



Earth Day Spotlight

Penn Presbyterian Conservation Efforts Reduce Medical Waste by 40 Percent

New Green Committee Focused on Expanding Recycling Programs

In 2008, Penn Presbyterian disposed of more than 719,000 pounds of regulated medical waste—nearly 60,000 pounds a month was sent to landfills. Realizing that a lot of non-medical waste is going in the red bags, at more than six times the cost of disposing regular municipal waste, a program is being rolled out throughout the hospital to help the hospital and the environment.

“We’ve reduced regulated medical waste by 40 percent after kicking off conservation efforts in outpatient facilities on campus, keeping 10 tons out of landfills with only half of the hospital participating,” according to Roy Manno, director of Environmental Services at PPMC. “In addition, our recycling programs for electronic waste, cardboard and paper have kept more than 32 tons out of landfills.”

- 400-500 fluorescent light bulbs are recycled per month, along with used ballasts and emergency back-up batteries that contain mercury.
- Radiology and PACU units are collecting plastic bottles and cans for recycling.
- Food and Nutrition recycles all cans and cooking grease.
- Old computer pieces (i.e. CPUs, monitors, mice and keyboards), fax machines and phones are recycled.
- PPMC has designed a storage system to make it easier to move, store and recycle office furniture, and works with the health system to share tables, chairs, shelving and other furniture.

PPMC’s new Green Committee is working to expand the recycling programs available at Penn Presbyterian – bottles, cans, toner cartridges, batteries, pharmaceutical waste, etc. If you’re interested in joining the Green Committee, please contact Roy Manno at Roy.Manno@uphs.upenn.edu or (215) 662-9302.



Climate Change Solutions: What You Can Do Right Now

As we celebrate Earth Day this week (April 22), here are five things you can do as a first step in reducing your contribution to global warming. The time to act is now.

1. Change your light bulbs: Use highly efficient compact fluorescent light bulbs (CFLs) that last for years, use a third of the energy of regular bulbs and actually produce more light. Five ENERGY STAR light bulbs will save your household at least \$150 over their lifetime. If every household in the U.S. replaced a burned-out bulb with an energy-efficient, CFL bulb, it would also save enough energy to light 2.5 million homes for a year.

2. Drive your car differently – or don’t drive at all: On average, a passenger car emits 11,400 pounds of CO₂ each year while a home emits 9,000 pounds of CO₂ per person each year in the United States. Leaving your car at home two days a week will reduce your CO₂ emissions by 1,590 pounds a year. Get your car tuned up. Studies have shown that a poorly tuned engine can increase fuel consumption by as much as 10-20 percent.

Continued on back...

Open Enrollment is Here!

Reminder: UPHS Open Enrollment runs from Monday, April 20 to Sunday, May 3. This year, the only way to enroll is online, where employees will be able to view benefit choices with an easy-to-use guide, have direct access to plan comparison charts, vendor information and forms all in one place! The website address is www.enrollone.com/uphs.

The 12th Annual Richie Ashburn Home Runs for Heart

Wednesday, May 20 and Thursday, May 21, 2009 at Citizens Bank Park

Sign-up Your Team for Batting Practice and Join Penn Medicine's Baseball Team Roster!

The American Heart Association's Home Run for Hearts honors the memory of Phillies legend Richie Ashburn, who died after a heart attack twelve years ago. Home Runs for Heart is a baseball home-run-hitting contest at Citizens Bank Park, home of the Philadelphia Phillies, where baseball fans have the chance to step up to home plate and hit one out of the ballpark. Each player will check in and head for the batting cage, just like one of the pros; hit the field for a souvenir photo; then step up to bat. After batting, players will have the opportunity to "play the field" like the big leaguers.

Players can sign up as an individual or in teams of four. Prizes will be awarded for several categories. The cost is \$400 per person or \$1500 per team of 4. For more information please contact Karen Craig from the AHA at 610.234.2441 or karen.craig@heart.org

Save the Date: MS Bike 2009 City to Shore Ride on October 3rd, 4th

Registration is now open for MS Bike 2009 City to Shore Ride. Kert Emperado, Danielle Smith, and Robert Russell are serving as Penn Presbyterian's co-captains for the event. As of April 14, 43 people had signed up to bike 25 to 175 miles. To learn more about the race course, visit www.msycling.org.

The team is open to everyone including your friends and family and our patients. We've worked with Garry Scheib, the team's founder, to set a system-wide goal of recruiting 225 team members this year. If you're interested in registering now (only \$35 through June 25), join the UPHS/PENN team, led by Dan Wilson, by visiting http://bikepae.nationalmssociety.org/site/TR/Bike/PAEBikeEvents?fr_id=10329&pg=entry.

National Patient Safety Goals Hand-Off Communication & Hand Hygiene

PPMC has a standing campaign focusing on the National Patient Safety Goals, to raise awareness of patient safety, and to ensure that all staff can explain each goal and promote these safety behaviors at Penn Presbyterian. This week, it's no trip: Falls Reduction.

FALLS REDUCTION

SAFETY RISK: In a hospital setting, patients are in an unfamiliar environment, may be on a number of medications, undergoing tests, procedures and on bed rest, all of which can make them weaker and more susceptible to falling. Inpatient falls are not specific to any one age group or patient population.

Safety Strategies:

FOR ALL PATIENTS:

- Keep personal items close; call bell in reach.
- Keep environment uncluttered and safe.
- Round routinely to assess patient needs.
- Provide patient and family education on falls risk.
- Have patients wear non-skid footwear.
- Review medications for those that can contribute to fall risk.

FOR PATIENTS ON FALLS PRECAUTIONS:

- Place Falling Star Sign on door and Orange Armband.
- Round frequently to assess patient needs.
- Document on PresbyPass.
- Use Low Beds; Bed and Chair Alarms.
- Remind patients and their families to call for assistance.

Climate Change Solutions, continued

3. Your house – not too hot, not too cold: 42 percent of your household energy costs go toward just two things - heating and cooling. Avoid using air conditioners - ceiling fans use 80 percent less energy than central air conditioners. Add two degrees to the AC thermostat in summer, and turn down the heat by two degrees in winter. Sealing air leaks and adding insulation can reduce your annual energy bill by 10 percent.

4. Tame the refrigerator monster: Your refrigerator is the biggest consumer of electricity among household appliances and is responsible for 10-15 percent of the electricity you use each year. Raise the temperature or replace older refrigerators, which are as much as 50 percent less efficient than newer ones

5. Twist the knobs on your other household appliances: The other big users of energy in your household are your hot water heater, your washer and dryer, and your dishwasher. Either turn the hot water heater down to 120 degrees, or turn on the "energy conservation" setting. Wait until you have a full load to run the dishwasher. Wash clothes in warm water, not hot.