

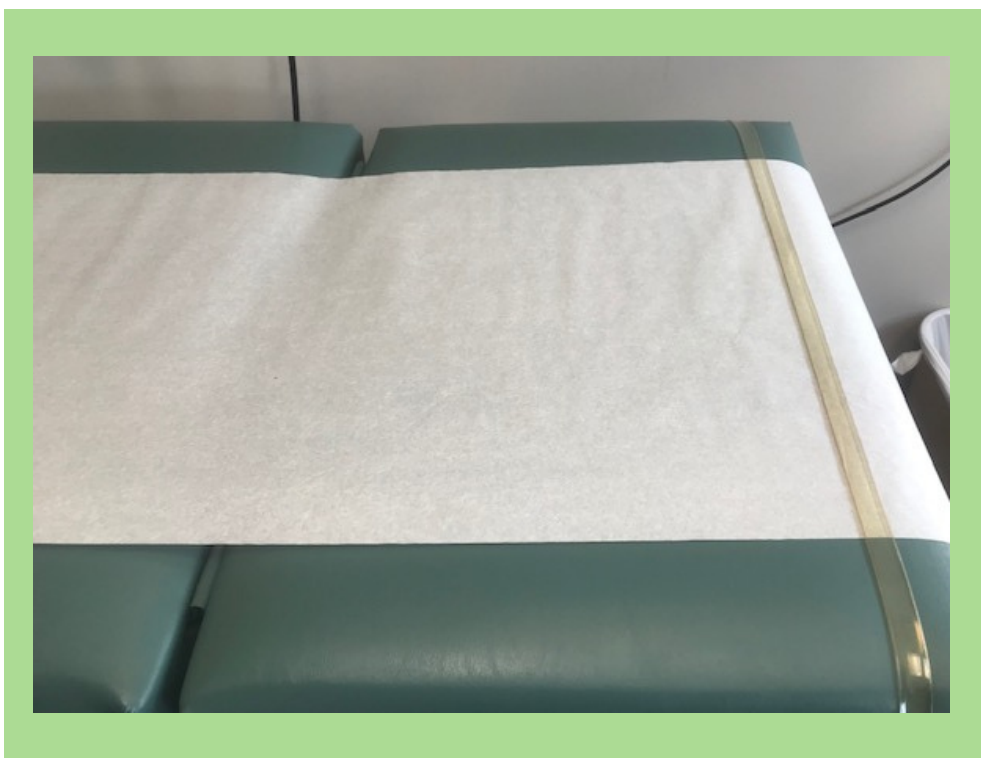


Hamilton Family Health Team

Green Initiative

Examination Table Paper

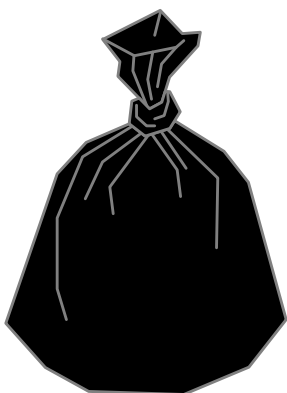
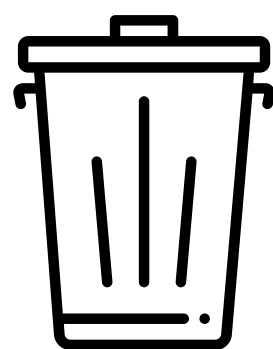
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Design: Teniola Ayeni, Tatiana Gayowsky H.BASc



The Problem

The Crown Point one-week waste audit showed that we put:

**1 kilogram/
week**



**52
kilograms/
year**

into the garbage.

In 2019, we used 48 rolls- 3 kilometres- of this paper. This paper is a single-use harvested wood product and is a source of greenhouse gas emissions from the forestry sector. Production, shipping, and disposal requires energy and produces emissions. ¹

HFHT Green Initiative

Examination Table Paper

The Problem (Continued)

According to multiple sources, this paper has no real or lasting benefit. **It provides no protection against infection transmission. It is not mentioned in current best practice guidelines for healthcare settings. It is not an infection control maneuver but rather an aesthetic choice.**^{1, 2}



The Solution

At the Crown Point pilot site we no longer routinely cover the bed with this paper. We instead place the attached sign on the bed.



We only use it to examine disrobed patients OR at patients' request if they sit clothed on the bed.



Patients are directed to chairs rather than the table for their initial check.



We keep at least two empty chairs in the exam room so the exam bed is not used unless needed.

We keep a recycling bin close by for used exam table paper.



After we remove the soiled table paper, we clean the table as per sanitary guidelines and do not replace the paper until needed.

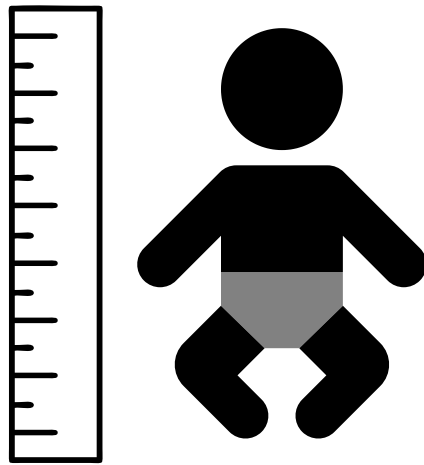


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Examination Table Paper

The Solution (continued).

We used to use examination bed paper to measure babies, however, after reading [an article in the Canadian Family Physician journal](#), we realized that this is not best practice, and is considered an unreliable and inaccurate means of measuring infant growth.³



In fact, the World Health Organization and Canadian Paediatric Society recommend using calibrated infant boards instead.^{4, 5, 6}



We bought 2 for ~\$100 each from [this site](#). These reusable boards will last much longer than disposable paper and the cost of them can be offset by the decreased purchase of examination table paper in as little as a year.

Please see attached a sign for proper usage of infant growth boards that you can hang in your office.

Benefit

Social

We are leading by example by showing patients the importance of being less wasteful!



HFHT Green Initiative

Examination Table Paper

Benefit (Continued)

Environmental



There are 52 less kilograms of garbage being produced by our office, due to:

- 1) Reducing the quantity of examination table paper needed;
- 2) Disposing of the paper in the recycling bin when possible.

Economic

Crown Point will save \$217.00 per year on the cost of exam bed paper.



References:

1. [National Inventory Report 1990-2018](#): Greenhouse Gas Sources and Sinks in Canada.
2. [Best practices for environmental cleaning](#) for prevention and control of infections in all health care settings.
3. Waters, E. [End of the Roll for Examination Table Paper?](#)
4. Dieticians of Canada. [Promoting Optimal Monitoring of Child Growth in Canada](#)
5. WHO. [Training Course on Child Growth Assessment](#).
6. Canadian Paediatric Society. [Promoting optimal monitoring of child growth in Canada](#).
7. [Green Office Toolkit](#)

Join the HFHT Green Initiative, and access all infographics, videos, and other resources at:

[HFHT Green Initiative Webpage](#)

If you have any questions, please reach out to us: green.team@hamiltonfht.ca



Our office is committed to going **green and reducing waste.**

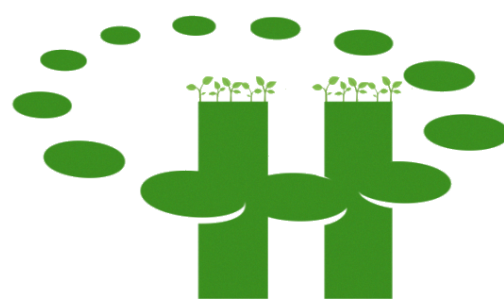
Did you know...

*Using exam bed paper does **not** reduce the spread of infections.*

**This examination table
has been safely
disinfected.**



Please let us know if you would be more comfortable also having a paper cover.



Hamilton Family Health Team

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INFANT MEASURING BOARD: HOW TO USE

Birth to 24 Months of Age

Step **1** Infant preparation

- Remove shoes, hats, and bulky clothing
- Diaper is left on

Step **2** Infant position

- Plant infant on back in the centre of the board, chin not tucked or too back
- Two people are required to get an accurate measurement

Parent Role

- Hold head against the headboard to compress the hair and keep infant's eyes looking straight up



Staff Role

- Align trunk and legs
- Extend both legs, toes pointed up
- Bring footboard firmly against the heels
- One hand on the knees to maintain full extension

Step **3** Accuracy

- Measure to the nearest 0.1cm and record

This method for measuring infants reduces exam table paper waste and is the recommended by the WHO as the most accurate! Thank you for supporting the Hamilton Family Health Team Green Initiative.