

Climate and environment: challenges for hospitals and healthcare services

ESTONIA

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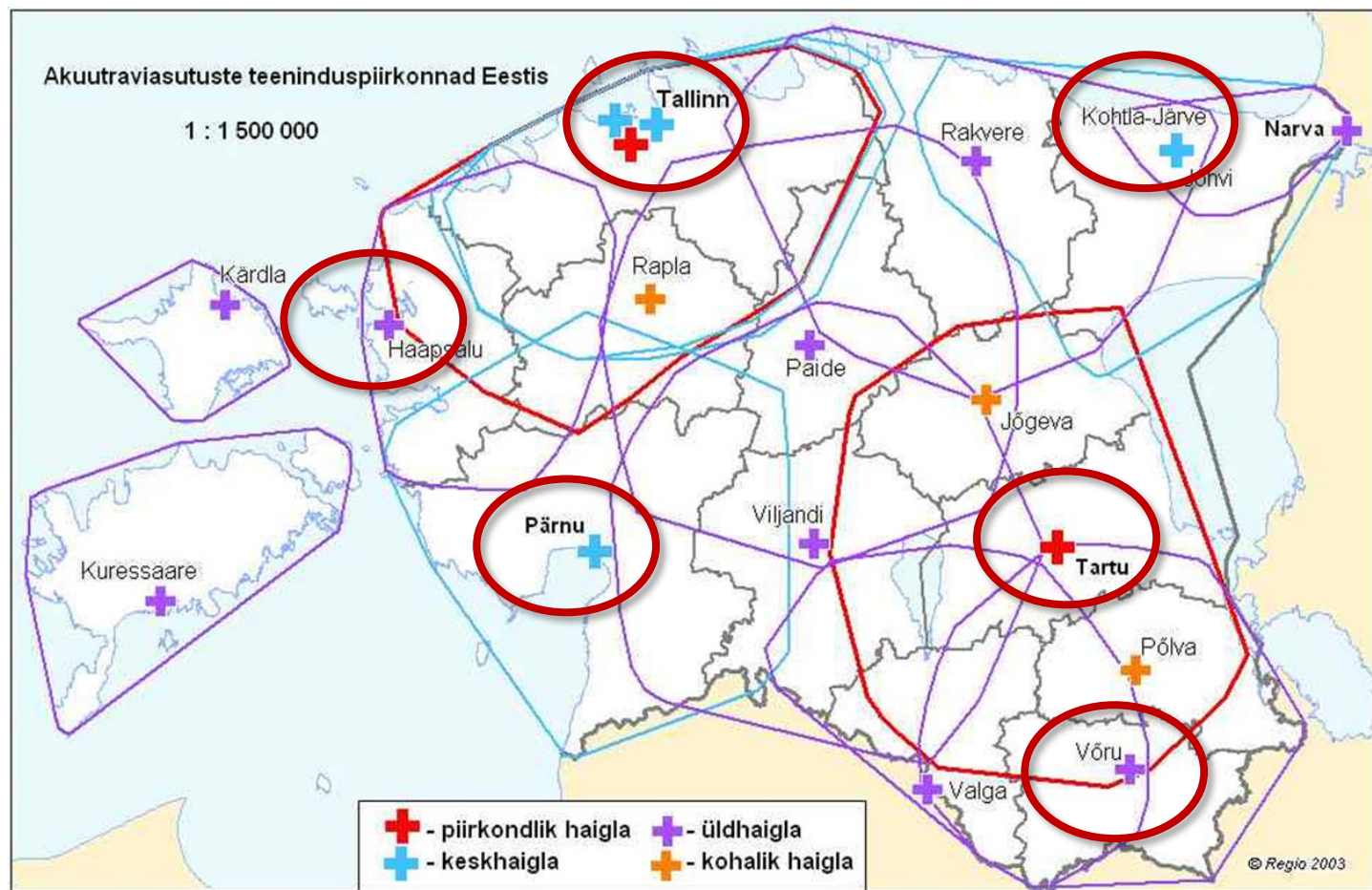
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Our Tour



- eEstonia, Health Insurance Fund, Health and Welfare Information System
- East Tallinn Central Hospital
- East Viru Central Hospital
- North Estonia Medical Centre
- Tartu University Hospital
- South Estonia Hospital
- Pärnu Hospital
- Haapsalu Neurological Rehab Centre

Over 500 miles travelled around the country!

Current Situation

- Decreasing population
 - Aging population
 - Health staff migration (outward)
 - Climate changes
 - And the more recent geopolitical situation
- 
- Shortage of resources
 - Planning equity and access to care services
 - Changing health needs and increase in preventative/awareness campaigns

Master Plans

Hospital Master Plan

- Established in 2019
- Highlighting key areas
- Outside factors like corona virus, Ukraine war

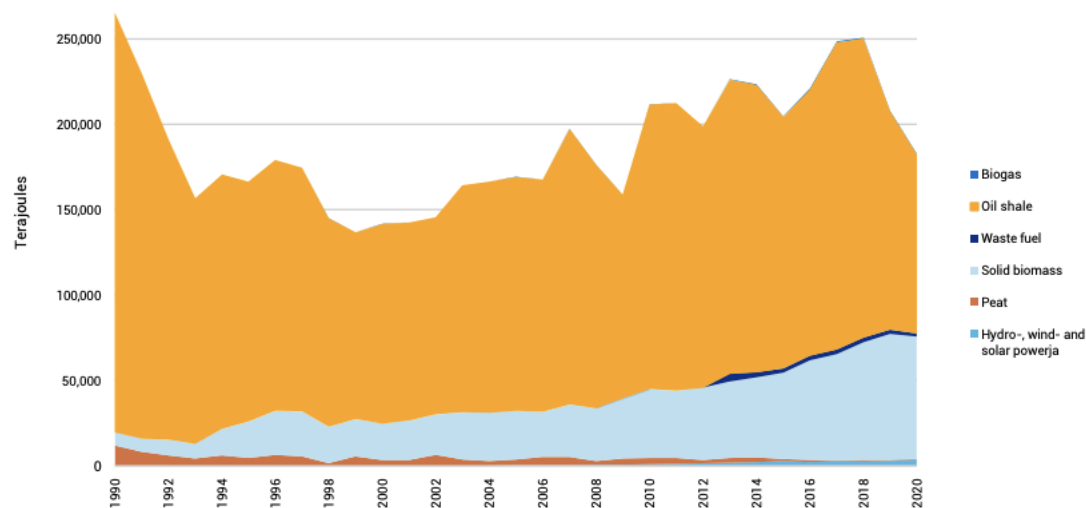
Resilience and Recovery Fund

- Supporting recovery from corona
- Address environmental concerns
- 42% spent on green transition
- 22% reserved for digital transition

European Green Deal: Focus Estonia

Green Deal Goals

- Reduce emissions by 24% by 2030
- Reduce reliance on oil and gas



Grafic from Estonia's Eighth National Communication, 2022

Focus Estonia

- Green energy
- How to support continuity of vital services
- How to sustain electricity supply

Green business focuses on areas such as:

- Modernizing processes
- Modernizing systems
- Supporting the move to paperless working
- Supporting further enhancements to digital systems
- Closing the digital divide across rural and urban areas

National Level: Digitalization in Healthcare

About

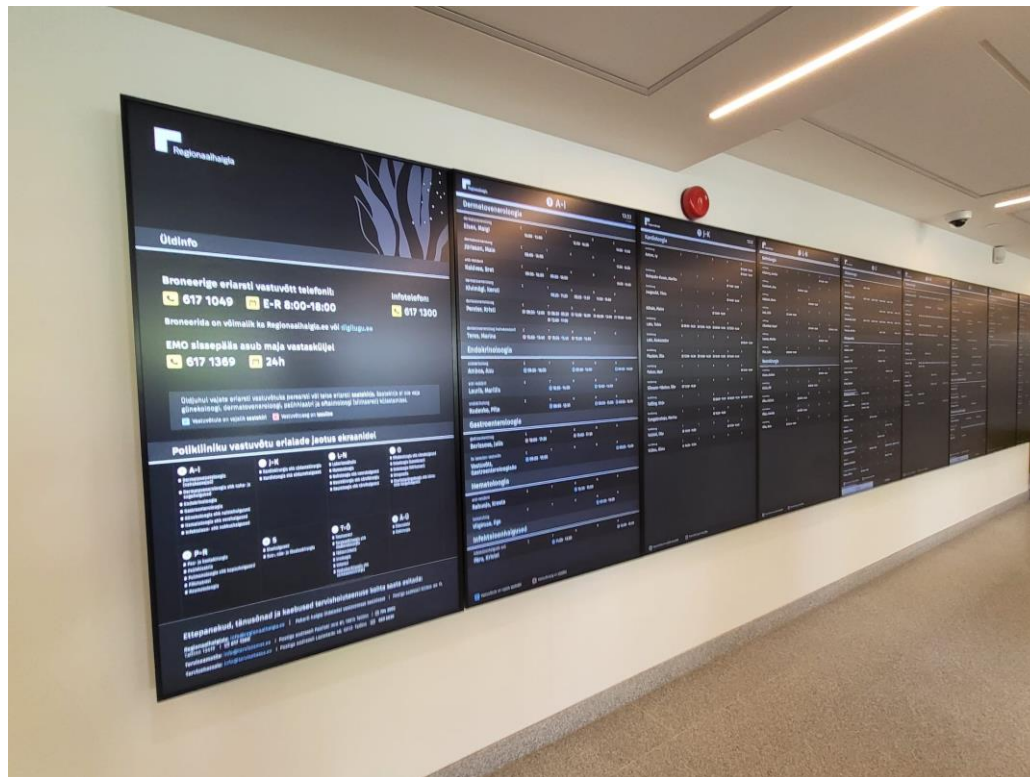
- Estonia has the best digital health system
- 99% of state services are online
 - E-Health Record
 - E-Ambulance
 - E-Prescription

How it impacts the environment

- Reduction in patient travel
- Reduction in clinicians travel
- Reduction in paper printing
- Utilization of accommodation
- Results in more efficient use of resources
- Increased Health literacy

National Level: Digitalization in Healthcare

Digital infrastructure in Hospitals



Organizational Level: Waste Management

About

- National Goal in waste:
 - Recycle as much as possible
 - Avoid production of Waste
- The state, enterprises and citizens must all contribute to reach the goals

How to reduce Waste

- Changing structures and equipment in wards, kitchens and food production (e.g. Organic Waste Disposal System)
- Collecting Waste

Other initiatives:

- Dishwashing liquids with Eco labels
- Usage of bread end
- Developing new diets
- No more disposable take away food packages (cuploop System)

Organizational Level: Waste Management

Critical Care Unit



Collecting and Sorting Waste



Organizational Level: Waste Management

Waste sorting



Individual Level: Green Teams / Innovation Ambassadors

About

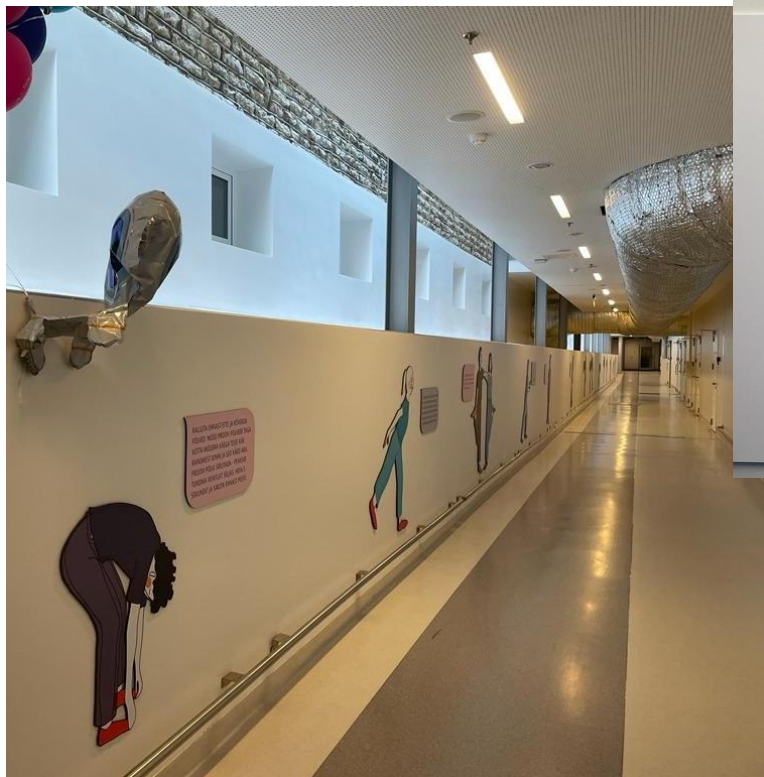
- Organized group
- Volunteer members
- Advocate change within the organization
- Embedded in hospitals infrastructure: Intranet, Posters, Stickers
- Open for all staff to engage and submit ideas

How

- Reducing use of water bottles
- Health Paths, Activity
- Recycling of IT equipment
- Reducing printing levels

Individual Level: Green Teams / Innovation Ambassadors

Activity Paths



TERVISERAJA HARJUTUSED

KAEVAENTUS

- ASETA PAREM KÄSI PEALE, HÄLITLITA PEAD PAREMAS OLA SUUNDES.
- HOIA PEA OTS JA ÜLAJÄS ALL.
- HOIA KÄENIDET 5-10 SEKUNDIT, HOIDA SAMAL AEGASU OLA SUUNDES.
- TEE HARJUTUST 5 KORDA.

ÜLARINGID

- PUSKATA SÕRMEDEGA ÜLEGI JA TEE ÜLA HÕRGUSEL RINGE.
- TEE 20 RINGI HÕLLEMAS SUUNDES.

KÄTESRÜTUS

- SIRUTA HÄÄS SIRGELT ÜLE PEA.
- PÕIKTA TUGGIVALT SÕRMED RUSKASSE JA SIRUTA SIRGELT TAGASI.
- TEE HARJUTUST KÕIKEMAS TEMPOS 30 KORDA.

ÖLAVENTUS

- ÜLATA PAREMA KÄEGA PEA TAGA.
- ÜLATA VÄIKSARI KÄESG PÕSSE, RAJURET SELLE TAGA, TÕETA KÄSI ÜKSITU PANEMAT ANALKUD OÜE NI LÄHEDALE MIT TÕUDUD.
- HÄÄS KÄSARU KÄEGA PAREMAS SÕMMEDEST.
- HOIA PÕOSI KUMI 30 SEKUNDIT.
- KORDA HARJUTUST VÄHESTES KÄTE POSTIIOONE.

Stairs vs. elevator



Conclusion

- Energy along with healthcare should be seen as an investment into peoples and society health
- Successful digital landscape: depending on the green plan
- Holistic plan for the green agenda

Thank you!

Special thanks to Hedy Eeriksoo, all the local coordinators and other staff members who gave up their time and made this trip through Estonia a very nice and successful one!