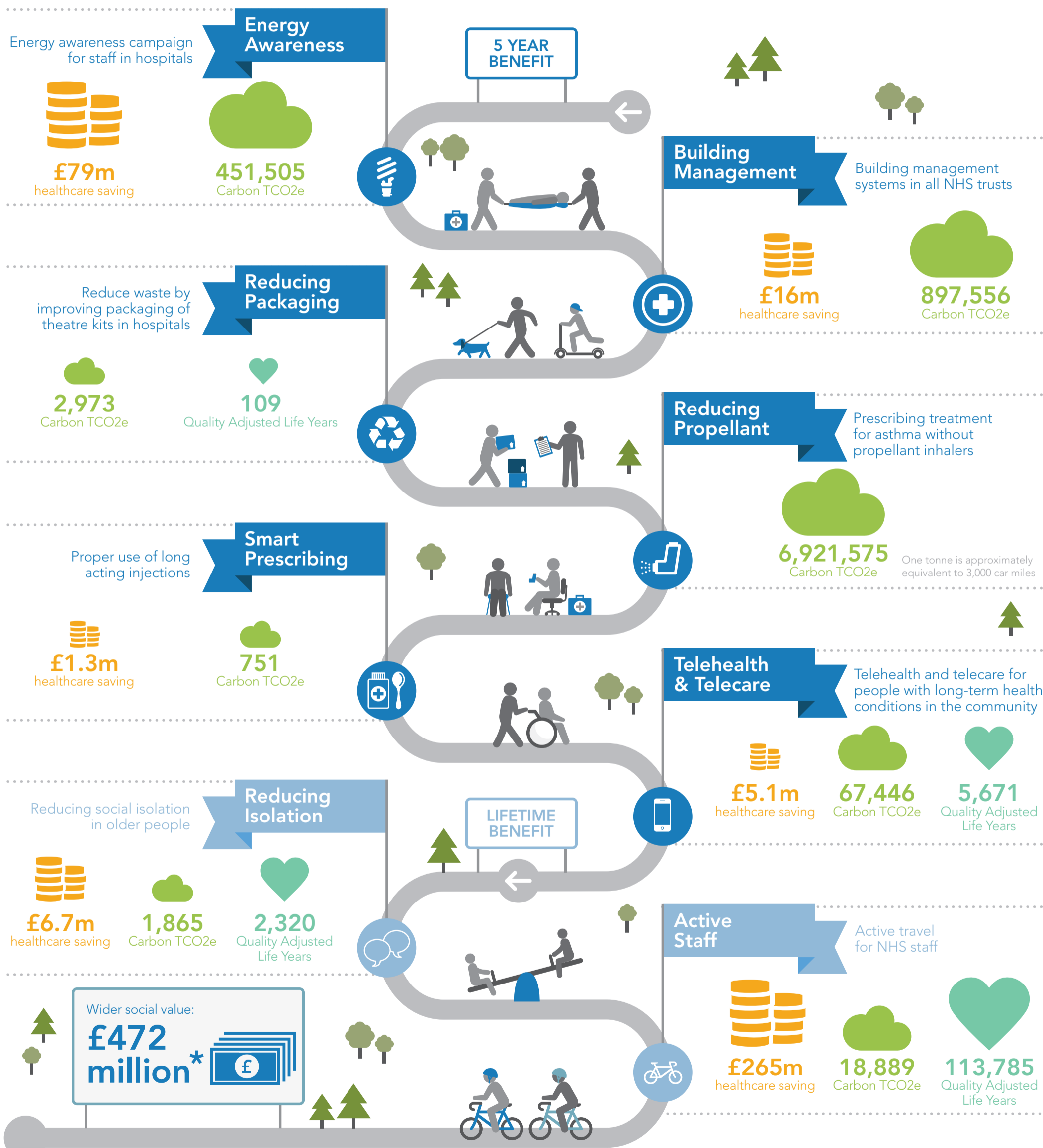


Healthy Returns From Sustainability Actions

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



*Saving based on reducing the social cost of carbon

Healthy Returns From Sustainability Actions

Details on further benefits and the case studies used in the infographic.



Energy Awareness

Case study: 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

Case study: Ashford and St Peter's Trust efficiency changes to building management systems

Improved comfort for patients - such as temperature and lighting.



Reducing Packaging

Case study: Packaging operation equipment together at Royal Liverpool and Broadgreen University Hospitals

Operations are 40% shorter showing improved efficiency



Reducing Propellant

Case study: 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

Case study: 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

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

Autonomy: improved feeling of control over condition.



Reducing Isolation

Case study: Project to reduce the social isolation of over 65s in Worcestershire
<http://bit.ly/1D2jBDp>

Avoided 85 cases of entry into residential care, at a cost of £45,000 per admission.



Active Staff

Case study: Estimations for a national NHS scheme offering active travel coaching: 25% uptake

Wellbeing benefits of exercise: reduced stress; alleviated anxiety; improved cognitive activity.