team plans and implements environmental initiatives, both within the facility and in our surrounding community. Our role is to provide the knowledge and tools necessary to help our colleagues and neighbors make healthier, more environmentally responsible choices.

Green for Good core values:

1. Foster a culture of environmental consciousness at GSH

- a. Make it easier for employees to "go green" at work
 - i. Identify small behavior changes that employees can make to help GSH reduce waste and energy usage/costs such as recycling
 - ii. Invest in energy-efficient technology where feasible
 - iii. Develop low-cost initiatives to support these projects
- b. Help employees "go green" at home
- c. Protect employee environmental health and safety
- d. Communicate cost savings as well as intrinsic benefits of waste reduction and green initiatives to employees



2. Continue to "green" our waste management practices while adhering to GAT limitations

- a. Convert from disposable to reusable products where feasible
- b. Continue use of non-toxic cleaning practices and biodegradable cleaning supplies

3. Develop Green policies to sustain facility's current and future best practices

Grown for Good Garden Project:

The Green for Good Team at Good Samaritan Hospital needs your help throughout the year as we continue to care for our Grown for Good Garden. This employee-managed garden grows a rotating crop of plants and vegetables that are donated to local organizations throughout the year such as Our Daily Bread, the Baltimore program providing hot meals to local residents. It's a small commitment, but it makes a huge difference.

[Sign-up to volunteer](#) or call 443.443.2030 for more information.

Go "Green" Today:

Good Samaritan also has a great pledge form so you can make a commitment to being environmentally responsible in your life! You don't have to work at Good Sam to sign it. [Click here to find out more.](#)

Sustainable Foods Update

Record-Breaking Attendance at Farm to Institution Conference



Hospitals, farmers, dietitians, schools, consumers and other key stakeholders attended Future Harvest-

Chesapeake Alliance for Sustainable Agriculture's annual conference last weekend, with over 400 people in attendance. This record-breaking number is yet another sign of the growing demand for healthier, sustainable foods in hospitals and other institutions. The conference has expanded over the years from primarily hosting educational sessions for farmers to now hosting 6 tracks on a variety of topics related to the food system. This year's theme was Farm to Institution, which included hospitals, schools and a local food hub presenting their best practices and farmers presenting their strategies for selling to institutions. A meat butchering demonstration also took place among close to 40 other valuable presentations.



[Click here for more on the conference.](#)

Carroll Hospital Center Wins 1st Place in National Food Climate Health Connection Award

Carroll Hospital Center was recognized by Health Care Without Harm at Food-Med in Seattle, WA in October 2011 as the leading hospital in the country for reducing their food climate footprint.



Anders Grant, RD, accepted the award. In 2010, the hospital employed many effective strategies by reducing their conventionally produced animal-based protein on their menu by 21% and by reducing waste in several ways: switching to room service for patient food delivery; eliminating single-use bottled water and promoting tap water; and by donating more than 20 lbs/day of food to a local homeless shelter. **To see all award winners, click [here](#).**

Chefs and Cooks Training



MD H2E teamed up with the University of Maryland Eastern Shore (UMES) to host a [Chefs and Cooks Training](#) - for Health Care and Other Institutions on Octo-

ber 14th, 2011 at the Universities at Shady Grove (USG). [Chefs and cooks](#) from hospitals and universities attended to practice making simple, balanced and [delicious recipes](#) while learning the health and environmental benefits of meat and poultry produced using sustainable agricultural practices. **Participating facilities included:**

- Carroll Hospital Center
- George Washington
- University Hospital
- Johns Hopkins Hospital
- Mercy Medical Center
- NIH Clinical Center
- Suburban Hospital
- Union Memorial Hospital
- University of District of Columbia
- University of Maryland Medical Center

MD Healthy Food Leaders Share Their Best Practices on Nov 10th

Chester River Hospital Center shared the details of their partnership with Kent County Health Department on their initiative to reduce obesity and promote health among employees and patients at MD H2E's Environmental Excellence in Health Care conference on November 10th.



Futurecare Cherrywood told the story of how they successfully launched a garden at their nursing home and engaged the residents in growing and harvesting the food and in preparing it for healthy snacks in their activities.



To view their presentations, click [here](#).

Questions or comments, please contact:

Joan Plisko, Technical Director, 410-706-2107, plisko@son.umaryland.edu

Nurses Take Action!

Here is a copy of a letter that nurses Barbara Sattler and Karin Russ sent to Johnson & Johnson, regarding the baby wash the company offers to hospitals for purchase.

December 13, 2011

Susan Nettesheim
Vice President, Product Stewardship & Toxicology
1 Johnson and Johnson Plaza
New Brunswick, NJ 08933-0002

Re: Johnson's Natural Nourishing Baby Shampoo in trial size for hospitals

Dear Ms. Nettesheim:

On behalf of the Maryland Nurses Association, I would like to commend the recent announcement that Johnson & Johnson will be phasing out formaldehyde-releasing chemicals and 1-4 dioxane from baby products worldwide within the next two years. This step will significantly reduce children's exposure to carcinogens during early development. We also want to thank Johnson & Johnson for removing phthalates, a class of chemicals known to be hormone disruptors, from all its baby products worldwide. We can see that Johnson & Johnson understands the importance of disease prevention, as shown by many health initiatives including your commitment to eliminating new cases of pediatric AIDS.

While we appreciate the efforts that your company is taking to make your products safer, we remain concerned about the use of Johnson's Head-to-Toe Baby Wash in hospitals today. I am writing today to ask Johnson & Johnson to produce a trial size of Johnson's Natural Nourishing Baby Shampoo, and to make that available for institutional purchase.

Individual consumers have the opportunity to choose what products they deem safe for use in their own home. Yet in the hospital setting, the only option currently available from your company for use on newborns is Johnson's Head-to-Toe Baby Wash. As nurses, we are dedicated to protecting our patients' health and cannot in good conscience continue to use the current formulation of Johnson's Head-to-Toe Baby Wash, which contains cancer causing agents. To illustrate the point, I have had nurses express to me that while providing health teaching to families during an infant bath, they tell the parents that Johnson's Head-to-Toe Baby Wash is not the best product to use.

While hospitals across the country begin to examine alternatives to traditional baby washes, we would like to see Johnson's Natural Nourishing Baby Shampoo become an option for in-patient use. The Natural line has several advantages, namely the use of sodium benzoate as an antimicrobial instead of quaternium 15, and the omission of PEG-80 sorbitan laurate and PEG-150 distearate, both prone to contamination with 1,4 dioxane and ethylene oxide. Providing hospitals with Johnson's Natural Nourishing Baby Shampoo will decrease neonatal exposure to carcinogens at a time in life when they are especially vulnerable. Nurses can feel confident that they are using the safest of your product lines, and can assure parents that Johnson's Natural Nourishing Baby Shampoo is a good choice to use when bathing their infant.

Thank you for your attention to this important matter. I would also like to take this opportunity to thank Johnson & Johnson for your continued support of nurses through scholarships and grant opportunities. I look forward to receiving your response to this issue.

Sincerely,

Barbara Sattler, RN, DrPH, FAAN
Chair, MNA Environmental Health Committee
bsattler@son.umaryland.edu
410-706-1849

Karin Russ, RN, MS
Co-Chair, MNA Environmental Health Committee
Kruss003@son.umaryland.edu
410-493-5940

MD H2E, UMMC, Highlandtown Healthy Living Center Featured in *Organic Gardening*

Excerpted from "Green Health Care," from December 2011/January 2012 issue of *Organic Gardening*:

In 2005, Sattler founded Maryland Hospitals for a Healthy Environment (MD H2E). Today, the organization boasts a membership comprising three-quarters of the hospitals in the state. Their efforts include recycling and composting, reduced reliance on toxic chemicals, and environmentally preferable purchasing policies. "We're seeing the hospitals begin to adopt an environmental ethic," Sattler says, "so it's part of the fabric of the decisions they're making."

That doesn't make it easy. "An institution with 7,000 employees and 800 patients on any given day, it's a huge operation," says Denise Choiniere, the sustainability manager at the University of Maryland Medical Center. In 2006, as a cardiac-care nurse in intensive care, Choiniere launched a recycling program that now diverts nearly 100,000 batteries annually from incineration. Other initiatives include a 50 percent reduction in regulated medical waste, high-efficiency vacuum pumps to reduce water consumption by 5 million gallons annually, and a program to divert discarded drugs from municipal wastewater treatment facilities that often can't remove them.

Louise Mitchell, MD H2E's sustainable foods program manager, promotes the Healthy Foods in Health Care Pledge by connecting hospital food-service directors and chefs with local farmers to increase their purchase of local, sustainable foods. She also provides technical support for other healthy food initiatives. One outcome of this support is that 17 health-care facilities statewide now host farmers' markets or farm stands on their campuses. This fall, she hosted a training program for kitchen staff interested in purchasing and preparing sustainably produced meat and poultry from small, local farms. "Hospitals have shifted toward having more food delivered that's already prechopped or precooked," says Mitchell. "They have the kitchens and the knives to prepare fresh foods, but they don't necessarily have the labor or the ovens."

[Click here for the entire article!](#) Also featuring Highlandtown Healthy Living Center, Maryland Pesticide Network and Beyond Pesticides.



Who 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
- 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 18, 2 pm (Eastern)

**Trends in Healthcare Sustainability:
Data from Practice Greenhealth Hospitals**

[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 our website. See:

<http://practicegreenhealth.org/membership>