



Maryland H2E News Roundup

August 2012



MD H2E's 5th Annual Conference



November 14, 2012

Register online today:

<http://nursing.umaryland.edu/events/environmental/registration.php>



Keynote: Climate Change and Health: Connecting the Dots

Kim Knowlton, DrPH, Senior Scientist
Health & Environment Program
Natural Resources Defense Council

DON'T FORGET—APPLY NOW

Applications due September 7th:

[MD H2E Nursing Leadership in Environmental Health Award](#)

[MD H2E Trailblazer Award](#)

White House Event on Greening America's Hospitals



The Healthier Hospitals Initiative took part in the "Greening America's Hospitals" event July 24th, hosted by the White House Council

on Environmental Quality (CEQ). The event focused on sustainability practices in health care and included two panels, "Fostering a Culture of Environmental Sustainability" and "Healthier Hospitals Initiative: Transforming the Supply Chain."

Senior administration officials, hospital administrators, business leaders, and policy experts spoke, along with representatives of HHI. The event was recorded by the White House and can be found here: [Greening America's Hospitals Part 1](#)

[Greening America's Hospitals Part 2](#)

Healthy Buildings/Healthy Hospitals: The Human + Financial Return on Investment

September 13, 7:30 – 11:00 AM

750 East Pratt Street, Sky Lobby, Baltimore MD, 21202

Get the latest on LEED certified and registered hospitals in Maryland.

Program Includes:

- Case studies of LEED Certified and Registered Hospitals: Anne Arundel Medical Center, Holy Cross Hospital, Shore Health System
- Maryland Hospitals for a Healthy Environment: Maryland Hospital Innovations
- The Healthier Hospital Initiative (HHI): a National challenge to the health care sector
- Integrating data from the Maryland Environmental Health Network
- USGBC National update on LEED for Healthcare and their new National Health Initiative

Who should attend: Health professionals, facility managers, financial managers, design professionals, architects, LEED advocates, public health advocates, green team members, and other interested in a sustainable health care system.

Breakfast fare and coffee provided.

Free but registration required. <http://bit.ly/USGBCMDBuildingHealthyHospitals>

Contact: Lorraine lorraine@dooconsulting.net

AAMC is the first LEED Gold certified acute care facility in Maryland



Keeping Furniture Alive Through "New2U Program"



By Carole Lever, MLS, AHIP

Manager- Library Services, CME, Archives, MedStar Union Memorial Hospital

This year MedStar Union Memorial Hospital enhanced its recycling program and focused on bulk waste, specifically office and waiting room furniture. The hospital evaluated its furniture purchasing and discarding processes and established a new process with the facilities department to "ask" before trashing. The program was branded 'NEW2U'.

Unused and/or discarded furniture is identified and collected in a common location. Each item is photographed and tagged with an ID#, brief description, and date. The hospital's inventory of items is posted via a 'NEW2U' link on the hospital's green team website. Department decision makers are educated and reminded to check the NEW2U collection before ordering new furniture. Senior Management is also held responsible for ensuring that departments check the inventory before approving new purchases.

Associates are able to browse and select items when the store is open. MedStar Union Memorial's goal is to re-purpose items within the facility and to encourage repairs or reupholstering. If there is no need in-house, associates are given the opportunity to purchase items for a nominal fee. Some items are donated to non-profit groups while other, more damaged items are picked up by a recycling vendor.

MedStar Union Memorial's 'NEW2U' program is saving money, diverting waste from the landfill,



The stock

and encouraging employees to re-use before purchasing. In the first year, 332 items were adopted internally, 52 were purchased, and 78 were donated to non-profit groups.

Sustainability & the green team

Please contact Carol Lever at 410-554-2817 with any updates to the content listed on this site

Clean Sweep 2012
by Lever, Carole
Clean Sweep 2012 - February 20-24.
Information and schedule to be distributed Feb 1.
Contact any member of the Green Team or the Medical Library (ext 2294) with questions/suggestions.

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Slideshows	
Chairs	Cabinets
Deaks	Shelves
Miscellaneous	

Green at UMH

Projects, goals, activities here at UMH for all associates and departments, whether clinical or non-clinical.

Clinical

Projects and activities in clinical areas at UMH, i.e. direct patient care, nursing, etc.

Green Beyond UMH

Resources in the community for recycling, repurposing and sustainability.

Trash Cans That Fit Your Needs: Utilizing Red Bag Roll Dispensers

By Reva A. Bounan, RN MS

Education Specialist, MedStar Harbor Hospital

When MedStar Harbor Hospital signed a new waste contract with its vendors, very ambitious objectives were set, including a goal of 12% regulated medical waste (RMW). The only way to achieve this goal was to restructure the way in which the hospital handled waste throughout the facility. MedStar Harbor Hospital worked with its vendors to create custom waste flows based on RMW generated by each department. One such strategy was the use of red bag roll dispensers.

A dispenser was installed in each patient room to replace a standard step-on container. Clinicians pull a bag when needed for regulated medical waste. This bag is tied and taken to a communal container conveniently located on the unit. The hospital first deployed this waste flow in areas that produce very minimal amounts of regulated medical waste, but as the program went along, more and more departmental managers wanted them in their areas. MedStar Harbor Hospital now has dispensers in its medical/surgical units, specialty practice offices, and emergency department.

The program is clearly working. RMW accounted for 26% of the waste stream in June 2012—down from 79% in December 2011. That means the hospital removed about 150,000 pounds of RMW per month from the waste stream. MedStar Harbor Hospital believes that this strategy makes its employees better aware of what they are throwing away and subsequently more aware of their and the hospital's environmental impact.



Check out Civista Health's Videos on Healing Garden

Civista Medical Center, located in La Plata, MD, created a healing garden onsite that "provides a level of peace and quiet for patients and their families," according to Cathy Delligatti, Vice President Patient Care Services. Civista's website offers several videos showing what inspired volunteers, charities, and employees to get involved.



<http://www.civista.org/fuseaction-PatientsVisitors.showVideoGallery-type-garden.htm>

Also check out [Civista's Flickr account](#), for more pictures!

Johns Hopkins Hospital's New Buildings Promote Wellness



Greenhealth Magazine, the official membership magazine of Practice Greenhealth, published an interview with architect Carolyn BaRoss, of Perkins + Will, who worked on Johns Hopkins Hospital's new Charlotte R. Bloomberg Children's Center and Sheik Zayed Tower, two buildings both designed with patient and staff wellness in mind. BaRoss believes that when it comes to design, function doesn't have to come at the expense of aesthetics. Art, natural lighting, and beautiful views can all have a positive impact on patients and staff. Perkins + Will made sure to engage nature wherever possible in the new buildings, with gardens visible indoors and out, daylight-filled spaces, and the use of light-reflective neutral colors.

The design team also used furnishings made without vinyl and used rubber flooring where possible. Low VOC paint was used for the walls.

[Find the article here.](#)

Questions or comments, please contact:
Joan Plisko, Technical Director, 410-706-2107, plisko@son.umaryland.edu

Project Blue Wrap is Back!

Inova's nationally-recognized Project Blue Wrap design competition is back for a third season – are you ready for your design to rock the runways at Fashion Week in Washington DC this fall?

Inova's Office of Sustainability has once again partnered with DC Fashion Week to bring this



eco-friendly, think-outside-the-box fashion design competition back for another round – but this time, it's open to healthcare employees across the country! Aspiring designers, fashion enthusiasts and at-home crafters are invited to put their best foot forward and get creative with blue wrap – a sterile, recyclable plastic material used in hospitals to protect sterilized surgical instruments.

Based on the number of entries, anywhere from 10-15 Project Blue Wrap outfits will be featured alongside the work of professional designers in DC Fashion Week's Eco-Fashion Show & Kickoff Reception on Monday, September 17. The Fall 2011 and Spring 2012 events were smashingly successful – check out this coverage for inspiration:

<http://tinyurl.com/cyjsnfv>

<http://tinyurl.com/cfrdmog>

<http://tinyurl.com/c6rvznc>

Contest Details:

Anyone can enter Project Blue Wrap, from healthcare employees and suppliers to community members and the general public. To sign up or request more information, please email go-green@inova.org with the subject line "Project Blue Wrap." More detailed information regarding clothing specs and contest rules will be sent once you submit an email indicating your interest in the competition.

Due to logistical issues, all non-Inova contestants will need to procure their own blue wrap. In order to avoid issues of potential contamination or exposure, please contact your hospital's Sterile Processing Department and not the OR for used blue wrap.

Date: Submit entries by September 5, 2012

Maryland Energy Administration Incentives



There is a host of grants, loans, rebates, and tax incentives offered by the Maryland Energy Administration for businesses and residences.

According to the website, these programs promote "energy reduction, renewable energy, climate action, and green jobs." There are tax credits for businesses that create their own energy and biofuels, links to utility-sponsored rebates, loans for energy conservation updates, grants to install energy efficient technologies, and more.

[Click here to find out more.](#)



Top 5 Things That Save Energy in Hospitals

Check out [Healthcare Design Magazine's blog post](#) on the 5 biggest areas of energy use in a hospital and what can be done to save more of it.

Lighting: Retrofits with newer lamps and remove unnecessary lighting

Ventilation: Re-commission the economizer control on air handling units

Water Heating: Preheat domestic hot water with condenser heat and switch to low-flow plumbing fixtures

Space Heating: Plan a steam trap maintenance program to prevent leaking

Space Cooling: Invest in technology to optimize the control of central cooling systems.

How to Overcome Sustainability Challenges

An article in Environmental Leader examines the challenges of incorporating sustainability practices into an existing business, and some possible solutions. Author Jeffrey Puritt, President of TELUS International, focuses on the following areas:

- **Senior Support:** Becoming a sustainable business requires senior-level buy in – and some of your senior team may be more supportive than others.
- **Employee Engagement:** Initiating positive change will have a much greater chance of success if employees feel proud and engaged.
- **Cost:** Fundamentally, businesses are designed to make money – and introducing sustainability initiatives usually comes at a cost.
- **Metrics:** Without a regulatory body, it's difficult to determine what to measure. Sustainability initiatives are particularly challenging as they often affect society at a macro-level, which cannot always be quantified.
- **Suppliers:** Identifying suppliers that match your business needs as well as your sustainable values is time consuming and difficult.
- **Consumers Don't Care:** Consumers do not consistently communicate their desire for sustainable products when exercising their purchasing power.



[Read the article to find out the solutions to these issues!](#)

Updated Hazardous Waste Pharmaceuticals Web Page



The EPA is in the process of developing a new proposal to establish appropriate standards for the management and disposal of hazardous waste pharmaceuticals generated by healthcare facilities.

This most recent effort is a continuation of the December 2, 2008 proposal to add hazardous waste pharmaceuticals to the Universal Waste Program. Public comment on the December 2008 proposal revealed numerous concerns over the lack of notification requirements for those facilities that generate, handle or transport "universal waste" pharmaceuticals as well as for the lack of tracking requirements for the shipment of these wastes. Therefore, the Agency decided to not finalize the 2008 proposed rule, but rather develop another proposal for new standards for the management and disposal of hazardous waste pharmaceuticals that are generated by healthcare-related facilities. It is anticipated that the proposed rule will be published and available for public comment in March 2013. See new web page at: <http://www.epa.gov/waste/hazard/generation/pharmaceuticals.htm>

Johnson & Johnson removing harsh chemicals from adult toiletries and cosmetic products by 2015



TRENTON, N.J. — Johnson & Johnson plans to remove trace amounts of potentially cancer-causing and other dangerous chemicals from nearly all its adult toiletries and cosmetic products worldwide within 3 1/2 years.

The health care giant late last year pledged to remove "chemicals of concern" from its baby products sold around the world. That change came after a large coalition of health and environmental groups began pressing J&J more than three years ago to make its personal care products safer.

The company told The Associated Press in an exclusive interview Tuesday that it remains on track to have baby products, including its Johnson's No More Tears baby shampoo, reformulated with safer ingredients by the end of 2013. Adult products will be reformulated by the end of 2015.

[Continue reading here.](#)

Inside the effort to strip toxics from U.S. hospitals

By [Kristine A. Wong](#), Published July 31, 2012

It's not easy to wrangle the largest players in any industry to give up competitive advantages.

But that's what the five largest health care group purchasing organizations (GPOs) in the U.S. (Amerinet, HealthTrust, MedAssets, Novation and Premier) did when they agreed to work together on a standardized list of questions for suppliers about their products' impact on humans and the environment.

It's a move that can have a big impact on greening the industry's supply chain: Purchases of the five GPOs represent 90 percent of all GPO purchases and total \$135 billion a year, according to Curtis Rooney, president of the Health Care Supply Chain Association.

"These GPOs put competition aside to show that they are committed to sustainability," said Beth Eckl of Practice Greenhealth, a nonprofit organization of more than 1,200 health care organizations (including hospitals and GPSs) aimed at embedding sustainable practices in the health care industry.

While [Kaiser Permanente had developed its sustainability scorecard in 2010](#), there was still a need for standardized questions in order to compare each product using the same measures, according to Eckl, the director of the organization's environmental purchasing program.

"Purchasers in general are in a key position to affect sustainability," Eckl said. "What comes in the front door has an impact out the back."

[Click here to continue reading.](#)

Sustainable Foods Update

FutureCare Cherrywood Featured at Governor's Buy Local Cookout



Governor Martin O'Malley with FutureCare Cherrywood Team: L to R- Executive Chef Frank Leake; Clinical Dietitian Margie Ginsberg; Performance Improvement Director Annette Fleishell; Clinical Dietitian Joselyn King.

FutureCare Cherrywood Nursing and Rehabilitation Center is the first health care facility in Maryland to be selected to showcase a local food recipe at the Governor's Annual Buy Local Cookout since the cookout started five years ago. The FutureCare team prepared and served their Cherrywood Fiesta Herb Encrusted Chicken for the event on July 19th at the Governor's mansion in Annapolis. Their recipe is also featured in the [2012 Maryland Buy Local Cookout Recipes](#). Find out more about the event at: [Governor's Cookout](#); and [Pictures](#).

Buy Local Challenge: Overwhelming Success

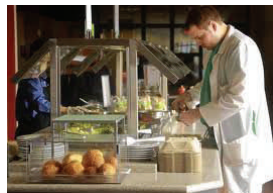


VP of Clinical and Support Operations Craig Carmichael enjoys a local blueberry cobbler at St. Joseph Medical Ctr.

This year for the first time, Health Care Without Harm adopted the Buy Local Challenge resulting in 82 health care facilities participating in 15 states across the U.S. and the District of Columbia by serving at least one local food each day from July 21-29. More than 50 of these facilities are in MD, DC and N. VA, spending over \$50,000 on local foods during the week and engaging over 1000 employees, patients and community members in taking the pledge to eat local foods. Hospital executives from at least 6 hospitals also took the pledge to eat local foods for the first time this year. At least 11 health care facilities, primarily in Maryland, purchased local beef and/or poultry during the week. Stay tuned for the press release and newsletter showcasing hospitals' stories & pictures!

Upcoming Events

Sept 13 7:30—11:00 am
Healthy Buildings/Healthy Hospitals: Human + Financial Return on Investment.
[Register: Healthy Buildings](#)



Sept 13 3:00—4:00 pm
Local & Sustainable Food Purchasing and Policies in Health-care — Webinar 3:00 pm
[Register: Sustainable Food Webinar](#)



Sept 21 8:00 am — 5:00 pm
10th Annual Mid-Atlantic Center for Children's Health and the Environment Conference
[Register: Children's Health](#)



Sept 27 12:00—1:30 pm
Food Leadership Council Meeting
[Lmitc001@son.umaryland.edu](#)



Oct 5 10:00 am—3:00 pm
Practical Applications of Common Kitchen Herbs & Spices & How to Grow Them
[Lmitc001@son.umaryland.edu](#)



Oct 6—9
Hunger and Environmental Nutrition DPG Events at Food & Nutrition Conference
[Register: HEN Events @ FNCE](#)



Oct 18 8:30 am—12:00pm
Farmers in the Kitchen: Connecting Meat Producers with Professional Chefs
[Register: Farmers in the Kitchen](#)



Nov 14

7:30 am—
4:00 pm

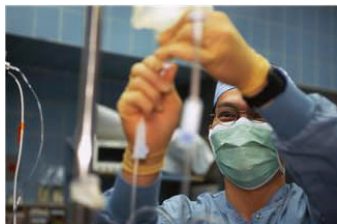


Environmental Excellence in Health Care
[Register: Environmental Excellence](#)

Long-Term Outcomes after Phthalate Exposure: Food Intake, Weight Gain, Fat Storage, and Fertility in Mice

[Research with mice reports](#)

that exposure to the phthalate DEHP causes adverse effects both to the pregnant mother and offspring exposed in the womb. Impacts include significant weight gain, changes in hormone levels and at the highest exposure level, 100% spontaneous abortion.



DEHP is commonly found in hospital medical supplies like IV tubing and bags. However, alternatives have become more commonplace as the health effects of DEHP become more documented. Talk to your supplier about DEHP-free products.

Plastics Chemicals Linked to Diabetes in Women; Blacks and Hispanics Most Exposed

A group of chemicals found in household plastics and medical supplies is linked to higher rates of diabetes in women – up to double the rate for women with the highest levels, according to new research led by Harvard scientists. Blacks and Mexican Americans and women living in poverty are exposed to the highest levels of some of these compounds, called phthalates. “It’s extremely likely that phthalates and other chemical contaminants will turn out to be a big part of the obesity and diabetes epidemic, but at this point we really don’t know how these chemicals are interacting with each other, or with the human body,” said Richard Stahlhut, a University of Rochester scientist who co-authored the study.



[Read the article here from Environmental Health News here.](#)

Who 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, lmitch001@son.umaryland.edu, 410-706-1924
- Molly Englund, Communications Coordinator, englund@son.umaryland.edu, 410-706-6832



Practice Greenhealth Webinars



September 13, 2 pm (Eastern)

**Green Operations Series:
Engaging Employees & Marketing the Sustainable Mission**

September 13, 3 pm (Eastern)

**Healthier Hospital Initiative:
Local & Sustainable Food Purchasing and Policies in Healthcare**

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>