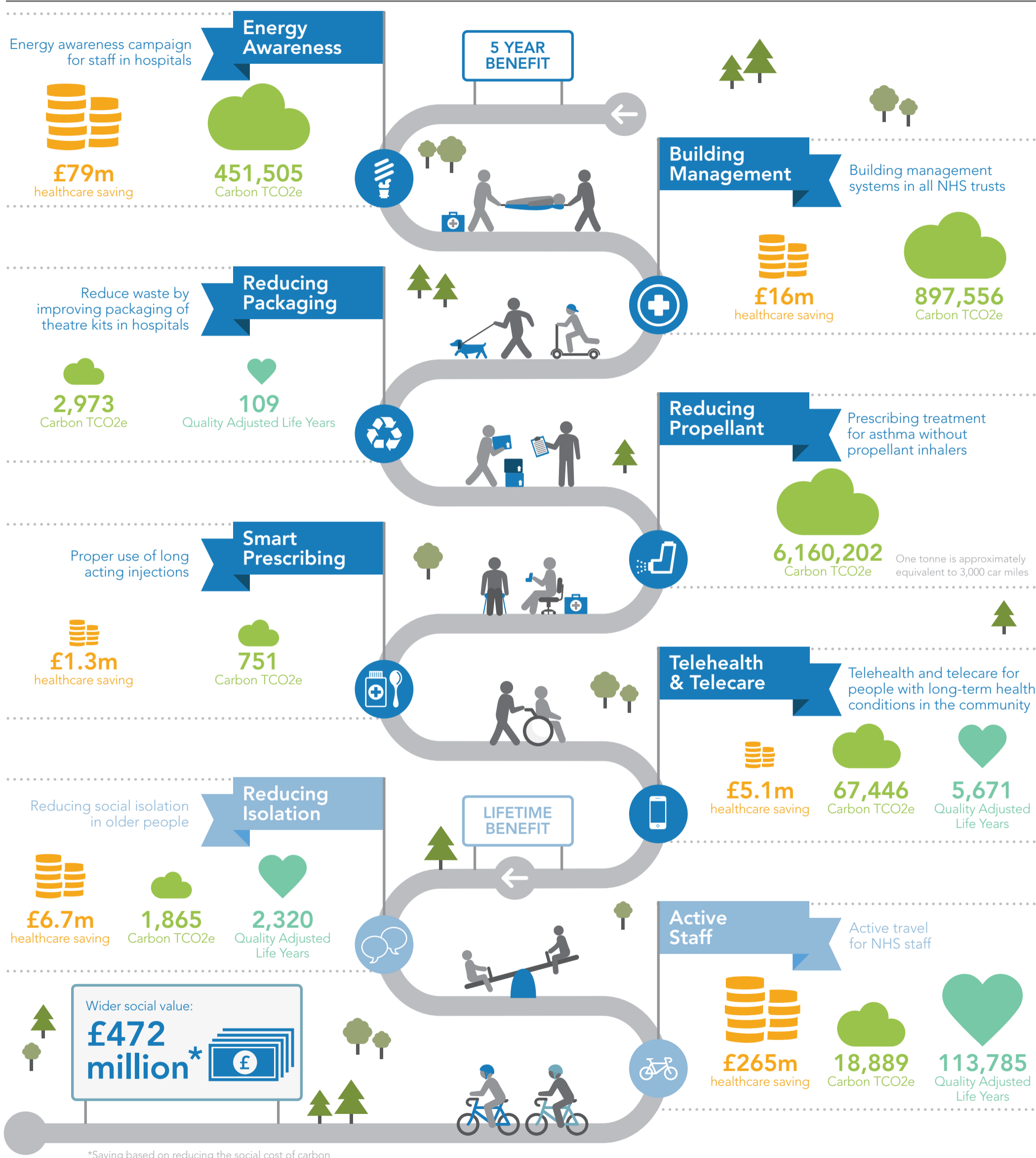


# Healthy Returns From Sustainability Actions

Examples of real interventions that provide social, economic and environmental benefits



## Case studies: Further Details

### Energy Awareness

Operation TLC in Barts Hospital  
<http://bit.ly/1rE6wKw>  
Improved comfort for patients - 1/3 fewer sleep disruptions; 1/4 fewer privacy intrusions.

### Building Management

Ashford and St Peter's Trust efficiency changes to building management systems  
Improved comfort for patients - such as

temperature and lighting.

### Reducing Packaging

Packaging operation equipment together at Royal Liverpool and Broadgreen University Hospitals  
Operations are 40% shorter showing improved efficiency.

### Reducing Propellant

GPs switching to prescribing propellant

free inhalers where appropriate and encouraging return of used inhalers  
<http://goo.gl/98PaUq>

Improved use of inhalers and management of condition for patient. Reduced medicine wastage.

### Smart Prescribing

Slow release of Flupentixol Decanoate, through injections, every 4 rather than 2 weeks at effective dose

Less frequent and reduced inconvenience of injections.

Potential to reduce adverse reaction (4% of hospital bed days due to adverse drug reactions).

### Telehealth & Telecare

English telehealth and telecare trial in 2008/2009  
<http://bmj.co/1lad7Y6>

Autonomy: improved feeling of control over condition.

### Reducing Isolation

Project to reduce the social isolation of over 65s in Worcestershire  
<http://bit.ly/1D2BDp>  
Avoided 85 cases of entry into residential care, at a cost of £45,000 per admission.

### Active Staff

Estimations for a national NHS scheme offering active travel coaching: 25% uptake  
Wellbeing benefits of exercise: reduced stress; alleviated anxiety; improved cognitive activity.