Ventilation for Energy Management and Infection Prevention

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Hosted by Dr. Lynne Sehulster Centers for Disease Control, Atlanta

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Andrew Streifel Hospital Environment Specialist University of Minnesota Medical Center



- 38 years service at U of Minnesota infection prevention.
- Visited over 400 hospitals & assisted in IAQ infection issues.
- Technical expert for ASHRAE, CDC, FGI & other organizations.
- Goal to provide evidence based training for prevention of infections during construction & maintenance practice.
- Provide guidance for infectious disease prevention design concepts.

Why is energy important to infectious disease management?

 Mermazadeh and Xu 2012 recommend site specific risk analysis because increasing or decreasing the room air exchange rate by as little as one air change per hour can result in a difference of \$150-250 per year in heating and cooling costs for that room.

Dr. Mermazadeh is the Director of Technical Services NIH.

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Electrical Usage at Typical Hospital

Process	Consumption %	Dollars \$	Rank
Lighting	14	\$198,800	4
Misc. Electrical	15	\$213,000	3
Outdoor Air Cooling	5	\$71,000	7
Space Cooling	17	\$241,400	2
Fan Heat/Losses	5	\$71,000	7
Cooling Tower/Cond. Pumps	9	\$127,800	5
CW & HW Pumps	6	\$85,200	6
Ventilation Fans	24	\$340,800	1
Heating Auxiliaries	5	\$71,000	7

An electric energy usage profile for a hospital in Houston (500,000 SF X \$2.84/SF electric = \$1,420,000/year utility cost).

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Gas Consumption in a Typical Hospital

Process	Consumption %	Dollars \$	Rank
Outdoor-Air Heating	7	\$32,900	3
Reheat	65	\$305,500	1
Space Heating	15	\$70,500	2
DHW Heating	3	\$14,100	5
Dietary/Sterilizers	5	\$23,500	4
Distribution Losses	5	\$23,500	4

A thermal energy usage profile for a hospital in Houston (500,000 SF X \$0.94/SF gas = \$470,000/year utility cost).

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Levels of Risk

Healthy person

- Chronic obstructive pulmonary disease
- Diabetes
- Steroids
- Cancer solid tumor
- HIV infection-end stage of spectrum
- Organ transplant
 - Kidney/heart
 - Lung/liver
- Malignancy leukemia/lymphoma Bone marrow transplant (BMT) allograft

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What Drives High Energy Use in Healthcare Facilities

- Ventilation
 - -High Efficiency Filters
 - +90 to 99.97% efficiency
- •Indoor Air Quality Standards
 - -12 to 20 room air exchanges per hour
 - -waste anesthetic gas, heat, electro-cautery smoke
 - -microbial shedding and surgical aerosols (no standards)
- Airborne Infection, Protective Rooms, ICU's and Surgery
 - -high air exchanges for heat and aerosol control some recirculate
 - -exhaust from airborne isolation rooms
- •IAQ control for temperature, humidity, minimum outdoor air
- Domestic water temperatures
- Laboratory equipment
- •Therapeutic and Diagnostic equipment
- 24/7/365 100% ready days with emergency backup

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Incidence of Healthcare Associated Infections (HAI), U.S. 2011-2012

Annual morbidity: 721,800 – Decrease from 1.7 million estimated in 2002 (NEJM, 2014)

- •1 in every 25 inpatients has at least 1 HAI
- •Most common: Pneumonia and surgical site infection
- •Most frequent organism: Clostridium difficile

Annual mortality: 100,000 estimated in 2002 (Klevens, Public Health Reports, 2002)

Direct costs associated with HAI: \$28.4-\$45 Billion (Scott, CDC Paper, 2012)

Incidence associated with construction unknown; multiple outbreak papers published

Major Site of Infection	Estimated No.
Pneumonia	157,500
Gastrointestinal Illness	123,100
Urinary Tract Infections	93,300
Primary Bloodstream Infections	71,900
Surgical site infections from any inpatient surgery	157,500
Other types of infections	118,500
Estimated total number of infections in hospitals	721,800

Factors Involved in the Spread of Infectious Diseases

- · Droplet nuclei transmission dynamics
- · Nature of dust levels
- Health & condition of individual's nasopharyngeal mucosal lining
- · Population density in a particular location
- Ventilation of the location

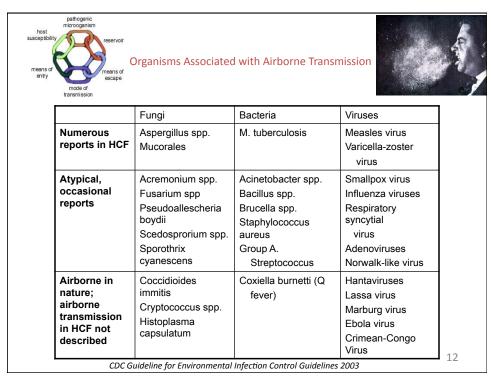


Standard Precautions Against Disease Transmission

- Early identification of microbes
- · Development of appropriate SOPs
- Use of PPE including:
 - Masks & gloves
 - Disinfection strategies
 - Vaccination
 - Appropriate ventilation design

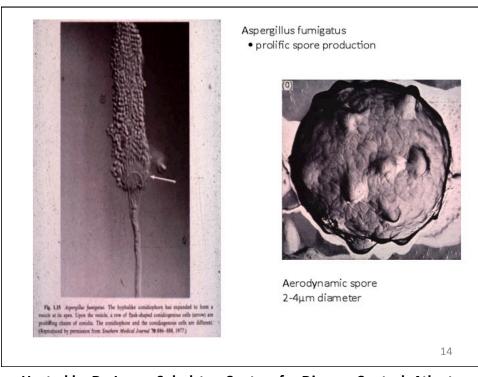
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Recent examples of the frequency of invasive aspergillosis

Underlying condition	<u>Incidence</u>	Reference/year
Acute myeloid leukaemia	8%	Cornet, 2002
Acute lymphatic leukaemia	6.3%	Cornet, 2002
Allogeneic HSCT	11-15%	Grow, 2002; Marr, 2002
Lung transplantation	6.2-12.8%	Minari, 2002; Singh, 2003
Heart-lung transplantation	11%	Duchini, 2002
Small bowel tranplantation	11%	Duchini, 2002
AIDS	2.9%	Libanore, 2002
		Aspergillus

How far can Airborne Bacteria & Viruses Travel?

Large/Small Droplets Droplet Nuclei

1.	Coughing	1-5 feet	160+ feet
2.	Sneezing	8-15 feet	160+ feet
3.	Singing, Talking	1-3 feet	160+ feet
4.	Mouth Breathing	1-3 feet	160+ feet
5.	*Diarrhea	5 feet+	160+ feet

^{*}As a Result of Toilet Water Aerosolization and Mechanical Fan Dispersion into outdoor air (2003 Hong Kong SARS Virus Epidemic)



Figure 2. Particle mist created upon sneezing. (Davidhazy, 2007)

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Stages of Infectious Droplets & Droplet Nuclei

Large Infectious droplets

Virons

1. Mucus/water encased by the infector or by toilet water. These quickly fall to the ground after traveling up to 1-3 feet.

Small Infectious droplets



2. Mucus/water coating starts to evaporate. These will travel 3-5 feet before falling to the ground. These droplets can become droplet nuclei.

Infectious Droplet Nuclei



3. Mucus/water coating has totally evaporated coating the viron particles. These are Droplet Nuclei which are so microscopic they can float in the air.

Evaporation Time & Falling Distance of Droplets Based on Size

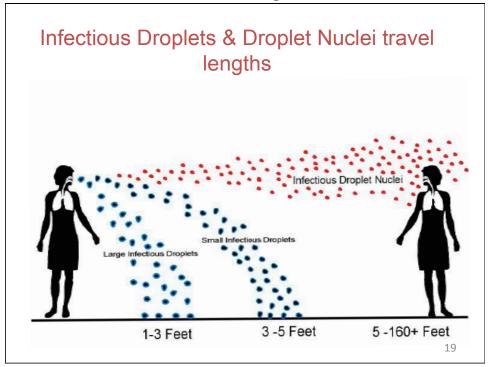
Diameter of Droplet (µm)	Evaporation time (sec)	Distance fallen in ft. (before evaporation)
200	5.2	21.7
100	1.3	1.4
50	0.31	0.085
25	0.08	0.0053

Adapted from: Wells, W.F., 1955, Airborne contagion and air Hygiene, Harvard University Press, Cambridge, Mass.

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^{*}particles discharged at 6 ft. > 140µm tend to fall to the ground

^{*}particles discharged at 6 ft. < 140µm evaporate to **droplet nuclei**



Airborne Transmission depends on people to launch viruses into the air.

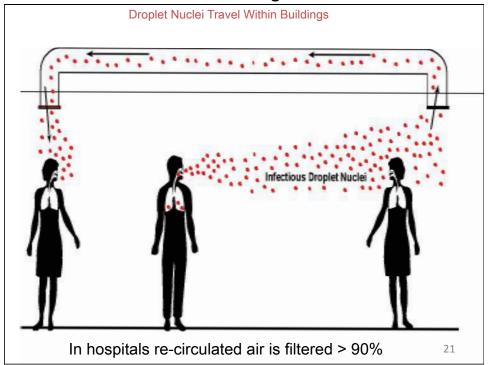
People can shed this many Flu Viruses into the air as tissue culture infecting doses (TID)

1. Coughing	3,000+ TID
2. Sneezing	3,000+ TID
3. Breathing:	Nose-None
4. Talking/Singing	1,000+ TID
5. Vomiting	1,000+ TID
6. *Diarrhea	20,000+ TID

^{*} As a result of Toilet Water Aerosolization

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Low Indoor Humidity Increases Droplet Nuclei Levels (winter)

- Viruses Evaporate faster in Low Humidity levels thus creating **More** Droplet Nuclei.
- Low humidity allows droplet nuclei to stay airborne longer as the droplets do not absorb water weight which would cause them to fall to the ground.
- Indoor Air currents both created by HVAC systems and people movement assure that droplet nuclei will remain airborne *Indefinitely*.
- This allows HVAC systems to remove and redistribute droplet nuclei throughout the building to infect more occupants.

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There is a DIRECT correlation between low indoor humidity in winter and increases in influenza morbidity and mortality

- 1) Indoor humidity levels (winter) in the Northern Hemisphere especially in North America and Europe are between 15-35%.
- 2) Studies have proven that there is no "flu season" in the tropics where indoor humidity levels stay above 40% all year long.

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Facility Guidelines Institute

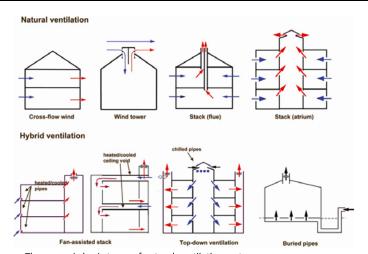
Design Parameters of Selected Areas

Function of Space	Relative Humidity %	Design Temperature °F/°C
Classes B & C Operating Rooms	20-60	68-75/20-24
Burn unit	40-60	70-75/21-24
Newborn intensive care	20-60	70-75/21-24
Patient room(s)	max 60	70-75/21-24
Protective environment room	max 60	70-75/21-24
Airborne Isolation anteroom	N/R	N/R

ASHRAE STD 170 HEALTHCARE VENTILATION 20% RH CHANGE

ASHRAE Standard 55-1992 recommends: Relative Humidity between 20% and 60% Less than 50% RH for dust mite control

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There are six basic types of natural ventilation systems:

- · single-side corridor
- · central corridor
- courtyard
- wind tower
- atrium and chimney
- hybrid (mixed-mode) ventilation.

World Health Organization Pub/Natural Ventilation for Infection Control in Healthcare-2009 25

4.2 Ventilation flow rate

As a rule of thumb, wind-driven natural ventilation rate through a room with two opposite openings (e.g. a window and a door) can be calculated as follows:

$$ACH = \frac{0.65 \times \text{wind speed (m/s)} \times \text{smallest opening area (m}^2) \times 3600 \text{ s/h}}{\text{room volume (m}^3)}$$

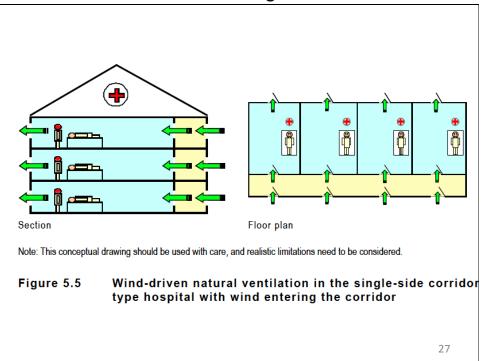
Ventilation rate (1/s) = $0.65 \times \text{wind speed (m/s)} \times \text{smallest opening area (m}^2) \times 1000 \text{ l/m}^3$

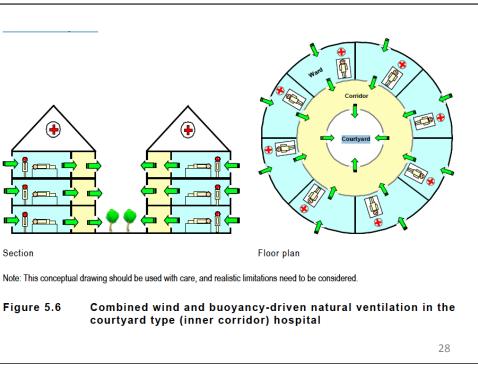
Table 4.1 provides estimates of the ACH and ventilation rate due to wind alone, at a wind speed of 1 m/s, assuming a ward of size 7 m (length) \times 6 m (width) \times 3 m (height), with a window of 1.5 \times 2 m² and a door of 1 m² \times 2 m² (smallest opening).

Table 4.1 Estimated air changes per hour and ventilation rate for a 7 m × 6 m × 3 m ward

Openings	ACH	Ventilation rate (I/s)
Open window (100%) + open door	37	1300
Open window (50%) + open door	28	975
Open window (100%) + closed door	4.2	150

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Table 5.1 Potential applicability of natural ventilation solutions in ideal conditions (consensus of a WHO systematic review)

		Natural ventilation					Mechanical ventilation
	Single-	Stack	Cour	tyard			
Climate	sided corridor	(atrium/ chimney)	Outer corridor	Inner corridor	Wind tower		
Hot and							
humid	**	*	**	**	*	***	****
Hot and dry	***	*	***	***	***	****	****
Moderate	***	***	***	***	***	****	****
Cold	*	**	*	*	*	**	****

Note: The actual achievement is not always up to the potential and care must be taken with all ventilation designs in the critical setting of health-care facilities with airborne infectious agents known or expected to be present.

Applicability of natural ventilation systems

- ★ The performance in either thermal comfort or infection control is unsatisfactory. In terms of infection control, it means the magnitude of the ventilation rate.
- ★★ The performance is fair.
- $\bigstar\,\bigstar\,$ The performance is acceptable, but compromise may be needed in terms of thermal comfort.
- ★★★ The performance is good in terms of both thermal comfort and airborne
- ★★★★ The performance is very good (satisfactory) in terms of both thermal comfort and infection control.

Natural ventilation for infection control in health-care settings.

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Negative Pressure Room for Airborne Infection Isolation monito<u>r</u> Bathroom corridor Positive Pressure Room for Protective Environment Monitor Corridor

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CDC EIC MMWR JUNE 6, 2003

Table 6. Engineered specifications for positive- and negative pressure rooms*

	Positive pressure areas (e.g., protective environments [PE])	Negative pressure areas (e.g., airborne infection isolation [AII])
Pressure differentials	> +2.5 Pa§ (0.01" water gauge)	> -2.5 Pa (0.01" water gauge)
Air changes per hour (ACH)	>12	≥12 (for renovation or new construction)
Filtration efficiency	Supply: 99.97% @ 0.3 µm DOP¶ Return: none required**	Supply: 90% (dust spot test) Return: 99.97% @ 0.3 μm DOP¶ ⊥
Room airflow direction	Out to the adjacent area	In to the room
Clean-to-dirty airflow in room	Away from the patient (high-risk patient, immunosuppressed patient)	Towards the patient (airborne disease patient)
Ideal pressure differential	> + 8 Pa	> - 2.5 Pa

^{*} Material in this table was compiled from references 35 and 120. Table adapted from and used with permission of the publisher of

the building.

AIA & ASHRAE DESIGN GUIDELINES FOR VENTILATION

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Ventilation:



PROPOSED ENERGY EFFICIENCIES Displacement Chill beams Heat wheels Minimal leakage

^{35 (}Lippincott Williams and Wilkins).

§ Pa is the abbreviation for Pascal, a metric unit of measurement for pressure based on air velocity; 250 Pa equals 1.0 inch water

gauge.

¶ DOP is the abbreviation for dioctylphthalate particles of 0.3 µm diameter.

** If the patient requires both PE and AII, return air should be HEPA-filtered or otherwise exhausted to the outside.

- Exterior Testing
 - Water proof
 - Air infiltration
 - Condensation
 - Cooling
 - Heating
 - Structural



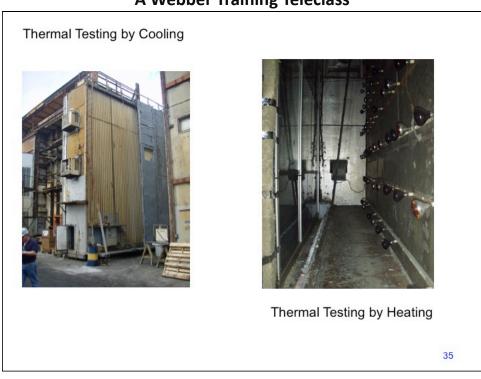


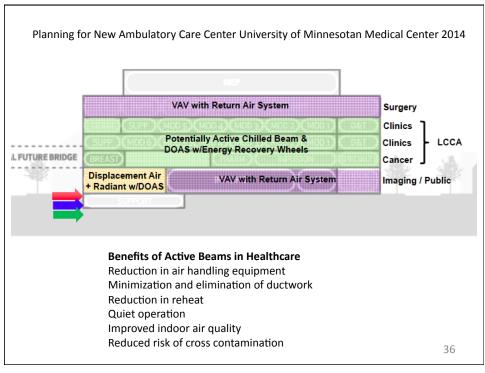


- Dynamic Testing
 - Use pipe grid system to spray water
 - Use a propeller engine to simulate wind conditions
 - At 12 PSF for 15 minutes
 - Check for leaks

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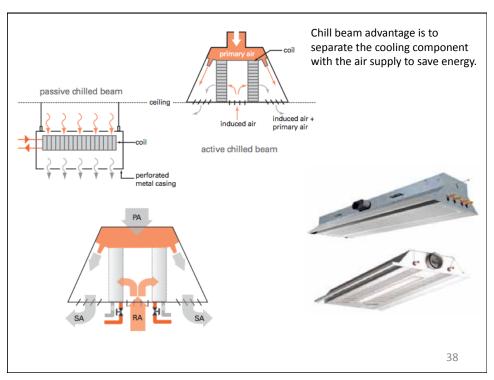
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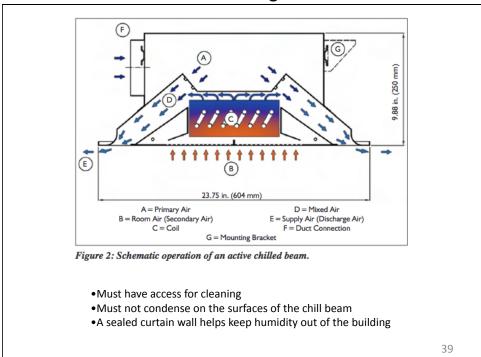


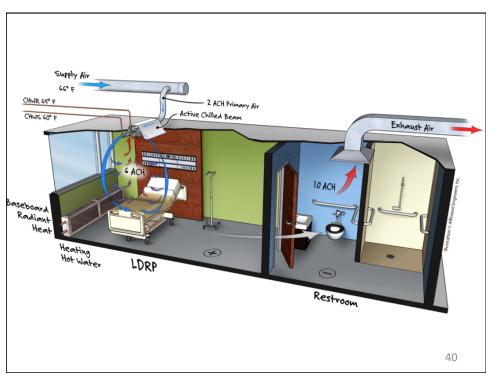
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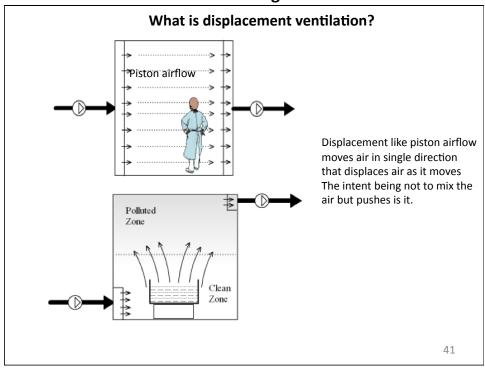


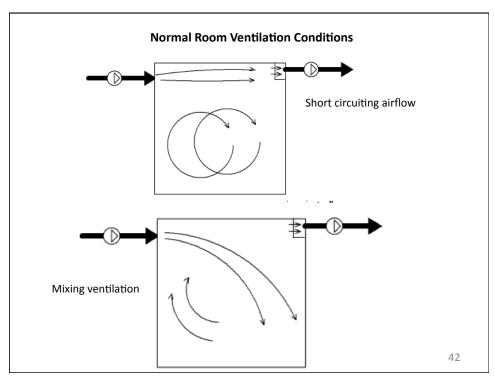
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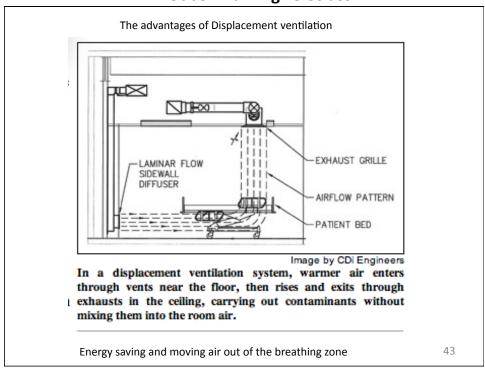


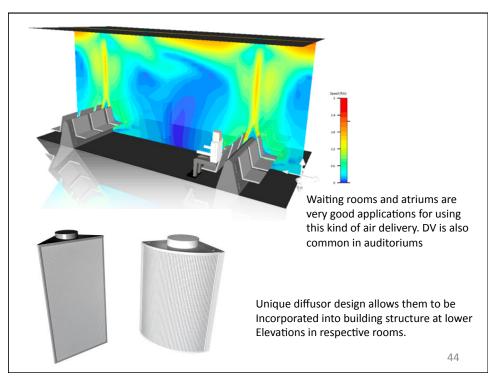
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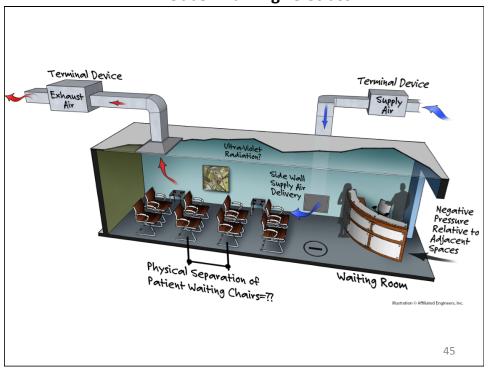


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Advantage of Displacement Ventilation for Infection Prevention and Energy Management

Infection Prevention

- -Room temps may seem warmer due to delivery temp higher.
- -Rising temp creates upward buoyance to lift particles
- -When infectious particle above breathing zone safe?

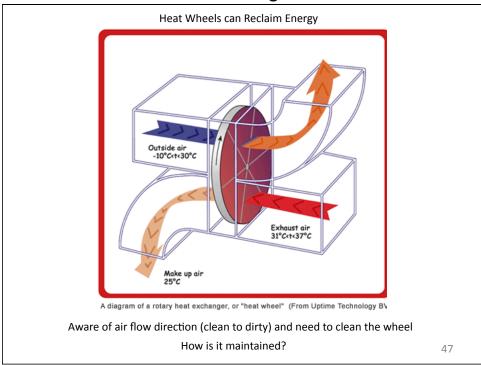
Energy Management

- -Air delivered to room for comfort already >60F
- -Lower energy costs
- -Decrease air exchange
- for room by using 6 ft instead of 8 ft for calculation

Disadvantage: Difficult to find space in a patient room to deliver air low

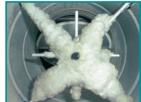
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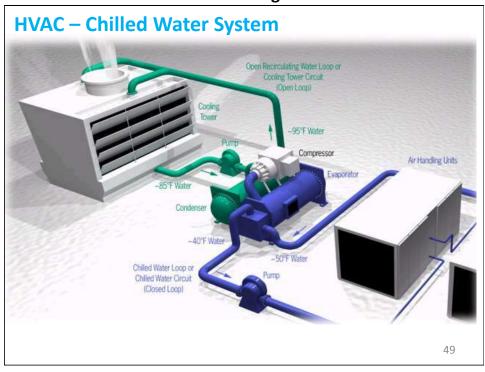


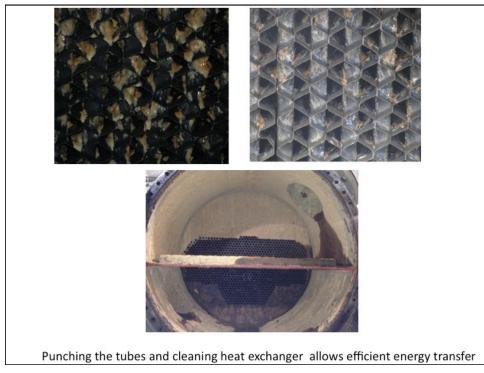
Causes of Ventilation Deficiencies

- ➤ Plugged Filters
- ➤ Plugged Temperature Control Coils
- ➤ Duct Leakage
- > Dust on Fan Blades
- ➤ Fan Belt Slippage
- Uncalibrated Control Equipment
 - ➤ Digital Controls
 - > Pneumatic Controls
 - ➤ Plugged sensors

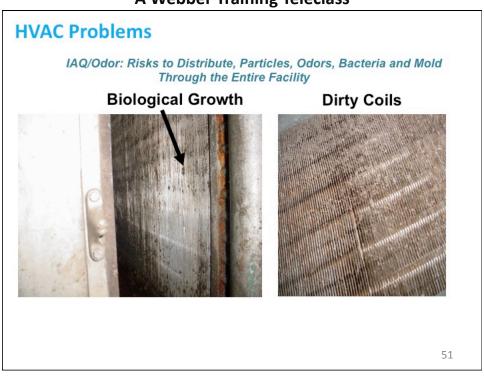


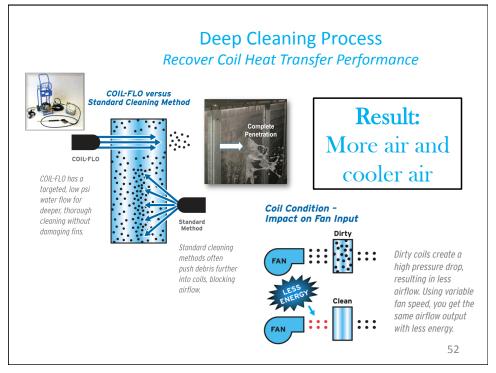
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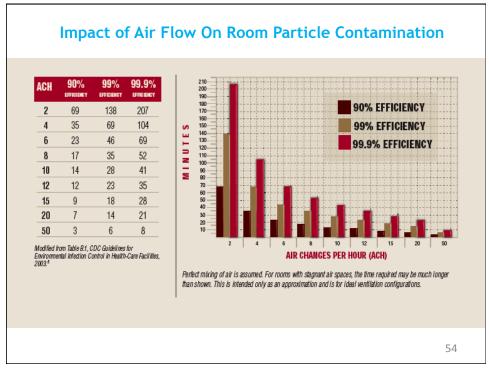
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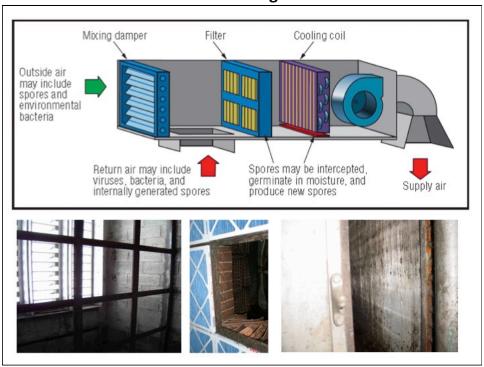


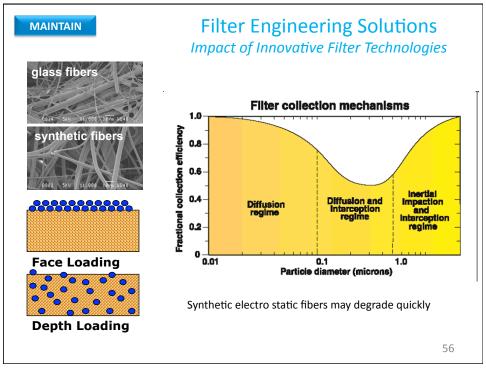
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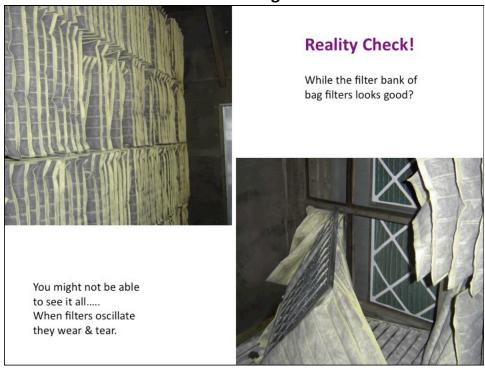


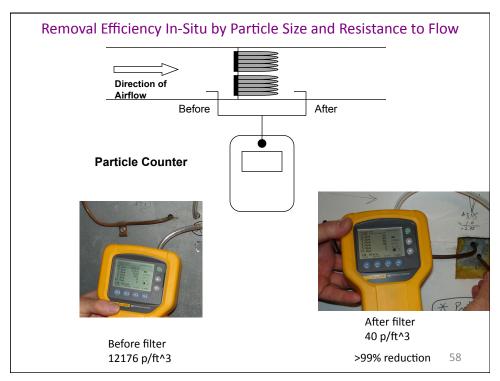
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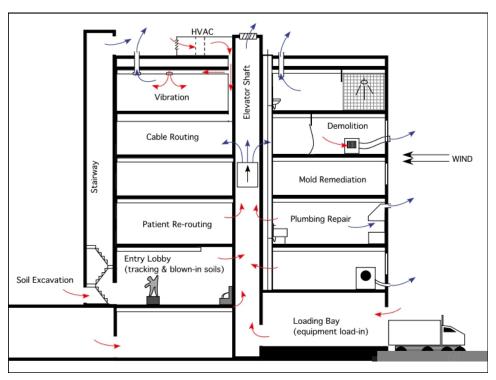
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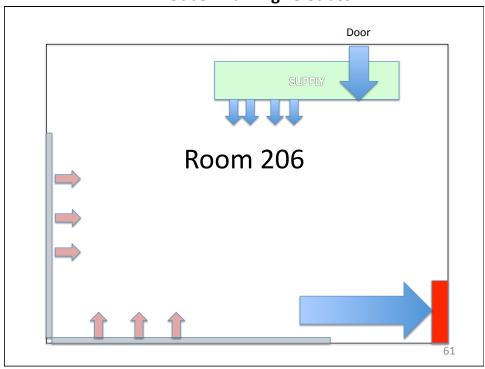


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	Joint Commission Findings Top 11 out of 20 are Building Related				
Top 20 Rank	Standard	1 st Half 2012 RFIs	2011 RFIs	Subject	
2	LS.02.01.20	52%	56%	Means of Egress	
3	LS.02.01.10	47%	52%	General LSC Requirements	
4	EC.02.03.05	40%	40%	Features of Fire Safety	
7	LS.02.01.30	36%	45%	Life Safety Protection	
8	LS.02.01.35	35%	31%	Fire Suppression Systems	
9	EC.02.06.01	32%	29%	Built Environment	
10	EC.02.02.01	29%	23%	Hazardous Materials & Waste	
11	EC.02.05.01	28%	25%	Utility Systems (Ventilation)	
16	EC.02.05.09	24%	22%	Medical Gases	
17	EC.02.05.07	23%	26%	Emergency Power	
20	EC.02.03.01	19%	21%	Fire Safety	

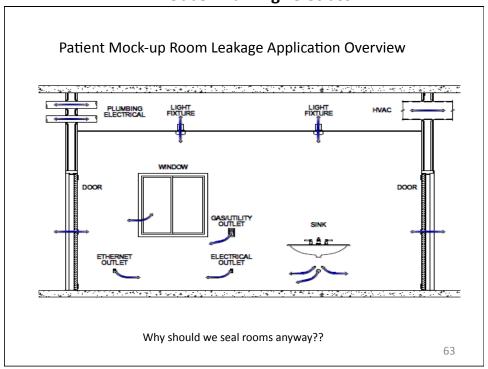


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Blower doors allow for leakage testing by applying pressure and using smoke stick to find leaks for sealing

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Duct Blaster evaluation of All room





Depressurize room and record air flow volume to determine room leakage. Four All rooms evaluated with average of 22 inch²/100ft²; two sealed rooms 3.1 in²/100ft².

AIR TIGHT HOUSES STANDARD AT 2.5 inch2 /100ft2

Leakage defined as # cfm @ x pressure Pascal's or WC

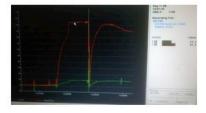
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Finding leakage points in rooms helps assure consistent pressure management



Design for airborne infection isolation rooms the size at UMMC when sealed will move 84 cfm air at 10 Pascal's pressure to achieve 2.5 in²/100ft² surface area. Leakage at about 0.1 cfm/ft^2.





A sealed room has two advantages:

- -controlled sound movement
- -ventilation control for infectious disease management

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Room Seal Necessary for Special Ventilation Management

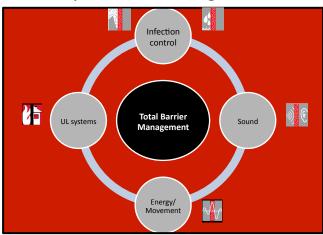
- · Cracks can result in room air leakage.
- Supply air volume differential allows for airflow direction control.
- Low pressure differential can result in airflow reversal.
- Substantial room pressure design should provide a sealed "vessel".
- · Design criteria are necessary for control.





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Case Study- Barrier Management "Leakage"

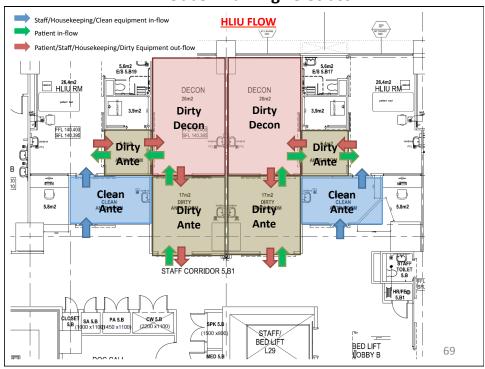


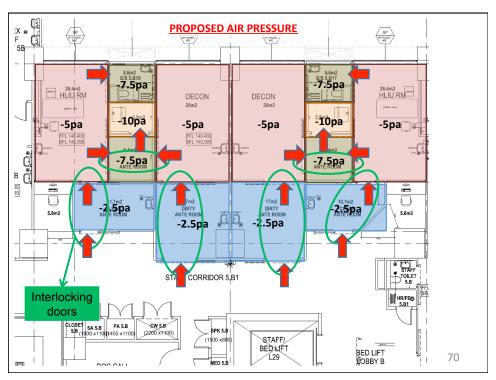
Total Barrier Management practices increase build integrity beyond UL systems with additional secondary attributes

DISCLOSURE HILTI SPONSORED STUDY

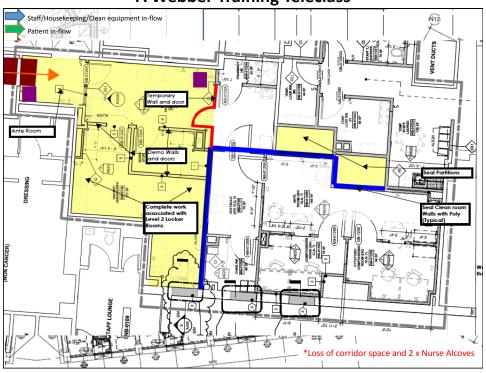
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Wall Penetrations Can Circumvent Ventilation Parameters





Plugging holes will help maintain pressure goals

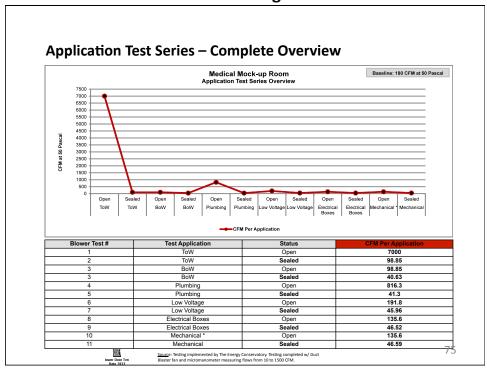
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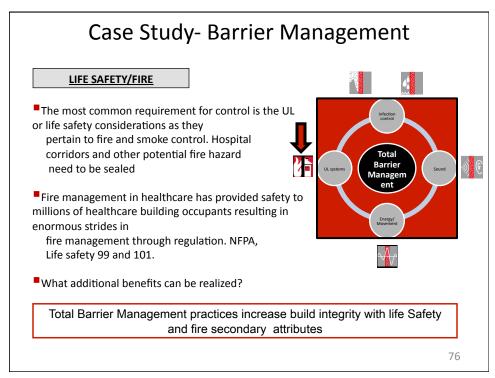
TESTING PENETRATIONS WITH BLOWER DOOR PRESSURIZATION



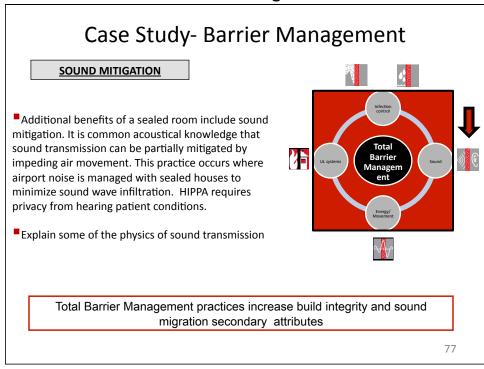


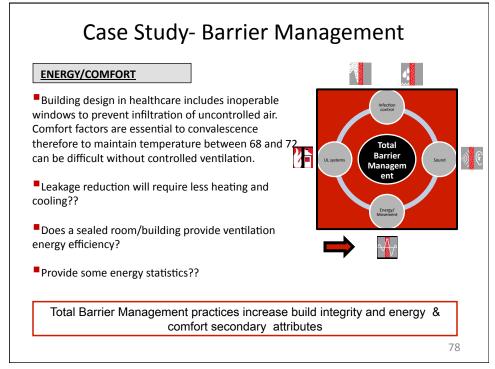
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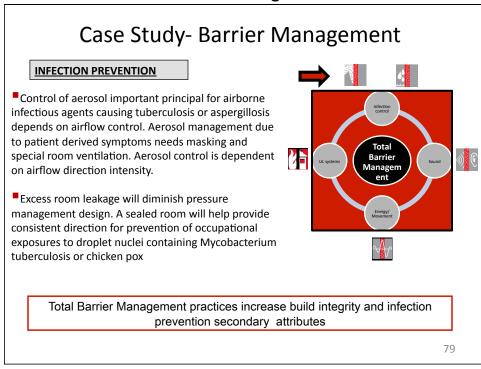


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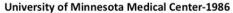
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Infection Prevention and Ventilation

- Air volumes must be maintained to assure cleaning the air of contaminants
- Impediments include: plugged equipment that needs cleaning or change out of filters
- Aspiring to have good air quality requires routine maintenance to assure AC/hr, filtration and pressure.

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Questions & Answers

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September 24 (Free Teleclass)

EVIDENCE VS. TRADITION: EXAMINING THE EVIDENCE OF BATHING TO **REDUCE HAI'S**

Kathleen Vollman, Advanced Nursing LLC Sponsored by Sage Products (www.sageproducts.com)

September 28 (Free British Teleclass ... Broadcast live from the 2015 IPS conference) WHAT DID THE ROMANS EVER DO FOR US?

Carole Fry, Healthcare Infection Society

September 29 (Free British Teleclass ... Broadcast live from the 2015 IPS conference) FAECAL TRANSPLANT TO TREAT CLOSTRIDIUM DIFFICILE DISEASE Dr. Jonathan Sutton, Betsi Cadwaladr University Health Board, Wales

September 30 (Free British Teleclass ... Broadcast live from the 2015 IPS conference) THE EMERGENCE OF MERS: FROM ANIMAL TO HUMAN TO HUMAN Professor Ziad Memish, Prince Mohammed Bin Abdulaziz Hospital, Saudi Arabia

October 14 (FREE WHO Teleclass - Europe) THE USE OF SOCIAL MEDIA IN SUPPORT OF GLOBAL INFECTION PREVENTION AND CONTROL

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