

Clinical Physiologists Registration Board

Continuing Professional Development Documentation Form

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|---------------------------------------|---|---|--|
| Name of activity | Making Hospitals Healthier: How to Improve Sustainability in Healthcare Facilities | | |
| Date of activity | XX/XX/XXXX | | |
| Type of activity (Only select ONE) | Group A – workplace learning case review, incident reflection, staff education meeting, in-service training, audit, project, rotation/shadowing | Group B – structured learning external conference session, course, seminar, lecture, assignment, or lecture for a qualification | Group C – self-directed learning published article review, educational website, research activity, lecture preparation |

Describe the activity - please write 2-3 sentences outlining what the activity involved and your involvement in it.

The activity revolves around integrating sustainable practices into hospital management to improve the overall health and environmental impact of healthcare facilities. By adopting a multidisciplinary approach, the activity aims to enhance sustainability, patient care, and operational efficiency.

What did you learn – please write a paragraph showing what you learned. Review the activity if necessary and be specific.

This article explores the concept of sustainability in healthcare facilities and emphasizes the importance of adopting sustainable practices in hospital management. The authors highlight the key factors necessary for creating healthier hospitals and provide insights on how to apply sustainable principles in the workplace. The focus is on multidisciplinary approaches that can enhance sustainability, improve patient outcomes, and promote environmental stewardship. By implementing the steps below, hospitals can create a healthier and more sustainable environment, improve patient care, and contribute to the overall well-being of the community.

How will you apply this to your practice – write a short paragraph describing any impact the activity could have on your practice.

Establish a diverse team comprising professionals from various disciplines, such as healthcare providers, administrators, engineers, architects, and environmental experts. This team will collaborate to identify and implement sustainable practices.

Perform a comprehensive assessment of the hospital's current practices and identify areas where sustainability can be improved. Consider factors like energy efficiency, waste management, water conservation, and indoor air quality.

Develop sustainable policies and procedures that align with the hospital's goals. This may involve implementing energy-efficient technologies, promoting waste reduction and recycling, optimizing water usage, and ensuring a healthy indoor environment.

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Conduct training sessions and workshops to educate staff members about sustainable practices and their role in achieving sustainability goals.

Promote sustainability awareness among patients and visitors through informative materials, signage, and interactive displays.

Establish metrics to track the hospital's sustainability performance regularly. Monitor energy consumption, waste generation, water usage, and other relevant indicators.

Engage with other healthcare facilities and sustainability networks to exchange experiences and best practices. Participate in conferences, workshops, and online platforms to learn from others and contribute to the advancement of sustainable healthcare.

For any activity EITHER obtain signoff

OR attach evidence.

I verify this activity as being valid for CPD purposes

Evidence attached relating to this activity:

Verified by: _____

[Buffoli, M., Gola, M., Rostagno, M., Capolongo, S., & Nachiero, D. \(2014\). Making hospitals healthier: how to improve sustainability in healthcare facilities. Ann Ig, 26\(1\), 1](#)

Signature: _____

Designation: _____

Date: _____

OR

Or you can upload the first page of the article in the evidence section (See Below)

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Ann Ig 2014; 26: 1-

Making hospitals healthier: how to improve sustainability in healthcare facilities

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Key words: Hospitals, sustainability, health, hospital management, multi-disciplinarity.

Parole chiave: Ospedali, sostenibilità, salute, gestione dell'ospedale, multidisciplinarietà.

Abstract

Background: Debate about sustainable development has reached a peak, as it is now recognized worldwide by public opinion and, in general, by governments' political agendas. New hospitals need to be made more sustainable and existing ones must improve their standards: e.g. in Italy, more than 50% of all healthcare facilities were built before the Nineties, without any attention to environmental, social or economic sustainability.

Methods: Thanks to a sustainability evaluating system (environmental, social and economic) designed by the Milanese University 'Politecnico di Milano', two healthcare facilities were analyzed and compared. Both structures have approximately 600 beds and are located in the Lombardy region but they were built in different decades: one was built in the Sixties while the other one was built very recently. The analysis focused on underlining criticalities, implementing redevelopment measures for sustainability and eventually understanding whether attention was truly being given to those topics.

Results: A need to evaluate the sustainability parameters emerged from the comparison between the two case-studies. This is the only way of identifying strategic non-invasive and cheaper solutions that could directly influence sustainability. Following the above-mentioned comparison, a first look – albeit not an adequate one – was given to sustainability aspects.

Conclusion: The assessment tool turned out to be efficient and could also prove effective in resource management and operational planning, whenever applied to any territorial facility.