



June 2012

# Maryland H2E News Roundup



## Environmental Excellence in Health Care

Innovations and Collaborations

### November 14th, 2012: Featuring Executive Panel

The fifth annual MD H2E *Environmental Excellence in Health Care* conference is November 14—put it on your calendars now! In keeping with this year's theme, *Innovations and Collaborations*, MD H2E is pleased to host the [Executive Leadership Panel Presentation](#). Sustainability teams from two leading Maryland hospitals will discuss their collaborative leadership initiatives. Facilitated by Carmela Coyle, President and CEO, Maryland Hospital Association, this panel will include, from **University of Maryland Medical Center**, Senior Vice President and Chief Operating Officer Herbert C. Buchanan, Jr.; Vice President for Facilities Leonard Taylor; and Sustainability Manager Denise Choiniere, MS, RN. Presenters from **Anne Arundel Health System** include President and Chief Executive Officer Victoria W. Bayless; Director of Supply Chain Dena Jackson; and Sustainability Coordinator Charlotte Wallace, RN.

[Register for the conference now!](#)



### Green Team Tips From Maryland's GREEN REGISTRY Meeting!

Lieutenant Governor Anthony Brown and Maryland Department of the Environment (MDE) Secretary Robert Summers presented Leadership Awards to five outstanding organizations at the Maryland Green Registry Annual Awards and Membership Event on June 5, 2012. Preceding the awards ceremony, MD H2E's Joan Plisko facilitated a roundtable discussion on Green Teams. **Here are Joan's top five green team tips**, developed in collaboration with Laura Armstrong, Pollution Prevention and Sustainability Coordinator for MDE.

**1. Be Inclusive:** Ensure a diverse membership by including representatives from different departments, functions, levels, and years of tenure at your organization. Don't turn people away! Capitalize on different people's strengths, connections, and eagerness to lead or participate in program planning and implementation.

**2. Balance the Needs of the Front Line with Leadership Priorities:** Link you green team to the corporate mission and goals, while maintaining grassroots energy. Projects should reflect leadership priorities and your facility's most significant environmental, health, and economic impacts. They should also account for other ideas and concerns raised by front line employees.

**3. Be Accountable:** Establish annual goals, targets and objectives. Define projects clearly, assign responsibilities, track progress, and evaluate results. Utilize a project management tool, a sustainability dashboard, a spreadsheet or another tool to document program in a transparent way. This will enhance your green teams credibility on all fronts and makes year-end reporting easier.

**4. Meet Regularly and Creatively:** Develop a meeting calendar for the year so that members can plan in advance. Meeting content should be engaging. Consider guest speakers, including product and service providers, trade associations, or nonprofit organizations.

**5. Publicize and Celebrate Results:** People love to get positive reinforcement for their hard work, so celebrate your accomplishments! Select a green employee of the month, create an electronic newsletter, or reward successful departments. Choose visible, tangible projects and early successes to publicize and inspire both employee engagement and leadership support. **Go to page 7 for award winners info!**

## Tracking their Way to Success: Carroll Hospital Center Trailblazer Education Event



The green team

Carroll Hospital Center's Trailblazer educational event May 15<sup>th</sup> was a great session! CHC won the Trailblazer Award from MD H2E for its use of sustainability software to track its green initiatives. Attendees learned about how the partnership arose and what it has done for the hospital.

MD H2E's 2010 *Environmental Excellence in Health Care* conference proved to be propitious for Colleen Duerr and Carroll Hospital Center, where she works as the Clinical Manager of the Intermediate Care Unit and volunteers as the green team chairperson. It was there that Colleen, a regular participant in MD H2E events, met Jeff Burks, Relationship Manager at Key Green Solutions.

Carroll Hospital Center has been dedicated to sustainability since 2009, when its green team formed in order to reduce medical waste. From there the hospital has, among other activities, started a farmers' market, hosted used scrub sales, implemented energy and lighting conservation campaigns, reduced its natural gas usage, and dedicated itself to green renovation and design. Carroll Hospital Center was awarded first place in Health Care Without Harm's Food, Climate, Health Connection Award and has won an Alliance for Workplace Excellence EcoLeadership Award for the past three years, as well as the 2010 Healthy Dining Guide of Carroll County's Gold Award.

And yet, the green team realized it could be doing more to benchmark its activities and track its progress. "You can't manage what you can't measure," Colleen reminded the event audience. So when Colleen met Jeff at MD H2E's annual conference, she was excited about the possibilities.

Key Green Solution's sustainability software enables the facility to track its energy (electricity, natural gas, steam, and cogeneration power), waste (municipal solid, recycling, regulated medical, hazardous, and pharmaceutical), and water. The hospital's vendors and service providers enter the data themselves through a web portal each month. Then Colleen Duerr reports the data back to the green team, while Robert White, VP of Operations and the Green Team's Executive Chair, reports back to the executive leadership and board members on the progress. Colleen and Robert are easily able to compare data on a monthly and yearly basis. In 2010, Carroll Hospital Center upped its waste reduction efforts, through removing red trash containers from patient rooms, providing ongoing education to existing staff and during general orientation on the appropriate trash receptacles and what can be recycled. In 2011, the hospital had reduced its red bag waste by 30%!

The hospital was also tracking its natural gas usage through the software. In 2010 the Campus Services department decided to actively manage the hospital's steam generation process. Chris Kelly, Director of the department, explained to the audience how, among other changes, they adjusted pressure and temperature of the boiler water, had the boiler refurbished, and softened the domestic water to improve heat transfer. Over the course of the year, the hospital reduced its natural gas use by 20%, saving \$122,173. All of this was tracked on their software. Colleen explained how satisfying it is to see hard proof of their progress, and how it is inspiring them to push themselves to become even more environmentally sustainable. There is so much more that Carroll Hospital Center has done, and much more that the green team wants to do. [Click here to see the Trailblazer presentations.](#)

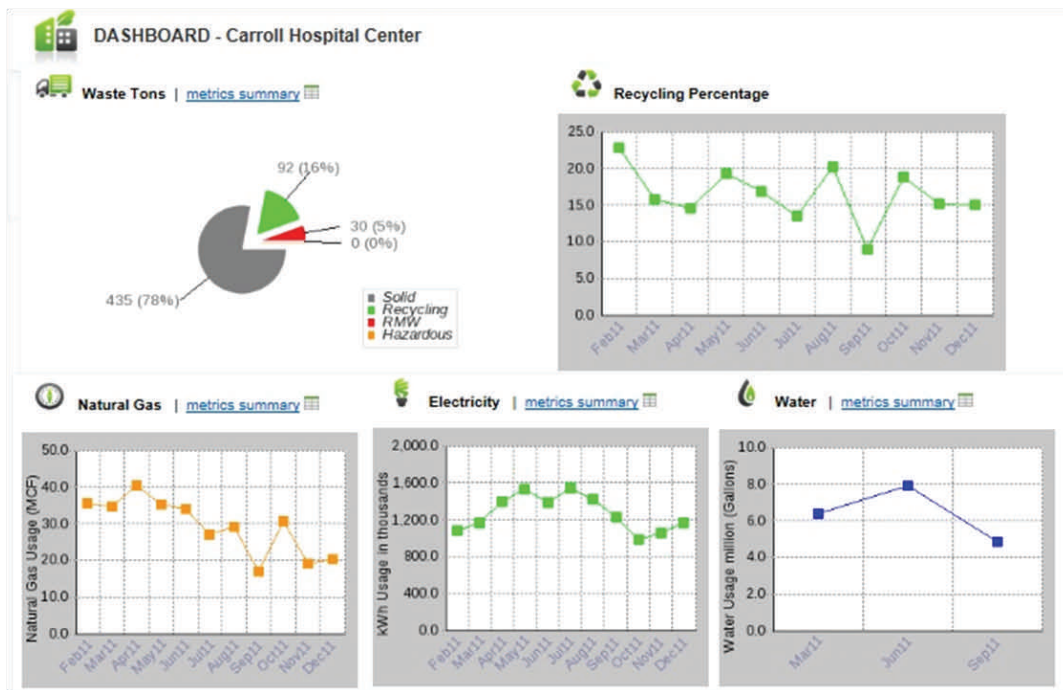
*In 2011, Carroll Hospital Center:*

- *Reduced RMW by 30%*
- *Reduced its natural gas use by 20%, saving \$122,173 and*
- *Prevented the release of 3022 pounds of carbon dioxide into the atmosphere!*

*Sustainability software enables the facility to track:*

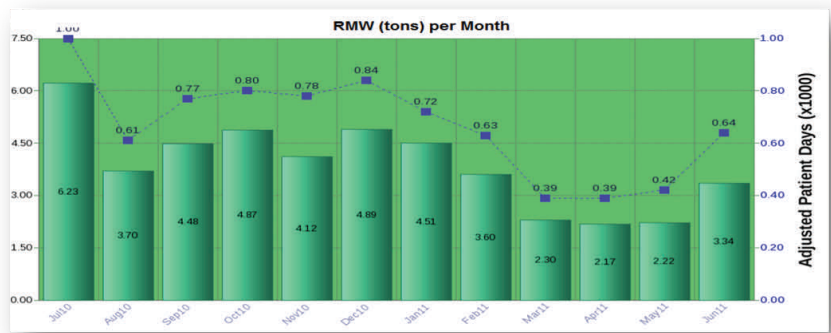
- *Energy (electricity, natural gas, steam, and cogeneration power)*
- *Waste (municipal solid, recycling, regulated medical, hazardous, and pharmaceutical) and*
- *Water usage*

## Carroll Hospital Center's Sustainability Software

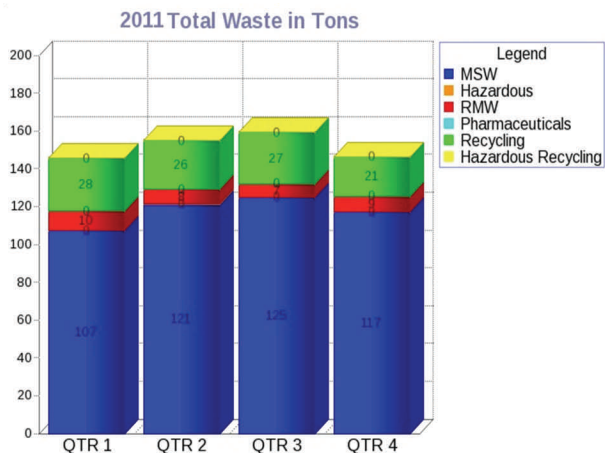


This dashboard shows what is happening from month to month in a variety of areas. The hospital's green team can correlate this to certain projects and to patient care days.

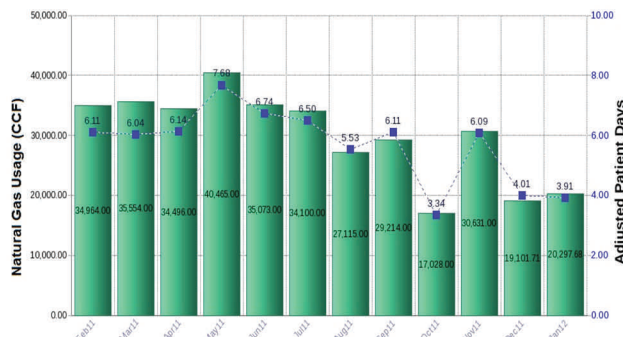
Carroll Hospital Center reduced its red bag waste by 30% from 2010-2011.



The green team initiatives have paid off, resulting in an annual 20% reduction of natural gas usage.



A comparison of waste stream data from 2011.





## UMMC Takes On Supply Delivery with Green Innovations!

Although the use of reusable totes for supply delivery is not a new concept, the University of Maryland Medical Center expanded the amount of totes used in 2011 when the hospital changed to its "Just in Time" delivery system. UMMC's totes are delivered on metal carts, with one cart designated for each area throughout the hospital. This process has eliminated the use of pallets required for transportation and storage. It is estimated that by expanding the number of totes, UMMC went from 60 pallets per day to only 30. In addition, the hospital's distributor also takes back any cardboard that is needed to deliver items, such as IV fluid due to its weight. The cardboard is taken back in the same metal carts used to bring in the supplies by UMMC's distributor for baling and recycling. UMMC **estimates that 250,000 pounds of cardboard are diverted from the hospital's recycling waste stream annually** with the implementation of this partnership and process.



## How Much Sugar is in Your Drink?

Below, MD H2E's Nursing Outreach Coordinator Priya Saha, RN, demonstrates the amount of sugar packets that goes into a variety of popular beverages at the University of Maryland Medical Center's weekly farmers' market. Saha, a University of Maryland School of Nursing graduate student, is completing her practicum with Sustainability Manager Denise Choiniere at UMMC.

[Click here](#) for information on eliminating sugar-sweetened beverages from your facility.

*UMMC's table at the Lexington Market Health Fair*



*MRN Chair Bob Stumpf and LifeBridge Health's VP Facilities Lionel Weeks*

## LifeBridge Wins Recycling Award!

**Congratulations to LifeBridge Health for winning the [2012 Outstanding Corporate Leadership Award](#) from the Maryland Recycling Network!**

In 2011, LifeBridge Health's waste stream consisted of 12% medical waste and 32% recycling (according to [Practice Greenhealth](#), its best performers reach 10% and 30%, respectively)! This year, LifeBridge is striving to reduce RMW to 9% of the total waste stream. LifeBridge Health recycles a range of items, from cardboard and bottles to food waste, blue wrap, and scrap metal. The health system has instituted a number of creative initiatives to make these numbers a reality.

The [Maryland Recycling Network \(MRN\)](#) represents individuals and organizations from every facet of recycling who join together to promote the 3 "R's" of recycling - sustainable reduction, reuse and recycling of materials otherwise destined for disposal.



Maryland nurses at the office of Senator Cardin, who agreed to sponsor the bill!

## Maryland Nurses Call for Safer Chemicals

Nurses from Maryland and around the country joined together in Washington DC May 22 to advocate for the Safer Chemicals Act. Katie Huffling, a nurse-midwife and program director for the [Alliance of Nurses for Healthy Environments](#) (ANHE) explained, "We are on the front lines -- we see more children and adults being diagnosed with asthma, more children with cancer, more children with autism and ADHD, more women with breast cancer and infertility issues, and rising rates of chronic diseases such as type II diabetes and obesity. While many of the illnesses are treatable, we would much rather prevent these diseases from happening in the first place. It seems like every day a new study comes out linking the rising rates of these diseases with environmental exposures to toxic chemicals." Click [here](#) and [here](#) for more!

## Chemotherapy Drugs & Sterilizing Agents Put Nurses at Risk

The May issue of [Medical Environment Update](#) highlights the ongoing concern of the kind of toxic chemicals nurses are exposed to on a daily basis. These chemicals, found in the sterilizing cleaners for medical devices and in chemotherapy drugs, can be extremely harmful to those unsafely exposed. While the article is accessible to members only, an excerpt appears below:

A study published in the American Journal of Obstetrics and Gynecology indicates that pregnant nurses who are exposed to these chemicals, as well as radiation from x-rays, have a greater risk for miscarriage. Nurse who are exposed to chemotherapy drugs are twice as likely to have a miscarriage in the first trimester, and nurses who are exposed to sterilizing chemicals are twice as likely to have a miscarriage in the second trimester.

Researchers surveyed nearly 7,500 nurses who had been pregnant between 1993 and 2002, asking them to recall how often they worked with particular chemicals and equipment. This created some weaknesses in the study since researchers could not accurately determine how long each woman came in contact with the hazardous chemicals, and nurses were asked to remember exposures as far back as eight years.

"With the chemotherapy drugs, we were not necessarily surprised to see the effect we found, but I guess the fact that we're seeing it as late as 2001, when we submitted the questionnaire, is surprising," says Christina Lawson, PhD, epidemiology team leader for NIOSH in Cincinnati and lead author of the study. "We have been working towards promoting safety precautions when working with these drugs, especially during pregnancy, but it seems like we still have more work to do."

The underlying issue exposed with the publication of this study is not simply miscarriages from exposure to hazardous drugs, it's the possible reasons those exposures occur in the first place.

"It could be that we need to do more education or more frequent education," Lawson says. "It could be that people are educated but are not following the guidelines. Or it could be that the guidelines are not protective enough."

For more information: <http://blogs.hcpro.com/osha/2012/05/chemotherapy-drugs-and-sterilizing-agents-put-nurses-at-risk-medical-environment-update-may-2012/>





## Going Green Can Improve Worker Safety

Green initiatives in the healthcare environment offer the obvious perks: financial savings, smaller footprint, and the organizational camaraderie of making a difference in the environment. And the [June issue of Medical Environment Update](#) reports on how environmentally sound practices can also spruce up the culture of safety, including worker safety, in healthcare facilities.

Here is an excerpt:

Even small changes can have a large impact. According to the EPA, hospitals generate approximately 7,000 tons of waste per day (there are no waste statistics for nonhospital settings), much of which is considered infectious, hazardous, or solid waste. Healthcare facilities also use mercury in some medical devices, in addition to other materials with toxic effects such as PVC, DEHP, cleaning materials, heavy metals in electronics, and pesticides; all this is in addition to consuming large amounts of energy and water.

Furthermore, a report published by researchers at Johns Hopkins Medical Center in the February 2011 issue of *Archives of Surgery* showed that as much as 90% of what ends up as red bag waste in surgical suites does not meet the guidelines for red bag waste. Although hazardous waste makes up only 24% of all waste, it accounts for 86% of the cost, meaning healthcare facilities could save a significant amount of money simply by educating healthcare workers and making sustainability a priority in their facility.

For more, go to:

<http://blogs.hcpro.com/osha/2012/06/going-green-can-also-improve-worker-safety-medical-environment-update-june-2012/>

## Hospital Hit Over Waste Disposal Rule

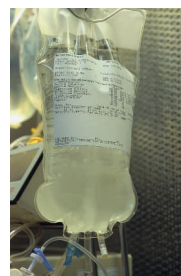
Concord Hospital will pay \$205,000 in fines for hazardous waste violations that included disposing of medications in the trash instead of handling them separately, according to a settlement it reached with the state last week.

The hospital is the first health care facility in New Hampshire to face civil penalties for this type of violation, said Senior Assistant Attorney General Allen Brooks.

Concord Hospital improperly disposed of pills, IV bags, cancer treatments and "basically any pharmaceutical that would normally be given to you in a hospital setting," said John Duclos, administrator of the hazardous waste management bureau for the Department of Environmental Services. The violations were found during a January 2009 inspection.

The materials should have been sent to hazardous waste landfills or incinerators, Duclos said. Instead, pills were left in the trash and IV bags were grouped with biohazard waste. Some liquid materials were flushed and went into Concord's waste water treatment system, Brooks said. The hospital was also not identifying hazardous waste alcohols or solvents and was improperly recycling oil, Brooks said.

[Continue reading here](#)



*Pharmaceuticals and IV bags were two of the improperly disposed items at Concord Hospital*



## EPA Takes Hospital Disinfectant Off the Market

The EPA has issued a "Stop Sale, Use, or Removal Order (SSURO)" for ZEP Formula 165, a disinfectant created by Zep, Inc., and used in hospitals. ZEP Formula 165, a pesticide, was declared misbranded and ineffective against *Mycobacterium Tuberculosis*. For more information, go to:

<http://yosemite.epa.gov/opa/admpress.nsf/>

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OpenDocument](http://d0cf6618525a9efb85257359003fb69d/1e674fdccbf8d4cfc852579e60050663d!OpenDocument)



## Connecting Sustainability to the Healthcare Mission

“Sustainability” is a broad term that can mean many different things to the operations and mission of a healthcare facility. The May edition of Healthcare Design Magazine walks through what sustainability can mean and how it’s inextricably tied to a hospital’s mission.

**Sustainable Management:** Many hospitals are in old buildings and will soon need to build or renovate. Sustainable design and operations are a vital consideration.

**Social Sustainability:** It’s important not to just focus on healing but also on preventative behaviors and overall wellness for patients and community members, and to have clinicians and administrators be models of nutritional health.

**Economic Sustainability:** This refers to offering healthcare services to those who cannot afford to pay for it, which is often a central part of a health system’s mission.

**Technology and Sustainability:** Technology can be utilized to decrease costs and for smoother, more efficient operations. Practices such as Electronic Health Records reduce use of paper and save money.

**Sustainable Metrics:** Many rating systems, like LEED, exist to objectively measure the environmental sustainability of a hospital.

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

## Take This Poll!

### How Green is Your Hospital?



How well does your healthcare facility or department do in following environmentally sound practices? In other words: How green are you? Take the OSHA Healthcare Advisor

Weekly Poll!

<http://blogs.hcpro.com/osha/2012/06/weekly-poll-how-green-are-you/>

## MD Green Registry Annual Awards & Membership Event

These five organizations were recognized June 5th for their strong commitment to sustainable practices, measurable results, and continual improvement. Click [here](#) for summaries of their accomplishments and on the profiles below to learn more about their award-winning environmental practices.

[GM Baltimore Operations](#)  
[JBS International, Inc.](#)  
[Life Technologies](#)  
[Lucy School](#)  
[Staples](#)

For more information on how to join the Maryland Green Registry, go [here](#): <http://mde.maryland.gov/marylandgreen/Pages/2010LeadershipWinners.aspx>

## More from Green Teams

A few green team logos...



**Does your hospital green team have a webpage? Let MD H2E know!**

### Hospitals with “Green” Webpages

**Carroll Hospital Center**  
**Civista Medical Center**  
**Franklin Square Hospital Center**  
**Good Samaritan Hospital**  
**LifeBridge Health**  
**University of Maryland Medical Center**



## Sustainable Foods

### Take the National Hospital & Health Care Provider Buy Local Challenge!

All you have to do to take the challenge is commit to eating or serving local during Buy Local Week (**July 21-July 29, 2012**).

You can take the pledge as an employee or community member, or you can take the pledge for your food service department to serve local food at your hospital or nursing home each day during Buy Local Week.

Click here to sign up!

[http://buy-local-challenge.com/challenge\\_hospital.asp](http://buy-local-challenge.com/challenge_hospital.asp)



Maryland  
Department of Agriculture

### FAQ: Selling Products as Locally Grown

The Maryland Department of Agriculture has put together a fact sheet for those looking to serve local products this summer. The state of Maryland has a law in place requiring labeling of state of origin on anything advertised as local at the point of sale.

**What is the Advertising Agricultural Products as Local or Locally Grown Law?** In 2010, the Maryland General Assembly passed, and Governor Martin O'Malley signed into law this measure. The regulations implementing this law require businesses that advertise raw meat, eggs, fish, fruits, vegetables, shellfish and processed dairy products as local or being locally grown, regionally grown or produced, or otherwise represented as having originated close by, must have point-of-sale signage indicating the state of its origin.

**Why does this law exist?** Maryland farmers and watermen have benefited from a growing public awareness and desire to purchase Maryland-grown food. Businesses selling food have supported sales of Maryland food along with food from other states. However, in many cases the food has been classified as "local" at the point of sale, without any definition of the term. Lawmakers and the public were concerned that consumers were not getting clear information on what they were buying and that those who would like to support local farmers and watermen through buying fresh, local food could not do so in some retail settings.

**What specifically does the law apply to?** Raw meat, eggs, fish, fruits, vegetables, shellfish and processed dairy products (milk, cheese, yogurt, kefir, ice cream).

**Does it apply to processed food (excluding milk, cheese, yogurt, kefir, ice cream)?** No. Processed food (excluding milk, cheese, yogurt, kefir, ice cream) is not regulated.

**Does it apply to honey?** No.

**Where does advertising have to define source of the food?** These regulations apply to the advertising at point of sale. If a display of apples, for example, has a sign near them declaring they are local, locally grown, regional, "from your backyard," the advertisement must say in which state or states the apples were grown. Or, an adjacent placard must clearly state which in which states the produce was grown.

**Continued on page 9**



## Measuring Sustainability in Foodservice



Taking steps toward developing a sustainable foodservice operation is not nearly as difficult or intimidating as it once was. To borrow a comparison from the fashion industry, few would argue with the assertion that green has become the new black in foodservice the past three or four years. And the popularity of green continues to grow as many operators begin to track their results and realize a positive return on their investments, which can lead to the introduction of more black — this time in the form of ink on a balance sheet. Simply put: The more foodservice operators can quantify their sustainable success, the more they want to do in this area.

Conducting energy audits, including simply comparing year-to-year utility bills, represents one component of measuring sustainability. But today's operators can take advantage of other opportunities for more detailed sustainability measurement.

To view the article, go to:

<http://fesmag.com/features/foodservice-issues/9802-measuring-sustainability>



### FAQ: Selling Products as Locally Grown, *continued from page 8*

**If I have a billboard, television, radio or magazine advertisement saying I am selling local fruit, does the billboard have to say which states the fruit comes from?** No. These regulations refer to point of sale only.

**If I sell apples which were grown in Pennsylvania and Maryland and have them in the same bin and have the word "local" or "regional" above them, what do I have to do?** Intermingled product must include signage indicating the state of origin. In this case, the sign could say: "Locally grown apples – from Maryland and Pennsylvania."

**If the label on my milk, cheese, ice cream or yogurt says it is local, do I have to say from which states the milk came from?** Yes.

**What typestyle do I have to use saying which state it comes from?** It has to be legible and readable.

**Does this apply to farm-stands, restaurants, farmers markets and grocery stores?** Yes. Any business which retails food in its raw state is covered by this regulation.

**How will the law be enforced?** Any citizen may report a violation. Maryland Department of Agriculture will investigate the complaint. If the complaint is valid, MDA will warn the business. If the business ignores the warning, the business will be fined up to \$500.00. Violators may also be listed in resulting press releases.

**Where can I find a copy of the 2010 legislation?** <http://mlis.state.md.us/2010rs/billfile/hb0421.htm>

**Where can I find the final regulations?** <http://www.mda.state.md.us/pdf/finalbuylocalregs.pdf>

**Who do I call for more information?** The Marketing and Agricultural Development Section of MDA at [\(410\) 841-5770](tel:410-841-5770)

## Upcoming HCSLC Meeting

**This meeting is for health care providers only!**

The next meeting of the Health Care Sustainability Leadership Council is Thursday, June 28, 2012, 8:00 a.m. – 10 a.m.

- Enjoy time networking with peers that have successfully implemented sustainability programs
- Participate in the HCSLC Business Meeting
- Learn from guest speakers about the Maryland Green Registry, Plug Load Reduction Audits, Recycling, Composting and programs and policies of the MD Department of the Environment:

**Laura Armstrong:** Pollution Prevention and Sustainability Coordinator, and

**Hilary Miller,** Manager of the Waste Diversion and Utilization Program

### Agenda:

8:00 Networking/Breakfast

8:30 Business Meeting

9 -10 Guest Speakers

**For meeting location and to RSVP contact Colleen Cusick, Chair, MD HCSLC at [ccusick@jhmi.edu](mailto:ccusick@jhmi.edu) by Monday June 25, 2012.**

## 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](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
- Molly Englund, Communications Coordinator, [englund@son.umaryland.edu](mailto:englund@son.umaryland.edu), 410-706-6832
- Priya Saha, Nursing Outreach Coordinator, [saha@son.umaryland.edu](mailto:saha@son.umaryland.edu), 410-706-3077



## CALL FOR ABSTRACTS!



**Environmental Excellence in Health Care**

Innovations and Collaborations

Submit an abstract now to MD H2E's **5th** annual *Environmental Excellence in Health Care* conference, held at the University of Maryland School of Nursing November 14th, 2012!

The theme this year is **Innovations and Collaborations**. Did your facility implement an inventive sustainable program through inter-departmental teamwork? Did your hospital partner with a farmer, a vendor, or an organization to start a brand new green initiative?

**[Submit an abstract!](#)**

The deadline to submit is Monday, July 16, 2012. Early submission encouraged.

**For questions, contact Joan Plisko at [plisko@son.umaryland.edu](mailto:plisko@son.umaryland.edu)**

## Practice Greenhealth Webinars



June 20, 2 pm (Eastern)

**Greening the OR:**

**The Impact of Waste Anesthetic Gases in the OR & Different Mitigation Strategies**

Access to Practice Greenhealth webinars is a fee-based service, and is one of many member benefits.

[Click here to Register and Purchase Webinars.](#)

You can learn more about the fees and benefits of membership by going to our website.

<http://practicegreenhealth.org/membership>