



# National University Hospital

## Healing Patients While Healing the World

Louis Ong<sup>1</sup>, Khan Lian Cing<sup>1</sup>, Charmaine Ng<sup>1</sup>, Xiu Wei Teo<sup>1</sup>, Theresa Samy<sup>1</sup>, Adelia Loh<sup>2</sup>, Eslin Chen<sup>2</sup>

1. Department of Nursing, National University Hospital, Singapore

2. Group Hospitality Department, National University Hospital, Singapore

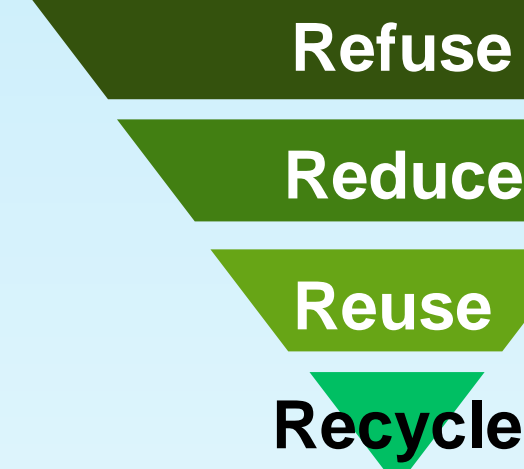
### Background

- Under the Singapore Green Plan, the nation aims to reach net zero carbon emissions by 2050 (public sector by 2045). The NUHS Green Target is to reduce all scope of emissions that can be controlled by 25% by 2030. National University Hospital (NUH) Nursing embodies the same target.
- Since 2023, Nursing embarked on a journey towards building a greener healthcare environment. We acknowledged the gap in nurses' awareness and understanding of environmental knowledge.

### Nursing Sustainability Committee (NSC)

- Established in March 2024, comprises a 5-members core team and 53 Green Champions from all Nursing areas. The committee gathered quarterly to cross-share and update on new/existing green initiatives.
- Nursing collaborates closely with Group Hospitality for many initiatives (e.g. "Bring Your Own Food (BYOF)", Sort-At-Source).
- The committee's vision is "Healing Patients While Healing the World".

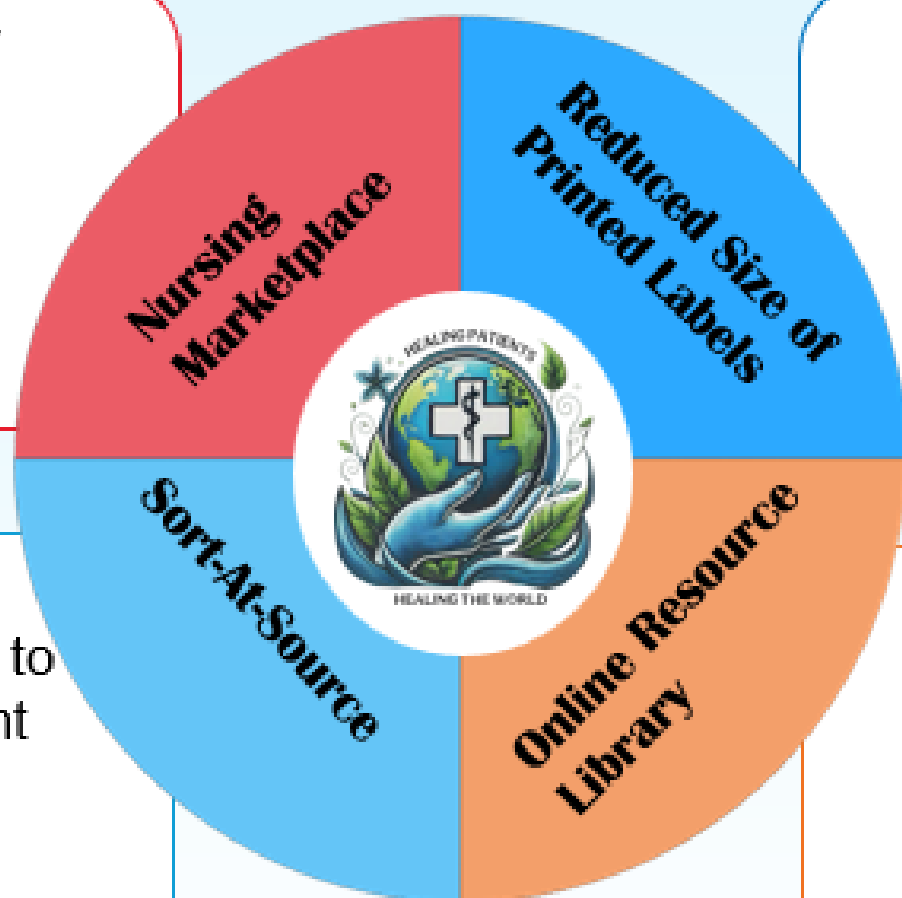
### NSC adopting 4R Strategy



### NSC Initiatives & Results

- Open digital platform for barter trade or to give away "soon to expire" products
- As at Jul 25, total 43 entries, >25% utilised before expiry.

**Reduce Waste, Save Cost**



- Reduced size of printed sticky labels for forms from A4 to A5
- Refused unnecessary printing
- Annual savings of 37,000 A4 sheets (about 200kg)

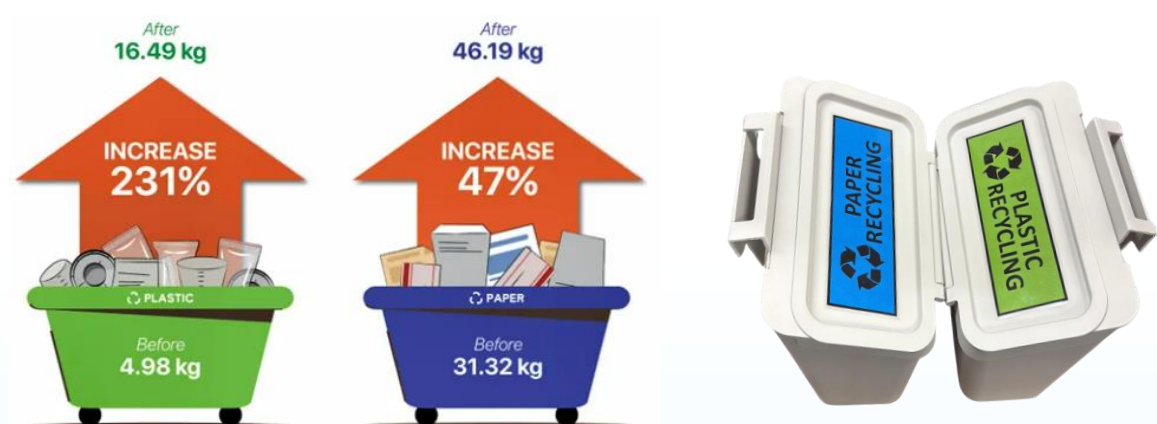
**Refuse/Reduce Waste, Save Cost**

- Attached smaller bins on medication and IV prep trolleys to make recycling more convenient and within reach for nurses
- Achieved positive pilot results

**Increase recycling rate**

- One-stop station showcasing NSC initiatives, success stories and list of recyclable items. Nurse can also submit an e-form to assess items' recycling suitability.

**Sustain green initiatives**



**Good as "New"**



### Refurbishing Patient Cabinets

- Refused disposal of 30 old cabinets (38kg/unit) and gave them a second life, saving \$18,524
- In 2025, to refurbish 130 more units achieving a saving of \$73,000, reduce waste of 4,940kg

### Conclusion & Forward Looking

- As the pioneering nursing committee in Singapore dedicated to sustainability, the NSC takes a leading role in promoting environmental responsibility within the healthcare sector. This initiative aligns closely with the NUH commitment to environmental stewardship. NUH had also received international recognition for green efforts, earning the Healthcare Sustainability Certification from JCI and International Hospital Federation's Geneva Sustainability Centre.