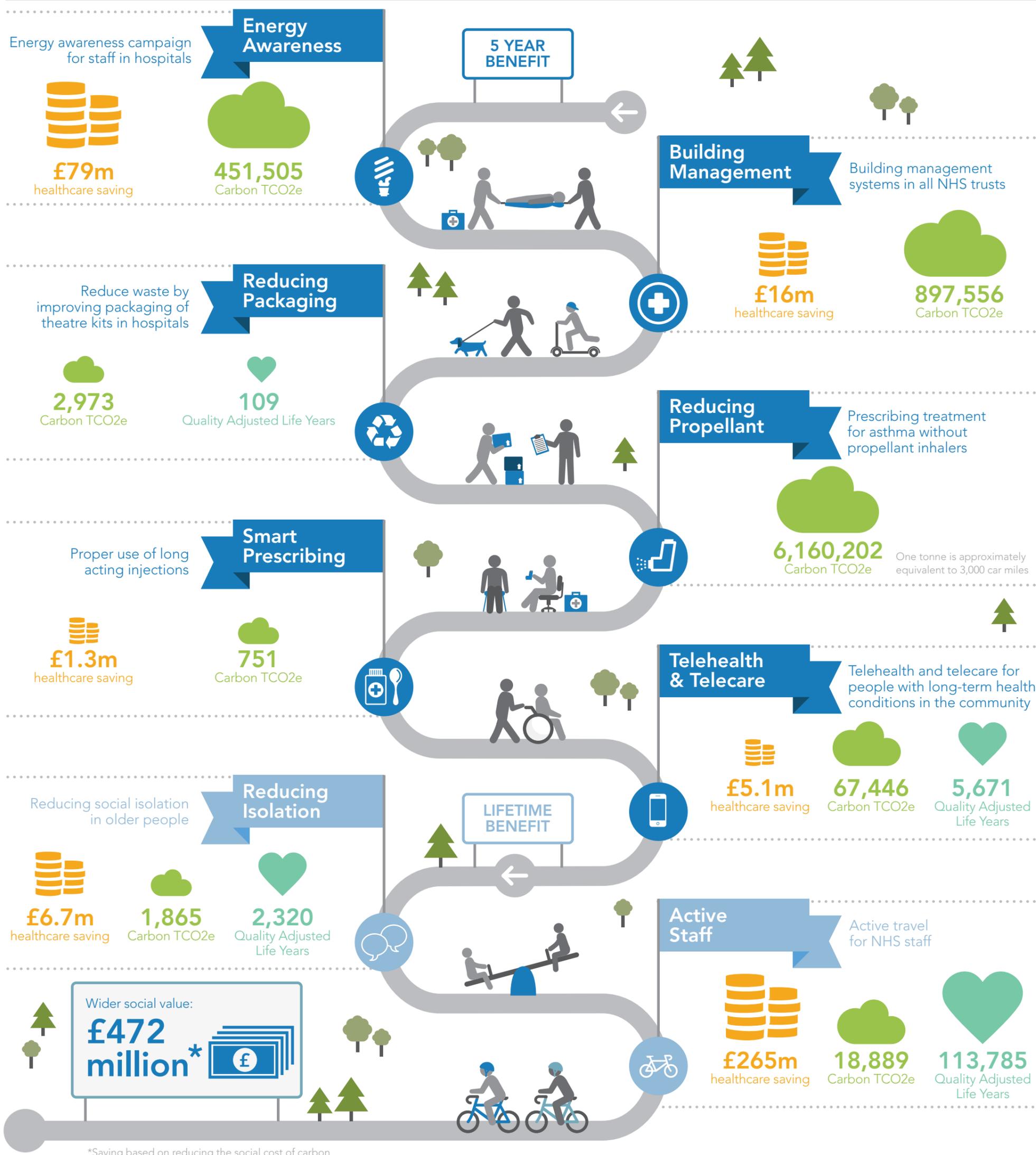


Healthy Returns From Sustainability Actions

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.