Creating Ecologically-Sustainable Practices

Presented by
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I do not intend to discuss an unapproved/investigative use of a commercial product/device in my presentation.
Objectives

- After participating in this activity, participants should be better able to:
  - Explain the drivers of green health.
  - Describe the three domains of building a sustainable medical practice.
  - Define three meanings of sustainability in a medical context.
  - Describe six methods of reducing the ecological footprint of a medical clinic.
Ecologically-Sustainable Practices

- Green Clinics
- Environmental Health Advocacy
- Sustainable Medicine

Ecologically Sustainable Medical Practice
Green Health

• Begins with the linking of our personal health with our immediate environment and larger global environment.

• Green Health is the growing public recognition of the imperative for global sustainability and the sustainability of our personal health.
Drivers of Green Health

- Climate Change Gets Personal

"...Remind me again why we should fear global warming?"
Drivers of Green Health

- Disease Burden reshapes intervention
- Shifting from acute illness to chronic illness
Drivers of Green Health

- Resource constraints: The costs of costs of chronic care
Drivers of Green Health

• Shifting responsibilities
• Rethinking Values and Valuation
Benefits of Sustainability

- Reduction in operating costs
- A safer, healthier clinical environment for clients and staff
- Stronger workplace culture based on values of prevention, wellness, and environmental responsibility
- Recognition as leaders in Green Health in your community
A Green Medical Facility

Green Clinics

Ecologically Sustainable Practices
Green Hospitals and Clinics

✔ Reduce the environmental impact of the facility.
  – Conserve resources
  – Minimize waste
  – Improve environmental performance
A Green Medical Facility

LifeLong Medical Care
Over 60 Health Center Greening Project

About LifeLong
For more than 30 years, LifeLong Medical Care has served as a primary safety-net provider for underserved populations in Berkeley and Oakland. In 2007, LifeLong served over 18,000 patients at their 8 health centers. Of the patients served, more than 70% were living at or below 200% of the federal poverty level. 36% percent were uninsured, and 1,200 were homeless. The Over 60 Health Center, one of the 8 clinics, began in 1976 as an outgrowth of the Grey Panthers, a senior citizens’ advocacy organization. This clinic offers medical services such as routine physician office visits, 24 hour emergency call and urgent care, nutrition counseling, chronic disease management, psychosocial services, and more.

Energy Conservation Program

COMPUTERS:
Committed to reducing their energy consumption and impact on global climate change, LifeLong joined the ENERGY STAR Low Carbon IT Campaign (www.energystar.gov/powermanagement) and was awarded a commendation and certificate from the U.S. Environmental Protection Agency. By implementing a power management program on 200 computers and monitors and pledging to upgrade 20 computers and 36 monitors to ENERGY STAR qualified equipment, their estimated annual savings are $27,562.65 (129,292.21 kWh of energy saved).

LIGHTING:
Using energy efficient lighting throughout the clinic including CFL bulbs and 2nd generation 18 fluorescent tubes with electronic ballasts is standard in the Over 60 Clinic. LifeLong instituted a formal policy to turn off lights when not in use and placed signs in restrooms and various locations throughout the clinic reminding staff to conserve.

HEATING/Cooling:
All thermostats have been programmed for 78 degrees F for heating in the winter and 68 degrees F for cooling in the summer. In the winter (thermostats are covered with a locked box to prevent employee tampering with temperature settings). Electronic time clocks on heat pumps have been cut back to two hours per twenty-four hour cycle and the system is turned off on weekends. For natural ventilation and cooling, employees are encouraged to open doors and windows when feasible.

Why Go Green?
LifeLong strives to create a healthy and healing environment, promote health within the community, and

[Image of the Over 60 Health Center]
Green Clinic Assessment

- Solid Waste Reduction & Recycling
- Energy Conservation
- Water Conservation
- Pollution Prevention
- Medical Technology & Services
- Healthy People
# Solid Waste Reduction & Recycling

## Waste Assessment

Assess your facility’s solid waste management. Identify what materials or wastes are currently generated, approximately how much, and how they are being managed (garbage, recycle, etc.). Look for opportunities to reduce, reuse and recycle.

Review the assessment and this audit annually to identify new ways to reduce waste.

## Reduce Paper

- Make double-sided printing and copying standard practice in your business. Set the copier and printer default to double-sided.
- Use the back sides of printed sheets and outdated letterhead for notes and drafts. Use in the fax and/or the printer.
- Eliminate duplicate mailings and subscriptions by sending back mailing labels requesting all but one be removed.
- Remove your name or company from junk mail lists by writing to senders requesting removal from their list.
- Purge your own mailing lists to eliminate duplication.
- Identify and eliminate unnecessary forms, double-side or redesign forms to use less space, or have forms on electronic media.
- Eliminate fax cover sheets by using "sticky" fax notes.
- Implement a electronic ordering system to reduce paper forms
- Implement an electronic billing system for orders and clients
- Send clinic memos and messages via voice- or e-mail, or post at a central bulletin board.
- Eliminate unnecessary reports and/or reduce report size or frequency.
Audit and Action Plan

- Clear Short Goals
- Long Term Goals
- Environmentally Preferable Purchasing
- Clear Responsibilities
• Green Doctor Office Program
  • Florida Medical Association

• Energy Efficiency
• Renewable Energy
• Water Efficiency
• Solid Waste & Recycling
• Drug Disposal & Chemicals
• Transportation & Commuting
• Healthy Foods
What is sustainability?

- Why am I doing it?
- What am I doing?
- Tell me what sustains you?
✓ Skillfully being with others in a way that fosters connections and interdependence

✓ Rockwood Leadership
We can create more by:

- Developing **shared vision** and strategies
- Increasing collaboration
- Learning the value of creating together
### Integral Methodology

--- Four Domains ---

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<thead>
<tr>
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<th>SUBJECTIVE</th>
<th>OBJECTIVE</th>
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<tbody>
<tr>
<td><strong>SINGULAR</strong></td>
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<td></td>
<td>Why am I doing it?</td>
<td>What am I doing?</td>
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<td><strong>PLURAL</strong></td>
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<tr>
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<td>What are we doing?</td>
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<td><em>Cultural</em></td>
<td><em>Social</em></td>
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*Integral Institute*
To be sustainable organizing structures must encourage:

- Effectiveness
- Integrity
- Mutuality

Be capable of continuing transformation toward greater social justice and greater harmony with the natural environment.

— Bill Tobert
Medicine with Environmental Integrity

- Understand the consequences of pharmaceutical and high-tech medicine
- Emphasize wellness and prevention in medical practice
- Offer and choose sustainable treatments
- Explore the role of nature in healing
- Promote the psychological and cultural benefits of prevention and sustainability
Commitment from the top down and bottom-up:

- Key ingredients
  - Leadership
  - Coordination
  - Communication
  - Education
  - Accountability
✓ Are we **organized** in a way that encourages effectiveness, integrity and mutuality?

✓ Are we **transforming healthcare** towards greater social justice and greater harmony with the natural environment?
Join Us!

• Teleosis Institute
  – Green Clinic Program
  – Green Pharmacy Program
  – Integral Medicine Program

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