

Maryland Hospitals for a Healthy Environment Monthly News Roundup

February • 2014



Healthcare Sustainability Leadership Council Meeting March 4th

Clinician Engagement and Greening the OR

The Maryland Health Care Sustainability Leadership Council (HCSLC) will host Justin Graves and Dr. [Lauren Berkow](#) at the next meeting on **March 4th**. Dr. Lauren Berkow of the Johns Hopkins Hospital will discuss methods for reducing anesthetic gasses (potent greenhouse gasses), tips for greening the operating room, and how to begin the conversation when engaging physicians in sustainability. She is currently an Associate Professor of Anesthesia at the Johns Hopkins School of Medicine and the Associate Chief of the Division of Neuroanesthesiology

[Justin Graves](#), RN, was a trauma unit nurse for 8 years, and is now the sustainability coordinator for University of Maryland Medical Center. He was featured in the [December issue of the MD H2E Roundup](#) where he discussed employee engagement.

Registration is free, but required, and open to health care providers only. Please contact the HCSLC Chair, [Mike Forthman](#), for more information.

Co Sponsored by Physicians for Social Responsibility and MedChi



Don't forget!

Trailblazer and Environmental Health Nursing Award applications are due March 11th.

See Page 3.

IN THIS ISSUE:

Engaging Physicians, continued	2
Earth Day, Business Case for Greening the OR	3
Climate Change resiliency toolkit	4
Events, etc.	5
New ASHRAE standards	5
Food Pages	6
Food Pages	7

Engaging Physicians

Lauren Berkow Interview

What does an anesthesiologist know about the environment? Plenty. Anesthetic waste gasses are unregulated greenhouse gasses, create hazardous emissions, and, for the most part, are vented out of the hospital as a patient exhales during an operation. In addition to the anesthetic itself, these agents require a carrier gas, which can be oxygen combined with either air or nitrous oxide. In cases where nitrous oxide is used, a large portion of the environmental and health impact comes from emissions of the carrier gasses.



Dr. Lauren Berkow, a neuro-anesthesiologist at Johns Hopkins Hospital, was assigned by her administrator to be the sustainability representative for her department on the Johns Hopkins Hospital green team. Dr. Berkow is the only physician on the committee green team and was able to contribute her anesthesia supply and equipment management experience to the team's sustainability programming.

Continued on Page 2...



www.mdh2e.org

Top five ideas that will influence Healthcare in 2014

Healthcare Design magazine recently asked healthcare design professionals, firms, and owners to discuss what trends and subjects are coming down the pike, currently.

Robin Guenther is a principal with Perkins+Will at its New York office and co-author of *Sustainable Healthcare, Architecture*. Guenther gives her top five ideas that will influence healthcare in 2014.

Guenther describes **Resilience, Community Engagement, Transparency on Two Fronts, Healthy Buildings and Healthcare; not disease care**, (prevention medicine). The full article can be found [HERE](#).

...Dr. Lauren Berkow, continued.

"A big expense for patient anesthesia is the cost of inhalation gasses, such as sevoflurane, nitrous oxide and desflurane," said Berkow. "The cost lies in what gas is chosen, and the flow rate at which it is delivered. Lower flows are effective, safe and use less insoluble gas. Sevoflurane is expensive, but has a lower greenhouse gas emission life cycle than desflurane."

In 2010, Berkow recalls, the American Society for Anesthesiologists (ASA) began examining the role of the anesthesiologist as it related to the operating room (OR). Her peers assigned her to the ASA task force for this initiative and Dr. Berkow was ultimately named the liaison between the ASA and Practice Greenhealth (PGH), a national organization for institutions in the healthcare community that have made a commitment to sustainable, eco-friendly practices.

Dr. Berkow, an active participant in PGH's Greening the OR initiative, is on a mission to Green the Johns Hopkins operating room and educate her peers as well as other physicians, nationally. She has documented anesthesia flow data as well as the costs associated with using less expensive gasses and presented her results at a national venue.

So, how is engaging physicians in sustainability initiatives any different than, say, a nurse or environmental services worker? "Physicians are probably less aware of how much money is spent or how thin the margin is at a hospital. The impact of what they do every day affects the environment, but



it's not built into their medical school education or their work—this needs to change." As far as any message gaining momentum, physicians are harder to reach at national and global level since there isn't just one large association that they all belong to; rather they congregate and associate with organizations and initiatives specific to their area of specialty.

However, Berkow believes the tide on physician engagement in sustainability programming is turning. "Medical students today don't remember what it was like to not recycle a can."

One of the first steps in engaging physicians in greening efforts is to ease the activities seamlessly into their daily work. "Physicians aren't as involved with the waste stream as other hospital personnel, so it's important to educate them

but also show them how easy and important it is."

Dr. Berkow will be a featured speaker at the Maryland Healthcare Sustainability Leadership Council's quarterly meeting on **March 4th**, where she will discuss Greening the OR and physician engagement. Dr. Berkow will share examples of past initiatives, provide tools for getting physicians more engaged in sustainable healthcare, as well as breaking down barriers.

For more information on the **HCSLC** or to attend the **March 4th** meeting, contact [Mike Forthman](#).

What are your Earth Day Plans?

MD H2E wants to know what you and your facility are planning for [Earth Day](#), which is Tuesday April 22nd.

What **new**, **innovative** and **exciting** events are in the works? They will be published in an upcoming newsletter. Email Carrie Flora: cflora@som.umaryland.edu

For a great list of ideas and resources, check out MD H2E's February 2012 newsletter—[3 pages worth!](#)



The business case for greening the OR

Continuing with the theme of Greening the OR, authors **Cecilia DeLoach Lynn** (Director of Facility Engagement & Metrics at [Practice Greenhealth](#)) and **Julie K. Moyle** (Founder of 1x1 Consulting and a Staff Nurse at Avista Surgery Center) recently wrote an article in [OR NURSE](#) on the subject. The pair contend that the business case for sustainability in the operating room is quite a positive one. Perhaps it is the perception that being "green" is cost prohibitive that makes administrators reluctant to apply these practices to the OR. Surgical services make up a large portion of revenue at hospitals, on average, and in turn, make up more than half of expenses.



Because the OR also leaves a large environmental footprint, the environmental case for Greening the OR is an obvious one, but the authors make the business case with an audience of administrators in mind, examining current best practices, such as single-use device reprocessing, and new initiatives being defined for the OR that not only reduce the carbon footprint and exposure for healthcare workers and patients, but also saves money for the hospital, too.

Read the full article [HERE](#).

Materials health care facilities are recycling



Source: [Health Facilities Management/ASHE/AHE 2013 Health Care Facilities Sustainable Operations Survey](#)

Trailblazer and Environmental Health Nursing Award Applications due March 11th!

Applications for the Environmental Health Nursing Awards and Trailblazer Awards are available [here](#) at the MD H2E website. Please download the word document and submit the completed application to [Joan Plisko](#) by March 11th.

Health Care Facility Climate Change Resiliency Toolkit

Has your facility made any changes in its emergency preparedness protocols in the past five years? What about the past two years? Did Hurricanes Katrina and Sandy force the industry to look at climate change differently, as it pertains to healthcare? What about the recent issues in West Virginia and how they affected the water supply? The Canadian Coalition for Green Health Care and the Nova Scotia Department of Environment has co-developed the [*Health Care Facility Climate Change Resiliency Toolkit*](#). Although this pertains to Canadian Healthcare, the idea of emergency preparedness can be applied to Maryland Hospitals as well.

The toolkit includes:

[Facilitators Guide \(.ppt\)](#)

The Facilitators Guide is a presentation that can be tailored to the specific needs of their health care facilities.

[Assessment Checklist \(.pdf\)](#)

The checklist includes questions in many areas, such as: emergency management, facilities management, health care services and supply chain management.

[Resource Guide \(.pdf\)](#)

The Resource Guide is intended to be an educational resource for those looking for more information about climate change, health care, and resiliency.



The Canadian Coalition for Green Health Care
Coalition canadienne pour un système de santé écologique

ASHRAE Releases Revised Standard For Ventilation In Healthcare Facilities

[ANSI/ASHRAE/ASHE Standard 170-2013, Ventilation of Health Care Facilities](#), written by [ASHRAE](#) (American Society of Heating, Refrigeration and Air-Conditioning Engineers) and the [American Society for Healthcare Engineering](#) (ASHE), is a newly revised standard for ventilation of healthcare facilities.



The standard can help designers by providing the minimum requirements for the design of ventilation systems for healthcare facilities to provide environmental control for comfort, as well as infection and odor control.

The revised standard features updates and descriptions clarifying items such as humidity, ducted returns, recirculating rooms units, duct lining, and more.

Energy Efficiency is also covered in the revised standards. Energy recovery can provide significant savings in a high energy-producing environment such as healthcare. Provisions for the application of energy recovery are specifically addressed in 170-2013. However, if energy recovery systems are utilized, the systems cannot allow for any cross-contamination of exhaust air back to the supply airstream.

More details can be found at www.ashrae.org

Upcoming Events!

USGBC (United States Green Building Council) Wintergreen Awards

Excellence in Green Building

Thurs., February 20, 2014 • 5:30 pm – 9:30 pm
Morgan State University, Center for the Built Environment and Infrastructure Studies
1700 East Cold Spring Lane • Baltimore, MD 21251
Contact: Mary Pulcinella • 443-416-5848
mpulcinella@usgbcmd.org
Visit the USGBC [website](#) for more information.

Bike Maryland Symposium

Bike Maryland Presents the 17th Annual Bicycle Symposium

Miller Senate Building • Annapolis, MD
February 11, 2014 • 8:00 am-2:30 pm
Breakfast and Lunch will be served. Registration is free but required. Click [HERE](#) to register and for more information.



Have you Filed?

Emergency Planning and Community Right to Know Act (EPCRA) Tier 2 Forms - Reminder Due annually by March 1, 2014

Facilities covered by EPCRA must submit an emergency and hazardous chemical inventory form to the Local Emergency Planning Committee (LEPC), the State Emergency Response Committee (SERC), and the local fire department annually.

Here is the link to the state-specific information for [Maryland](#)

National Facilities Management & Technology Conference/Exposition

March 4-6 • Baltimore Convention Center

NFMT is a 3-day conference and trade show that delivers customizable facilities management training, product discovery and unlimited networking. On the agenda will be new best practices, tricks of the trade, operational strategies, relationships, fresh ideas and innovative solutions.

www.nfmt.com

Johns Hopkins Hospital Joins Practice Greenhealth



JOHNS HOPKINS
MEDICINE

The Johns Hopkins Hospital is the first of the Johns Hopkins Medical Systems hospitals to be a member of [Practice Greenhealth](#).

Practice Greenhealth is a nonprofit membership organization, offering its members a full range of tools, resources, forums, technical assistance, and networking opportunities to engage the healthcare design, construction and operations sectors in creating safe and healthy healthcare environments.

"Johns Hopkins Health System is committed to expanding our sustainability program, and joining Practice Greenhealth demonstrates this commitment. We are excited to align our programming with national standards with the help of Practice Greenhealth," **Kristian Hayes**, Assistant Director of General Services.



PRACTICE
Greenhealth

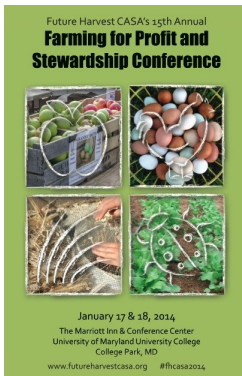
SUSTAINABLE FOOD PAGES

Chesapeake Food Leadership Council (CFLC)

January 17 – Future Harvest hosted the CFLC’s first meeting of the New Year during the 15th Annual Farming for Profit & Stewardship Conference, held at the College Park Marriott Hotel & Conference Center. The meeting served as the official CFLC commencement – ***The Year of Alignment***.

The CFLC would like to thank:

- [Old Line Custom Meat Company](#) & Mike Brannon, Vice President for sponsoring lunch and providing Roseda steaks – which were excellent! The CFLC appreciates Mike’s continued support of the council and dedication to providing our region with local, sustainable products!
- [Future Harvest – A Chesapeake Alliance for Sustainable Agriculture](#)
- **Guest Speaker** - [Delegate Tom Hucker](#) is a leader in promoting health and sustainability legislation in the Maryland Assembly. To request Delegate Hucker to speak at your facility, contact gnavarro@som.umaryland.edu.



The 15th Annual *Farming for Profit and Stewardship* Conference organized by Future Harvest - Chesapeake Alliance for Sustainable Agriculture (FHCASA) was a great success for learning, networking, and celebrating the wealth of the Chesapeake Foodshed. Sam Calagione, founder and president of Dogfish Head Brewery, gave the keynote address, and Dr. Cheng-i Wei, Dean of the College of Agriculture and Natural Resources at the University of Maryland, delivered opening remarks. Over 60 workshops offered learning for all kinds of food enthusiasts - from beginning farmers to local food systems. FHCASA announced its plan to merge with the Pennsylvania Association of Sustainable Agriculture (PASA), which will progress through the fall.

The CFLC discussion focused on aligning [local and sustainable food definitions](#), establishing tracking tools and opportunities to contribute to three essential groups: The Advisory Committee, CFLC Procurement Work Group and the Chesapeake Foodshed Network.

Participate in CFLC innovative regional workgroups: As major purchasers and models of health in the community, your food purchasing decisions can have a significant impact on the local and national food system. The Advisory Committee and the Procurement Workgroup will be driven by the CFLC as well as national programs and in partnership with regional groups, such as the [Chesapeake Foodshed Network](#) (CFN) and the [Maryland Food System Map](#) project of Johns Hopkins Center for a Livable Future.

Your participation is vital! Provide input on definitions, data collection, tracking tools, development of industry recognition awards for those advancing a local sustainable food system and providing council on how to enhance food chain transparency! Contact gnavarro@som.umaryland.edu to participate, ask questions and share concerns. Please plan to participate in the next CFLC meeting in the spring. If you would like to host or speak at our next meeting, please contact Gina Navarro 410-706-2352.

Food for Thought

As part of your facility’s mission of healing, the CFLC would like to highlight your dedication to environmentally friendly initiatives, such as Meatless Mondays, as well as feature the locally grown, sustainably farmed and produced foods you are serving and offering in your patient meals, cafeterias and vending machines that support overall health, the environment and our local economy.

Email your achievements, successful campaigns and 2014 goals. We will feature you, your department and facility in an upcoming distribution of Roundup.

SUSTAINABLE FOOD PAGES

How do you support local year-round?

Start planning sustainable food campaigns Today. The CFLC will be happy to help you plan your event, track your efforts and promote your success!

March	National Nutrition Month	Organic Food through Distributors
April 22	Earth Day/ 2014 theme: Green Cities	Organic Food and Sustainable Meat/Poultry
July	Buy Local Challenge	Local, Organic Produce, Sustainable Meat
September	Natl. Childhood Obesity Awareness Month	Local, Organic Produce, Sustainable Meat
September	Maryland Homegrown School Lunch week	Local and Sustainable Foods
Oct 24	Food Day	Events
Holidays	Thanksgiving, Christmas	Sustainable Meat and Poultry

Articles

2014 Culinary Forecast Highlights Local Foods

The National Restaurant Association's annual culinary forecast predicts menu trends for the coming year. For 2014, the NRA surveyed nearly 1,300 professional chefs to find out what the hottest menu trends will be. **Among the top 10 trends are locally sourced meats and seafood, locally grown produce, environmental sustainability, hyper-local sourcing, and farm- or estate-branded items.** [Read the full article](#)

✓ **Sustainable Foods Resource**
Connecting Sustainable Farms to Hospitals: A Hospital-Focused Report & Toolkits

Washington State hospital purchases antibiotic-free meats

January 2, 2014—At Overlake Hospital Medical Center, Executive Chef Chris Linaman has succeeded in making nearly half of his kitchen's meats antibiotic free by the second half of 2013. [Read the full article.](#)

Global Sustainable News

This is a six minute film that highlights the diversity of a new economic model that reflects the true cost and benefits delivered by different methods of production. [True Cost Film](#)

"But until those programs are aligned in a manner in which they can work together cost effectively, it's not going to be sustainable," [Searching for Solutions to America's Weight Problem](#)

Food Focus: *Congratulations MedStar Montgomery Medical Center for Signing the Healthiest Hospitals Initiative!*

Look for MD H2E's up-coming interview with Kevin Mell, VP of Operations and Wendy Smith, RD, LDN Clinical Nutrition Manager, Food and Nutrition Services of MedStar Montgomery Medical Center!

Interested in writing an article, posting a blog or sharing your success? Contact Carrie Flora, CFlora@som.umaryland.edu

About MD H2E

VISION

To advance a culture of environmental health and sustainability in Maryland's health care community.

MISSION

Through networking, education, technical assistance, and recognition, MD H2E engages Maryland hospitals and health care providers in becoming leaders in environmental health and sustainability.

VALUES

Health • Stewardship
Leadership • Integrity
Prevention • Excellence
Community Collaboration
Innovation

MD H2E Advisory Board

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Mark Miller

Washington Adventist Hospital

Charlotte Wallace, RN, BSN

MD Health Care Sustainability Leadership Council

Jo Wilson, MBA, FACHE

Western Maryland Health System

The Center for Integrative Medicine

Founded in 1991, the Center for Integrative Medicine (CIM) is an inter-departmental center within the University of Maryland School of Medicine. A leading international center for research, patient care, education and training in integrative medicine, the CIM is a National Institutes of Health (NIH) Center of Excellence for research in complementary medicine. [Click here for more.](#)

The MD H2E initiative is now co-directed by CIM's Drs. Berman and D'Adamo:

[Brian Berman, MD](#)

Director, Center for Integrative Medicine; Professor, Family & Community Medicine, UMSOM

[Chris D'Adamo, PhD, CPT](#)

Assistant Director of Education, Center for Integrative Medicine; Professor, Family & Community Medicine, UMSOM

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