

Recycling on MBU

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Background

- Abundance of trash & recyclables in patient rooms
- Specific to MBU – large amount of visitors, outside food & formula bottles
- Few recycling bins on unit & not easily accessible to patients
- Patients/families inquire about recycling on unit during their stay

PICO

- Does placing recycling bins in patient rooms on MBU lead to decreased waste and increased fiscal benefits?
- P – Postpartum mothers and their families on the MBU
- I – Recycling bins in patient rooms
- C – Recycling bins only in public kitchen in MBU
- O – Decreased waste and increased fiscal benefits

Evidence

- Approximately 37% of waste was paper, 46% cardboard and 17% plastic¹
- Necessary steps to create a recycling program: performing an audit to see the current practices, identifying local resources, establishing goals, maximizing the value of materials used, educating staff and monitoring and measuring the progress³
- In Maharashtra, a total revenue generated was approximately \$27,432, after initiating a recycling plan hospital-wide¹
- Interdisciplinary teamwork helped to show support for the development of the nurses²

Implementation Plan

- Meet and work with senior sustainability specialist
- Educate housekeeping, staff and patients/families
- Add recycling bins to patient rooms, provided to unit at no cost
- Measure outcomes by weighing bags waste and comparing before recycling bins with after bins were placed.
- Calculate cost benefits

Outcome

- Over 7 days, we collected 560.67 pounds of trash (average – 80.09 pounds/ day)
- After recycling bins were added, we collected 521.23 pounds of trash in 8 day (average – 65.15 pounds/ day)
- Each pound of waste costs \$0.037.
- By separating recycling, we saved an average of \$0.55/ day.

Next Steps

- Continue to research and look at trends over a long period of time
- Include other units of the hospital and hospital wide education with all staff



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- ³Turpin, B., & Lee, L. (2011). Waste not; developing a hospital recycling program. *Environmental Services*.

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