



## Ontario Hospital Greenhouse Gas and Air Emission Challenge

*Hospitals Healing the Environment*

### Case Study #3

# Arnprior & District Memorial Hospital

*Leading sustainable community practices*

Following a community-wide fund-raising campaign during the early 1940s, the Arnprior & District Memorial Hospital (ADMH) opened its doors in 1945. Serving the catchment area of Arnprior, McNab/Braeside, and the western portion of Ottawa-Carleton, the hospital is a 44 bed acute and complex continuing care facility with approximately 250 staff. In addition to the fully accredited community hospital the ADMH corporation operates a medical center and The Grove, a 60 bed long term care facility.

### **Pollution Prevention Initiatives** *Environment Team*

In 2007, the ADMH Board of Directors included greening health care as a strategic initiative, demonstrating the facility's commitment to environmental stewardship. As stated by Cholly Boland, Chief Executive Officer of the ADMH Corporation, *"as a health care organization, our mission is to care for the community. An important component of that is being a good corporate citizen and ensuring we respect the environment. This is a priority for us and as we move forward, we will engage all our staff, physicians and volunteers to help us."*

As a result of the Board's environmental leadership, the hospital's Environment Team took on the challenge of moving beyond accreditation standards. In the past year, the multi-disciplinary team (made up of managers, a physician and staff from various depart-

ments) has taken on a number of initiatives to help reduce the hospital's greenhouse gas emissions. Initiatives include the development of an anti-idling policy, awareness-raising through the dissemination of a Greening Healthcare monthly newsletter, the promotion of facility-wide participation in the Earth Hour Challenge, and more.

A particularly successful project of the Environment Team was the *Support the Environment Contest*. Approximately 100 people participated by each contributing 3 ideas for greening the hospital. Suggestions ranged from encouraging sustainable transportation to getting rid of disposable packaging in the cafeteria. Each participant received a free Ontario Hospital Greenhouse Gas and Air Emission Challenge organic bag.

Through the contest, the Environment Team increased interest and awareness of their work and encouraged participation from all levels of the organization. Further, by acting on a number of the submitted ideas, the level of staff ownership and buy-in has been strengthened.

The Environment Team is focused on raising awareness and increasing support among staff for their initiatives, they even work on promoting people to "think green" at home. As Karen Graham, Chairperson of the

**As a health care organization, our mission is to care for the community... ensuring we respect the environment.**

Cholly Boland, CEO



Environment Team states, “our motto is getting staff to change their behaviours in their personal lives, then they will “think green” at work as well. It just becomes a good habit, a win, win for everyone”.



### **Energy Retrofits**

With the assistance of Enerlife Consulting, the Environment Team has also been the driving force behind a number of retrofit projects that have taken place at ADMH. Building on previous window and lighting retrofits, these included upgrades to the building automation system, which controls heating and cooling within the building. By exercising better control during non-peak hours, the hospital has experienced notable energy savings. Further energy savings have been achieved through the introduction of new tube bundles in the boilers and steam pipe insulation, resulting in natural gas savings of approximately 7.8% per year.

Another major retrofit, carried out by the Plant Operations Department, was the replacement of a large 37 year old chiller with a more compact energy efficient system. With the equipment replacement expertise of McKee Engineering, ADMH additionally tackled the challenge of increasing chiller capacity, from 150 tonnes to 240 tonnes to handle further expansion. Three modular water-cooled Smardt chillers were chosen. The new system has been hooked up to the building automation controls and does not contain CFC11 refrigerant, which is currently being phased out as required by provincial legislation. The resulting energy savings have been estimated at \$7,000 per year.

Currently, ADMH is considering a full lighting retrofit for their accompanying nursing home as well as taking steps to reduce the energy and water used in their on-site commercial laundry service.

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[www.c2p2online.com/cleanairchallenge](http://www.c2p2online.com/cleanairchallenge)

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ADMH's Grove Nursing Home offering long-term care to residents of the Valley

### **Waste Reduction**

The Environment Team has also tackled a number of areas in the hospital to reduce waste. As a start, a garbage audit was carried out during Energy Awareness Week where the Environment Team counted bags of garbage to provide staff with a visualization of how much waste the hospital produces.

With the help of the Dietary and Nursing Department, bottled water is no longer served to patients. By serving water in reusable tumblers, ADMH has prevented the use of 840 bottles of water per week. The cafeteria has also taken actions to reduce waste by replacing Styrofoam products with paper and reusable china, wherever possible. A Microfiber program has also been introduced in the housekeeping department. Thanks to reusable cleaning pads and cloths, ADMH is able to use less chemicals and water in maintaining the facility. Further, the hospital has partnered with Health Pro Procurement Services, a company that has taken steps to engage with suppliers about environmental issues.

### **Contact Information**

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