Resources and Tools for Nurses to Go Green

sponsored by the Connecticut Hospital Environmental Roundtable (CHER)
Nursing Practice - the Environment

• Nurses have long appreciated that a healthy environment impacts upon the health of individuals, families, communities and populations

• This understanding is an essential underpinning of nursing practice
Why Nurses As EH Activists?

- have *access* as the only health care practitioners visiting patients in their homes, workplaces, schools and local communities gaining first hand knowledge of the potential environmental hazards present in those settings.
- are present at the risk entry points and see the detrimental end effect of environmental health issues
- nurses are skilled at *history taking* and keeping well-documented written records
- the public *trusts* nurses and almost everyone knows a nurse
- Nurses are taught to listen and how to *communicate* technical information in terms that are understandable
- Nurses “get it”, understand the links between health and the environment and are not afraid to be advocates
What We Know

- Every one of us is carrying a body burden of toxic chemicals
- Children are more susceptible to environmental exposures than adults
- The fetus may be harmed by amounts of chemicals that do not affect adults
- Already sick patients or the elderly may be less able to deal with environmental exposures
“ANA will advocate for a precautionary approach to environmental health that provides an opportunity for prevention”

- As nurses, who are educated in disease prevention, we can appreciate and should advocate for a precautionary approach when it may prevent injuries and illness.
- Nurses, as trusted and credible sources on environmental health issues, have the potential to lead patients and communities.
- ANA can assist nurses in educating and guiding policy makers, including elected officials, to a new way to see the relationship between life’s choices (both individual and societal) and their impact on health.

- Indoor Air Quality (1995)
- Reduction of Healthcare Production of Toxic Pollutants (1997)
- Inappropriate use of antimicrobials in agriculture (2004)
- Creation of Environmental Health Principles (2004)
- Chemical Exposure and Right-To-Know (2006)
Both as a call to action and a guide to practice, this book clearly presents the essential topics suitable to all nurses as health care advocates and providers. Articulating a set of ten environmental health principles, it is a guide for providing nursing care in a way that is environmentally healthy and safe.

Developed by nurse experts, this book also shows how to apply each of these ten principles to practice through numerous implementation strategies tailored to individuals, workplaces, communities, and facilities. Key organizational resources and activities fill out a compact guide to a health care field whose importance will only continue to grow. 2007/52 pp.

Three goals of “healing environments”

Reduce stress of the building’s occupants

“A better building is one that facilitates physical, mental, and social well-being and productive behavior in its occupants”

- Connection to nature (daylight/ views)
- Choice & Control (light and ventilation)
- Social Support (program areas)
- Positive Distractions (views/ program)
- Elimination of Environmental Stressors (noise)

Improve Safety

- Improved Indoor Air Quality
- Supportive Lighting Design/ Reduced Glare

Contribute to Ecological Health

- Healthier Materials
- Reduce Energy and Water Use

http://www.healthdesign.org
h2e mission

to educate, motivate, and engage healthcare professionals to adopt best environmental practices that increase operational efficiency and support an environmentally sustainable system that improves the health of patients, staff and the community…
Health Care Without Harm & H2E Nursing Liaisons

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Why a commitment to the environment?

- Safety
- Liability
- Community Relations
- **Cost Savings**
- Indoor Air Quality
- Environmental Impact
- Regulatory Compliance
- Mission Statement
- Healing Environment
- Commitment to Health
Sirota Survey Intelligence, a research firm in Purchase, N.Y., underlined the relationship between companies' environmental practices and employees' attitudes.

The survey findings, released in September 2007, show 82% of employees who were satisfied with their employers' environmental practices also felt proud to be working for their company. By comparison, just 55 per cent of those dissatisfied with their employers' environmental practices said they were proud of where they worked.

"If employees take pride in working for their company, then that unleashes unbelievable creative energy and ideas that will help the company be successful," Mr. Willard says.
101 of the nation’s ‘top hospitals’ are h2e partners
www.h2e-online.org
Green Building & H2E
Economic Benefits

- Improve productivity
- Competitive first costs
- Reduce operating costs
- Reduce absenteeism and turnover
- Optimize life-cycle economic performance
Get Credit! Integrate construction & Operations  www.gghc.org

- The Green Guide for Health Care is a voluntary, self-certifying toolkit to steer facilities through greener design, construction and operations.
- Waste volume and toxicity reduction efforts are addressed in both the Construction and Operations Sections.

www.gghc.org
<table>
<thead>
<tr>
<th></th>
<th>Integrated Design</th>
<th>Sustainable Sites</th>
<th>Water Efficiency</th>
<th>Energy &amp; Atmosphere</th>
<th>Materials &amp; Resources</th>
<th>Indoor Environmental Quality</th>
<th>Innovation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>1 - 18</td>
<td>1 - 7</td>
<td>3 - 19</td>
<td>2 - 24</td>
<td>0 - 4</td>
<td>11 - 94</td>
</tr>
</tbody>
</table>
1 – Integrated Operation    4 -  8
2 – Energy Conservation     3 - 18
3 – Water Conservation      1 -  8
4 – Chemical Management     1 -  5
5 – Waste Management        1 -  6
6 – Environmental Services  0 -  9
7 – Environmental Purchasing 0 - 11
8 – Innovation              0 -  7

10 - 72
- Practical, efficient, sustainable operational improvements
- Respectful work/healing environment
- Safety/Occupational Exposure
- Worker Morale Issues
- Regulatory Compliance
- Best Management Approach
- Employee Engagement/Staff retention
- Mission in Action
- Positive Press/Community Relations
Arm Yourself

- Hospitals for a Healthy Environment – www.h2e.org
- Health Care Without Harm – www.noharm.org
- International Council of Nurses - www.icn.ch
- Sustainable Hospitals – www.sustainablehospitals.org
- The Luminary Project: www.theluminaryproject.org
H2E Partnering Structure

1) Leadership Support
2) Team Development
3) Gather Information
4) Data collection and benchmarking
5) Goal Setting
6) Develop & Prepare the plan
7) Educate
8) Track and Report
9) Recognition
10) Repeat

Intro to H2E held monthly
Data Collection

- Waste/recycling haulage fees
- Risk Management – Lost work days, employee accidents
- Regulatory Infractions –
- Worker “morale” issues
- Air Quality Reports/complaints
- Respect Issues (sanitary break space, daylighting, places of respite, cleanliness)
- Board of Directors/Funding Opportunities
- Patient Satisfaction Surveys
- Facility Audit – What are common suggestions, complaints, concerns…
- Learn from front-line workers – get out of the board room and into shops, waste areas, sterilization, disinfection, O.R., food Services, Radiology, sub basement, break rooms, endoscopy, outpatient treatment care areas – listen!
Goal Setting

- Project benefits to success – $avings? safety, positive press, mission demonstration
- Identify one or two goals and fold into JCAHO process
- Quality Improvement Initiatives
Health Care Environmental Success is a TEAM Effort

- Leadership on patient care units
- Supply Chain
- Environment of Care Committee
- Quality Improvement
- Department Head
- Integrated Design Team
- Infection Control
- Operating Room Strategies
Tracking and Reporting

- Continuous Quality Improvement Process
- Joint Commission Environment of Care
- Reporting Structure
  - Environment of Care Committee
  - Green Team
  - Board of Directors
  - Community Liaison
  - Quality Improvement
- Communication Plan
  - PR Campaign
  - Community Events
  - Press Release/coverage
  - Marketing Strategy
Sample Programs

- Energy Efficiency
- Environmentally Preferable Purchasing
- Green Construction, Renovation & Design
- HIPAA/Confidential Paper mgmt
- Integrated Pest Management
- Red bag waste minimization
- Recycling programs
- Single-Use Device Reprocessing
- Universal waste recycling
- Water Conservation
Toxicity issues

- Mercury
- Ethylene Oxide, Glutaraldehyde
- Cleaning Chemicals
- Pesticides
- Hazardous Pharmaceuticals
- Laboratory Chemicals, solvents
- Bromated fire retardants
- Exhaust from vehicles
- DEHP in medical devices
- E-Waste
- Materials and finishes
Support Services Worker Respect Issues

- Employee Education
- Employee Recognition
- Respectful Break Environment
- Safe Work Environment
- Communication
- Listening
- Proper Protective Equipment
Group Purchasing Organizations and Environmentally Preferable Purchasing –

H2E Champion Group Purchasing Organizations

- Premier
- Consorta
- Amerinet
- MedAssets®
- broadlane™
- Novation

Associated Purchasing Services
10401 Holmes Road, Suite 280 Kansas City, MO 64131
The H2E Listserv has over 1,800 participants from the health care sector, technical assistance providers, clinicians and vendors.

1. Announcements Only
2. Information Exchange

http://www.h2e-online.org/listserv/index.htm
<table>
<thead>
<tr>
<th>Web Site Area</th>
<th># of hits/interest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Home Page</td>
<td>87,787 hits in September, 2007</td>
</tr>
<tr>
<td>Products and Services Directory</td>
<td>34,956 hits in September, 2007</td>
</tr>
<tr>
<td>Teleconference Pages</td>
<td>25,735 hits in September, 2007</td>
</tr>
<tr>
<td>Announcements Only List Serve – 4 posts per month</td>
<td>2,401 registrants</td>
</tr>
<tr>
<td>Stat Green Newsletter</td>
<td>3,300 visits</td>
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<tr>
<td>Information exchange list serve – 149 posts per month (membership driven and moderated by H2E.)</td>
<td>1,716 registrants</td>
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<tr>
<td>Pharmaceutical Blueprint Report</td>
<td>14,088 hits in 2006/2007 – 5,600 visits</td>
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<tr>
<td>Average Number of Participants in GGHC/H2E Green Building Teleconference (1x month)</td>
<td>115 per call</td>
</tr>
<tr>
<td>Average Number of Participants in H2E Operational Teleconference (1x month)</td>
<td>71 per call</td>
</tr>
</tbody>
</table>
### h2e teleconference series

<table>
<thead>
<tr>
<th>GGHC/H2E Green Bldg. 1st Friday of month/90 min</th>
<th>H2E Operational Call 2nd Friday of month/90 min</th>
<th>Regular Calls Monthly intro/bimonthly MMMF - free</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intro to GGHC 95</td>
<td>Pharm Waste 107</td>
<td>MMMF @ 20/call</td>
</tr>
<tr>
<td>Energy &amp; H2O 111</td>
<td>RMW 60</td>
<td>Intro @ 15-25/call</td>
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<tr>
<td>Connect to Nature 95</td>
<td>Food Volume 87</td>
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<tr>
<td>Furnishings 137</td>
<td>C&amp;D 114</td>
<td></td>
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<tr>
<td>Toxic Avoidance 77</td>
<td>OR Reduction 125</td>
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</table>

Top 5 attended calls in 2007

- More than 200 in attendance
- 500 Printed Copies of Pharmaceutical Blueprint paid by Kendall given or sent after event.
- Clancy, Mercury sniffing dog
- Over 120 awards given
- Keynote by Pete Myers
- Sessions on: DEHP, Data Collection, Pharmaceutical Waste, case studies on pharm waste management.
Entries into H2E’s First Annual Waste Flower Art Contest
CT H2E Partners

Awards

Bridgeport Hospital Connecticut
Children's Medical Center ★
Connecticut Valley Hospital
Day Kimball Hospital
Hartford Hospital ★
Hospital of Central Connecticut
@ Bradley
Hospital of Central Connecticut @
New Britain ★
Hospital of Saint Raphael
Johnson Memorial Hospital
Lawrence & Memorial Hospital
Milford Hospital

Saint Francis Hospital and Medical Center ★
St. Vincents Medical Center
University of Connecticut Health Center
VA Connecticut Health Care
VA Connecticut Health Care - VAMC West Haven
Whitney Center
William W. Backus Hospital
Yale Medical Group
Yale New Haven Hospital
Action Items

- Sign on as a Partner
- Environmental Commitment on Nursing/Patient Care Svs. Agenda
- Designated coordinator for facility
- Participate in waste management, supply chain, linen, construction/design team, food and more.
- Participation with H2E
- Set individual goals for facility
- Track Performance
- Awards and Recognition
1. Knowledge of environmental health concepts is essential to nursing practice.

2. The Precautionary Principle guides nurses in their practice to use products and practices that do not harm human health or the environment and to take preventive action in the face of uncertainty.

3. Nurses have a right to work in an environment that is safe and healthy.

4. Healthy environments are sustained through multidisciplinary collaboration.
5. Choices of materials, products, technology, and practices in the environment that impact nursing practice are based on the best evidence available.

6. Approaches to promoting a healthy environment respect the diverse values, beliefs, cultures, and circumstances of patients and their families.

7. Nurses participate in assessing the quality of the environment in which they practice and live.
8. Nurses, other health care workers, patients, and communities have the right to know relevant and timely information about the potentially harmful products, chemicals, pollutants and hazards to which they are exposed.

9. Nurses participate in research of best practices that promote a safe and healthy environment.

10. Nurses must be supported in advocating for and implementing environmental health principles in nursing practice.
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http://www.h2e-online.org

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Janet Brown
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Laura Brannen
Bill Craig

I’m Sarah, but I now work for EPEAT!