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Applicata MEDS-22/A

Reduction of Energy Emissions and Prospects for Eco-Sustainable Practices in the Radiology Department: "Green Radiology"

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CICLO XXXVII
ANNO CONSEGUIMENTO TITOLO 2025



UNIONE EUROPEA
Fondo Sociale Europeo



REACT EU



La borsa di dottorato è stata cofinanziata con risorse del Programma Operativo Nazionale Ricerca e Innovazione 2014-2020, risorse FSE REACT-EU Azione IV.4 "Dottorati e contratti di ricerca su tematiche dell'innovazione"

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Introduction

1.1 Contextualization of the Research within the Healthcare industry

In today's rapidly evolving healthcare landscape, institutions worldwide are increasingly confronted with the dual challenges of delivering state-of-the-art medical care and minimizing their environmental impact. Modern hospitals, with their advanced diagnostic and treatment facilities, serve as critical hubs for patient care; yet, they are also among the largest consumers of energy in both developed and developing countries. This is particularly evident in departments such as radiology, where high-resolution imaging systems including MRI, CT, X-ray, and ultrasound devices operate continuously, often around the clock, to support diagnostic excellence. The energy demands of these devices are compounded by the need for sophisticated auxiliary systems, such as climate control, specialized lighting, and computer networks that facilitate patient data management. Consequently, the healthcare sector not only faces escalating operational costs but also contributes significantly to environmental degradation through increased carbon emissions and resource depletion.

Amid growing global awareness of climate change and the urgent need to adopt sustainable practices, healthcare providers are now re-examining their energy consumption patterns and exploring ways to improve efficiency without compromising the quality of care. Governments are responding with stricter regulations and incentives aimed at reducing greenhouse gas emissions, thereby encouraging hospitals to invest in eco-friendly technologies and sustainable management systems. In this context, energy efficiency has evolved from a purely economic concern into a core element of modern healthcare strategy. The integration of renewable energy sources, coupled with advanced energy management systems, has the potential to transform hospitals into models of sustainability, where clinical excellence and environmental responsibility coexist.

Within this framework, radiological services present a unique case for scientific inquiry. Due to the high-intensity usage of imaging equipment, even marginal improvements in operational efficiency or modifications to existing practices can lead to substantial energy savings and reduced environmental footprints. The concept of "Green Radiology" emerges as a holistic approach that combines technological innovation with strategic operational changes. By examining factors such as device idle times, maintenance of auxiliary systems, and the overall scheduling of equipment usage, researchers can identify actionable efficiencies that are both economically beneficial and environmentally sustainable. This research is motivated by the observation that, while technological advancements have significantly improved diagnostic capabilities, they have also inadvertently increased energy consumption. As such, there is an urgent need to critically assess and redesign operational protocols to ensure that radiology departments contribute positively to the broader goals of sustainability in healthcare.

Ultimately, this study situates itself at the intersection of healthcare innovation and environmental stewardship. By analyzing energy consumption trends within a busy radiology department and evaluating the impact of targeted interventions, the research aims to establish a model that can be replicated across similar settings. This model, which we refer to as "Green Radiology," is intended to serve as a benchmark for how modern healthcare facilities can balance the imperatives of technological excellence with the pressing need for sustainable resource management. In doing so, it seeks not only to reduce operational costs

but also to mitigate the ecological impact of healthcare delivery, thereby aligning with global efforts to build a more sustainable future.

1.2 The Concept of “Green Radiology” and the Need to Reduce the Environmental Impact in the Radiology Department

The concept of “Green Radiology” represents a paradigm shift in the operational management of diagnostic imaging services. Traditionally, radiology departments have focused almost exclusively on clinical performance and diagnostic accuracy. However, the growing recognition of environmental challenges such as climate change, depletion of resources, and escalating energy costs has driven a need to incorporate sustainability into every facet of healthcare. “Green Radiology” is an integrated approach that seeks not only to maintain, but also to enhance diagnostic quality while reducing unnecessary energy consumption and mitigating adverse environmental impacts. This approach combines the principles of energy efficiency, technological innovation, and sustainable operational management to transform radiology departments into models of ecological responsibility.

At its core, “Green Radiology” stands for the systematic identification and elimination of energy waste throughout the various operational stages of radiological services. Radiology departments utilize sophisticated imaging devices such as MRI, CT, X-ray, and ultrasound systems that, by their very nature, consume a significant amount of power. Often, these devices are kept operational even during non-peak hours, or left idle without entering low-power modes, which results in substantial energy losses. In addition, the auxiliary systems, including climate control, lighting, and the extensive IT infrastructures required to support digital imaging and reporting, further compound the overall energy demand. The cumulative effect of these factors can lead to an unnecessarily high carbon footprint. “Green Radiology” therefore emphasizes a comprehensive review of all energy-demanding processes, with the goal of streamlining operations, optimizing equipment usage, and implementing advanced power management strategies.

A crucial element in achieving “Green Radiology” is the adoption of targeted technological interventions that help minimize energy wastage. One of the primary strategies is the integration of automated power-saving features such as auto shutdown and standby modes. When imaging devices or workstations are not in active use, these features can drastically reduce power draw. For example, by automatically switching off non-essential systems during off-peak hours or when the equipment remains idle for a predetermined period, energy consumption can be curtailed significantly without compromising the readiness of the department to provide urgent diagnostic services. Moreover, investing in newer, energy-efficient imaging equipment that uses advanced technology not only enhances diagnostic performance but also reduces the overall energy load. The transition to digital processes, including digitized documentation and the use of tablets for signatures, further contributes to lowering energy consumption indirectly by reducing the need for paper processing and minimizing the associated resource usage.

Beyond the direct technological improvements, “Green Radiology” is equally about rethinking operational workflows and organizational habits to promote sustainability. Radiology departments often operate around the clock, with many devices running continuously regardless of actual patient load. By analyzing operational data and identifying periods of low demand, it becomes possible to adjust scheduling practices and resource allocation. For instance, automated scheduling systems can be used to consolidate imaging

studies during peak hours, thereby reducing the number of devices that need to be active simultaneously. Additionally, reconfiguring the physical layout such as the strategic placement of workstations to share environmental controls like air conditioning and lighting can lead to further efficiencies. Such changes, while seemingly minor, accumulate over time and contribute to a substantial reduction in energy consumption and operational costs.

Environmental sustainability in radiology is also closely linked to broader ecological considerations such as the reduction of waste and the carbon footprint associated with healthcare operations. Radiology departments, by virtue of their high-tech nature, imply not only high energy usage but also the generation of electronic waste and other by-products. Implementing “Green Radiology” strategies means adopting a lifecycle approach that considers the environmental impact from procurement to disposal. This involves choosing equipment that can be easily upgraded or recycled, monitoring energy usage continuously to identify inefficiencies, and educating staff about best practices for energy conservation. These efforts are aligned with global movements toward energy conservation and resource management, positioning radiology departments as pioneers in sustainable healthcare. The benefits extend beyond cost savings; they include improved public perception and compliance with increasingly stringent environmental regulations, which are fast becoming a prerequisite for operational licensing and public funding in many regions.

Ultimately, “Green Radiology” is more than a set of technical or operational adjustments; it is a holistic vision for reconciling high-quality healthcare delivery with environmental responsibility. It calls for a reexamination of conventional practices and the integration of novel approaches that address both immediate energy needs and long-term ecological sustainability. By aligning the operational practices of radiology departments with the principles of environmental stewardship, healthcare institutions can contribute significantly to the global effort against climate change. In doing so, they not only protect natural resources but also establish a sustainable model that can serve as an exemplar for other areas of medicine. This research, therefore, is motivated by the urgent need to bridge the gap between technological innovation and environmental responsibility, providing a roadmap for other healthcare facilities to follow in reducing their ecological impact while maintaining the highest standards of patient care.

1.3 Objectives of the Thesis

The primary objective of this thesis is to undertake a comprehensive analysis of the energy consumption patterns occurring within a radiology department and to evaluate the effectiveness of a series of targeted energy-saving interventions. To achieve this, the research will quantify the energy usage of major diagnostic devices such as MRI, CT, X-ray, and ultrasound machines as well as auxiliary systems including cooling, lighting, and computer workstations. This quantitative assessment will serve as the basis for identifying inefficiencies, most notably, excessive energy usage during non-peak or idle operational states and will subsequently inform the development of a structured “Green Radiology” model. Such a model is intended to not only reduce operating costs but also lessen the environmental footprint of diagnostic imaging in healthcare facilities.

Complementing the quantitative analysis, the thesis aims to evaluate the impact of several specific intervention measures that have been implemented over a multi-year period. For instance, the study will examine the role of automated power-saving features (such as auto shutdown and standby modes), the consolidation and strategic repositioning of workstations,

and the broader transition to digital logging and documentation. By comparing baseline consumption data with post-intervention outcomes, the research seeks to determine the relative effectiveness of each measure in curtailing energy use. This comparison will provide a nuanced understanding of how technological upgrades and operational changes contribute individually and collectively to overall energy savings.

Beyond the direct energy metrics of equipment and auxiliary systems, this study also explores the interplay between operational workflows and energy consumption. In particular, one of the objectives is to investigate how changes in staff behavior and scheduling practices such as adjusted shift patterns, strategic grouping of diagnostic tasks, and initiatives like car-sharing for staff commuting can indirectly reduce energy demand. By integrating qualitative aspects, such as routine practices and organizational habits, with hard energy data, the thesis returns a holistic picture of how radiology departments might operate more sustainably. This approach acknowledges that energy efficiency is a multifaceted issue, where technological interventions and human factors must be considered in tandem.

An additional core objective is to develop a replicable “Green Radiology” framework that encapsulates best practices derived from the empirical data collected over multiple annual cycles. The research will involve a longitudinal analysis that compares energy consumption trends before and after the implementation of corrective measures. This comparative study will reveal both transient and sustained impacts, highlighting which strategies deliver immediate benefits, and which generate cumulative long-term savings. The insights gained will be used to outline a set of practical recommendations that can serve as guidelines for other healthcare institutions aiming to reduce their operational energy overhead. Such recommendations may include specific standards for equipment management, suggestions for reconfiguring radiology spaces, and protocols for continuous monitoring that ensure ongoing compliance with sustainability targets.

Lastly, the thesis also sets an objective to identify areas for future research, recognizing that the current study may be limited by the available data or by the specifics of the current technological environment. In this regard, the study will propose future lines of inquiry such as the exploration of renewable energy integration, more advanced data analytics for real-time monitoring, and the potential for extending these methodologies to other hospital departments that will further refine the “Green Radiology” model and support wider sustainable practices in healthcare. The ultimate goal is to not only contribute to immediate cost savings and environmental benefits but also to establish a basis for continued innovation and progress in reducing the ecological impact of medical diagnostics.

By addressing these objectives ranging from detailed measurement and analysis to the evaluation of targeted interventions and the development of a replicable sustainability framework this thesis aims to bridge the gap between modern diagnostic demands and the imperatives of environmental stewardship. The work is designed to provide actionable insights and practical tools that can be utilized by radiology departments worldwide, ensuring that the pursuit of clinical excellence does not come at the cost of ecological degradation. Ultimately, the research underscores the notion that sustainable healthcare is not only possible but necessary in a world facing growing environmental challenges.

1.4 Overall Structure of the Work

This thesis is organized into several interrelated chapters, each designed to build upon the previous sections while collectively offering a comprehensive account of the research on

energy consumption and sustainability in radiology. The work follows a logical progression that starts with a broad contextualization of the challenges facing modern healthcare and advances through a detailed review of relevant literature, a thorough presentation of the research methodology, a multi-year analysis of intervention results, and finally, an in-depth discussion of the implications and potential future directions.

The first chapter, the Introduction, sets the stage by contextualizing the research within the healthcare sector, presenting the emerging concept of “Green Radiology,” outlining the specific objectives of the study, and explaining the overall structure of the work. This section establishes the rationale behind the focus on energy efficiency in radiology and introduces the guiding questions and goals that inform the subsequent analysis.

Following the Introduction is the Literature Review chapter, which delves into existing research on environmental sustainability in healthcare. In this chapter, international studies, best practices, and cutting-edge technological developments are critically examined, with special emphasis on strategies that have been successfully implemented to reduce energy consumption in radiology departments. The review also introduces key sustainability indicators such as carbon, water, and environmental footprints which serve as benchmarks for assessing the performance of energy-saving interventions.

The third chapter, Methodology, provides a detailed description of the data collection and analysis procedures. This chapter discusses the various sources of information such as the Radiology Information System (RIS), the Picture Archiving and Communication System (PACS), and on-site energy monitoring systems and explains how data were gathered, standardized, and segmented across distinct annual periods. Moreover, the methodology section outlines the analytical techniques employed, including comparative statistical analysis and graphical visualization (e.g., tables, charts, and diagrams) that track trends over time. By clearly defining the analytical parameters such as operating hours, system states, and the quantification of energy in kilowatt-hours this chapter ensures that readers understand how the study’s conclusions are derived from the empirical data.

The Results section is divided into three main segments, each corresponding to one annual report. The first segment details the baseline energy consumption measurements, highlighting the operational context and critical inefficiencies identified during the initial assessment of 2021 data. The subsequent segments document the impact of targeted interventions across the following cycles. Specifically, the second segment compares pre-intervention data (from January to June 2022) with data obtained after the implementation of corrective measures (from October 2022 to March 2023), focusing on quantifiable reductions in energy consumption across imaging modalities and auxiliary systems. The third segment presents further optimization efforts executed in 2023, including the reconfiguration of workstation layouts and the incorporation of digital processes, and discusses how these changes have translated into both energy savings and improved operational efficiency.

In the Discussion chapter, the collected data across all annual periods are integrated and critically analyzed. This chapter evaluates the overall effectiveness of the implemented strategies, contrasting the economic and environmental benefits of energy conservation with any observed limitations and organizational challenges. Furthermore, the discussion situates the research findings within the broader context of global sustainability initiatives and assesses their implications for radiology practices elsewhere. It also considers how factors such as staff behavior, scheduling adjustments, and even commuting practices contribute indirectly to energy efficiency.

The thesis concludes with a chapter dedicated to Future Perspectives and Recommendations. In this final substantive section, actionable guidelines and potential avenues for continued research are proposed. Specific recommendations are offered for further technological upgrades, enhanced data monitoring, and refined operational strategies that could extend the benefits of the “Green Radiology” model to other healthcare departments. Finally, the Conclusions chapter encapsulates the study’s major findings, reiterates the contributions made to the field of sustainable radiology, and outlines the overall impact of green practices on both cost efficiency and environmental stewardship.

An extensive Bibliography follows, listing all cited works. This structured approach is intended not only to document the evolution of sustainable practices within the radiology department but also to serve as a replicable blueprint for energy optimization initiatives in the broader healthcare environment.

Literature Review

2.1 International Studies and Best Practices in “Green Radiology”

“Green Radiology” is an emerging paradigm that envisions a comprehensive, sustainable approach in managing radiological services. Traditionally, radiology departments have focused on delivering prompt and accurate diagnostic information without giving sufficient attention to the environmental cost of their operations. In contrast, the Green Radiology concept advocates for the integration of eco-friendly practices into every layer of the radiology workflow from acquisition and processing of images to the operation of ancillary equipment and energy management. The primary aim is to strike a balance between maintaining superior diagnostic capabilities and minimizing unnecessary consumption of energy and other resources.

At the heart of Green Radiology lies the recognition that even marginal improvements in the operational efficiency of imaging systems can result in substantial energy savings. For example, modern imaging devices are designed to operate with high performance; however, they often remain powered even during periods of low demand. Such practices result in significant periods of idle energy consumption where devices are ready to operate at full capacity but are not actively engaged. Interventions like auto shutdown features and standby modes allow equipment to reduce power draw automatically when not in use, thereby curtailing waste. Beyond the direct consumption of imaging devices, the supporting infrastructure comprising heating, ventilation, air conditioning (HVAC) systems, and digital data management platforms also contributes notably to energy demands. The Green Radiology model, therefore, extends beyond mere technological upgrades; it is about reengineering workflows and altering operational behaviors to promote efficiency.

The need to reduce the environmental impact in radiology is further underscored by the significant ecological footprint associated with high-energy operations. Radiology departments are not isolated energy consumers; they are part of a larger healthcare framework that is increasingly scrutinized for its environmental performance. Reducing energy consumption in these departments can lead to a corresponding decrease in carbon emissions, aligning hospital practices with international sustainability targets and national regulatory guidelines. Furthermore, energy-efficient practices translate into lower utility bills, ultimately reducing operational costs and freeing up resources that can be reinvested in patient care or further environmental initiatives.

A crucial element of Green Radiology is the adoption of digital processes. For instance, the transition from paper-based documentation to digital systems not only expedites workflow but also minimizes the indirect energy and resources required for paper production and waste management. Additionally, improving the infrastructure such as consolidating workstations and strategically positioning them to share environmental controls can further optimize energy use. These measures echo the global movement toward sustainable healthcare, wherein every facet of operation is examined for potential efficiency gains. By aligning technological, operational, and managerial practices with the principles of sustainability, Green Radiology offers a replicable model that promises to reduce both the ecological impact and the operational expenses typically associated with high-tech diagnostic services.

Moreover, the drive toward Green Radiology is not an isolated institutional initiative. It reflects a broader shift in societal expectations regarding environmental responsibility and corporate social responsibility. Healthcare, as one of the most visible and critical sectors, is under increasing pressure to serve as a role model for other industries by adopting green practices. In this sense, the push for Green Radiology is also about setting an example demonstrating that high-quality analytics and patient diagnostics can coexist with an unwavering commitment to environmental protection. This research, therefore, not only seeks to quantify energy savings and operational efficiencies but also aims to contribute to the broader dialogue on sustainable practices in healthcare, ultimately inspiring parallel developments in other medical departments and institutions.

2.2 Technologies and Strategies for Reducing Energy Consumption

Modern healthcare facilities and radiology departments in particular face growing pressures to operate more sustainably while maintaining the highest standards of clinical performance. A key part of achieving these goals is the adoption of advanced technologies and strategic practices aimed at reducing energy consumption. In recent years, a diverse array of technological innovations and management strategies has emerged, each designed to curb energy use and optimise overall operational efficiency.

One of the most significant technological advances in radiology is the introduction of smart sensor networks. These systems integrate Internet-of-Things (IoT) devices with existing infrastructure, enabling real-time monitoring of energy usage across diagnostic and auxiliary systems. For example, temperature sensors strategically placed in imaging suites can continuously track ambient conditions, feeding data into an intelligent control system that dynamically adjusts HVAC (heating, ventilation, and air conditioning) operations. By matching cooling and heating outputs with actual usage rather than relying on static schedules facilities have observed dramatic reductions in peak-load requirements and overall energy consumption.

Alongside sensor integration, the implementation of automated power-management protocols has proven fundamental. Many imaging devices inherently support multiple operational modes, including active, standby, and off states. Previously, prolonged idle periods contributed significantly to wasted energy as equipment remained powered even when not in use. Today, auto shutdown features, combined with “sleep” modes, ensure that systems default to energy-saving configurations during periods of inactivity. When these protocols are coupled with user training, they foster a culture of mindful energy use among staff that extends beyond simple device management.

Another transformative strategy has been the physical and architectural redesign of clinical spaces. In radiology, the repositioning of workstations and the consolidation of reporting areas have led to more efficient use of lighting and HVAC systems. Compact layouts allow for overlapping service areas and the optimized delivery of natural light. Retrofitting these areas with modern LED lighting has further enhanced energy efficiency by reducing electricity consumption while maintaining the high-quality illumination required for diagnostic accuracy. In addition, automated dimming systems have been introduced to adjust light levels based on occupancy and the time of day, ensuring that energy is not squandered during low-demand periods.

Digital transformation also plays a pivotal role in reducing energy expenditure. Traditional paper-based workflows, which once necessitated extensive printing and physical storage, have been largely supplanted by digital information management systems. The shift to electronic health records (EHRs) and digital imaging archives (such as Picture Archiving and Communication Systems, or PACS) not only streamlines patient care but also leads to lower energy consumption across peripheral systems. By reducing the overhead associated with document management such as printing, copying, and archiving a substantial amount of energy is conserved indirectly. Moreover, cloud-based solutions and virtualization in IT infrastructures diminish the need for on-site physical servers, further contributing to energy savings.

Beyond individual technologies, a systemic approach that merges operational best practices with technological innovation is essential. Comprehensive energy audits provide the data required to identify inefficiencies and benchmark performance over time. In many cases, these audits have prompted a re-examination of operational policies leading to adjustments in shift scheduling, equipment maintenance routines, and infrastructure planning. Collaborative efforts between facility management, IT departments, and clinical staff have encouraged the adoption of an integrated energy management framework, wherein every component of the department is monitored, evaluated, and optimized for energy conservation. This holistic strategy not only improves short-term energy performance but also lays the groundwork for sustained long-term improvements.

Looking toward the future, emerging technologies such as machine learning and artificial intelligence (AI) promise to further refine energy optimization in healthcare settings. AI-driven predictive analytics can leverage historical consumption data to forecast future energy demands, enabling real-time adjustments that preemptively reduce waste. For instance, forecasting algorithms may predict low patient volume or identify patterns of idle equipment use, triggering automated interventions before significant energy is expended. Such innovations point to a future where energy management is not only reactive but also anticipatory ensuring that radiology departments operate at peak efficiency even under variable conditions.

In summary, the technologies and strategies for reducing energy consumption in radiology encompass a wide spectrum from smart sensor networks, automated power management, and architectural redesigns to digital transformation and AI-driven predictive systems. When deployed synergistically, these measures result in substantial energy savings, reduced operational costs, and a markedly lower environmental impact. This multifaceted approach underscores the importance of embracing both state-of-the-art technological solutions and continual operational improvements to meet the challenges of sustainable healthcare.

2.3 Sustainability Indicators: Carbon, Water, and Environmental Footprint

While reducing energy consumption is a critical measure of operational efficiency, it represents only one facet of a facility's overall sustainability. To fully assess environmental performance, it is essential to evaluate a broader range of sustainability indicators such as carbon emissions, water usage, and the overall ecological footprint. In recent evaluations, integrated monitoring systems have been designed to capture these metrics, thereby offering a comprehensive picture of environmental performance in radiology departments.

The primary sustainability indicator is the carbon footprint, which quantifies the amount of CO₂ and other greenhouse gases (GHGs) emitted as a result of energy consumption. By converting kilowatt-hours saved into an equivalent reduction in CO₂ emissions, facilities can directly link efficiency improvements to environmental impact. For example, advanced energy monitoring systems now incorporate conversion factors based on regional energy generation profiles, allowing facilities to estimate how a given reduction in kWh translates into fewer metric tons of CO₂. The resulting data have shown that even modest improvements in equipment efficiency can yield impressive reductions in carbon emissions thereby supporting global climate action initiatives and local environmental policies.

In addition to carbon emissions, water usage has emerged as a crucial indicator of sustainability particularly in areas associated with HVAC and cooling operations. Radiology departments consume significant amounts of water for cooling systems, which are essential to maintaining optimal operating temperatures for high-powered diagnostic equipment. Through refined controls and system optimizations, water usage can be reduced alongside energy savings. For instance, modern HVAC systems have been engineered to operate more efficiently, requiring less water for evaporative cooling while still maintaining precise climate control. Integrated monitoring of water flow and usage not only provides insights into immediate conservation benefits but also highlights the interconnected nature of resource management, where savings in one area can induce ripple effects in others.

The overall environmental footprint extends beyond direct measures of energy and water usage to encompass resource use in materials, waste generation, and recycling practices. Digitalization initiatives such as the replacement of paper-based records with electronic systems serve as a prime example of reducing material consumption and associated environmental impacts. Furthermore, the adoption of renewable energy sources, improved waste management practices, and sustainable procurement policies all contribute to lowering the overall ecological footprint. By measuring factors such as paper use reduction, waste recycling rates, and the shift toward renewable energy, facilities can gauge their progress toward more responsible resource stewardship.

Collecting such multifaceted data provides a robust framework for performance evaluation. Sustainability dashboards that integrate energy, water, and environmental impact metrics offer decision-makers a clear overview of a facility's progress. These dashboards can display trends over time, highlight areas in need of further intervention, and serve to justify continued investment in green technologies. For example, periodic reporting on a combined "Environmental Performance Index" helps track the cumulative benefits of energy efficiency, water conservation, and waste reduction measures. In many cases, these integrated reports have underscored that improvements in one resource-saving domain can lead to amplified benefits across others, creating a synergistic effect in overall sustainability.

Moreover, sustainability indicators serve as benchmarks for external comparisons. By aligning their data with national and international sustainability standards such as carbon reduction targets stipulated by environmental agencies healthcare facilities can benchmark their performance and identify best practices within the industry. This benchmarking not only motivates continued improvement but also fosters collaborative initiatives among institutions aiming to reduce their environmental impacts.

In conclusion, the comprehensive evaluation of sustainability indicators including carbon emissions, water usage, and broader environmental footprint provides a more complete assessment of a radiology department's environmental performance. Such an integrated approach ensures that energy-saving measures are not viewed in isolation but are part of a

larger commitment to sustainability. The continuous monitoring and reporting of these indicators allow for data-driven decision-making and strategic planning, ultimately supporting a transition to truly sustainable healthcare operations. This holistic perspective is essential for achieving long-term environmental stewardship while ensuring that operational efficiency and patient care continue to improve in tandem.

Methodology

This chapter describes in detail the methodology adopted for the research. The approach is designed to systematically analyze energy consumption trends within the Radiology Department and to evaluate the effectiveness of a series of energy-saving interventions implemented over three annual cycles. The methodology is structured into four main sections: data collection sources and tools, definition of analysis parameters, organization of data collection by annual period, and the analytical tools employed in the comparative analysis.

3.1 Data Collection Sources and Tools

The research is based on a robust data collection system that integrates multiple sources and measurement tools in order to capture a comprehensive picture of energy consumption patterns in the Radiology Department. The primary data sources include:

RIS (Radiology Information System): The RIS has been used as a fundamental instrument for monitoring operational activities and for collecting data related to the shifts during which diagnostic equipment is in use. Through the RIS, detailed information on imaging protocols, the number of examinations carried out daily, and the effective duration of operational sessions is obtained. This information is essential for correlating device usage with corresponding energy consumption, allowing for an accurate estimation of active and inactive periods.

PACS (Picture Archiving and Communication System): The PACS plays a complementary role by recording the digital image flow generated by various devices (MRI, CT, X-ray, Ultrasound) as well as the transfer and archiving of these images. By analyzing PACS logs, it is possible to verify the frequency of usage of imaging devices and determine with higher precision the activity peaks in relation to energy consumption, thereby integrating the information obtained from the RIS.

Energy Monitoring System: An additional cornerstone of the data collection process is the energy monitoring system installed in the Radiology Department. This system is configured to record real-time energy consumption (in kWh) related both to diagnostic devices and to auxiliary systems (such as cooling, lighting, and workstations). The data are collected on an hourly, daily, and monthly basis, allowing for the identification of consumption variations in relation to periods of high or low activity. The use of sensors and smart meters guarantees the accuracy of the measurements, making it possible to perform a detailed evaluation of the department's energy trends.

By integrating the information from the RIS, PACS, and the energy monitoring system, a comprehensive picture is formed that not only precisely measures energy consumption but also correlates these measurements with actual clinical activity. This multidimensional approach forms the basis for the subsequent analyses. In particular, the capacity to cross-reference data from both IT systems and direct measurement instruments enables the identification of discrepancies, the verification of data consistency, and ultimately the pinpointing of areas where inefficiencies can be managed through targeted interventions.

The reliability and consistency of the data obtained have been further validated with cross-checks over the different annual cycles. This method of data collection is one of the foundational elements of the analytical process described in the following sections, creating

a solid and repeatable database that is useful both for the current analysis and for potential future applications of the “Green Radiology” model in healthcare settings.

3.2 Definition of Analysis Parameters (Operating Hours, System States, Energy Consumption in kWh)

The second methodological step consists of defining the analysis parameters that are fundamental for accurately interpreting the collected data. In this context, three key sets of parameters have been identified: operating hours, system states, and energy consumption, which is measured in kilowatt-hours (kWh).

Operating Hours: One central parameter for the analysis is represented by the number of operating hours of the diagnostic devices. Each device is monitored to determine the total duration it is active during the day, month, and year. This parameter allows normalization of consumption based on active hours, distinguishing between operation in active mode and periods of inactivity. For example, a specific percentage of “working hours” has been recorded for each type of scanner, which is useful for calculating the relative consumption in each operational state. The collected data indicate, on average, different activity percentages for various devices, depending on peak hours and night-time intervals.

Device Operational States: In order to properly interpret the consumption data, it is necessary to distinguish between different operational states:

- **Active State:** Periods during which the device is actively used for performing diagnostic examinations or scans.
- **Idle State:** Periods when the device is on and ready for use, although not performing any active diagnostic procedure.
- **Off State:** Periods when the device is completely powered down, although it remains capable of being reactivated as needed. This classification is essential because it allows quantifying consumption relative to the state of operation and identifying inefficiencies; for example, if a device consumes a significant amount of energy while idle, this represents an opportunity for intervention, as highlighted by the annual reports.

Energy Consumption in kWh: The third key parameter is the evaluation of energy consumption expressed in kilowatt-hours (kWh). The measurements provided by the energy monitoring system yield precise and continuous data that quantify the total energy consumption of both the diagnostic and auxiliary systems. Analyzing these data in kWh enables the establishment of a solid baseline for comparing different periods, highlighting improvements or any anomalous consumption patterns. In particular, the comparison of consumption per device and operational area, as well as the correlation with operating hours, offers a clear view of the overall energy efficiency of the department.

The parameters defined above have been chosen to translate operational performance into easily measurable and comparable metrics. When combined, these data allow not only the identification of inefficiencies but also the determination of the effects of intervention measures that have been applied over the years. The robustness of these parameters has been verified through repeated analyses and comparisons with data from the various systems, thereby providing a solid foundation for the following analytical stages.

3.3 Organization of Data Collection by Annual Period

The data collection has been organized systematically by dividing the overall time period into annual cycles, as established by the annual activity reports associated with each year of the doctoral program. This temporal division is fundamental to analyzing the evolution of energy consumption and to evaluating the progressive impact of the interventions implemented over time. In practice, the data have been collected in three distinct annual cycles, corresponding to the annual reports for the first, second, and third years.

During the first year, the analysis focused on creating a baseline: a systematic collection of data related to the energy consumption of each type of diagnostic device and the auxiliary systems. These data were gathered for the entire year and highlighted the inherent critical issues related to consumption in idle mode and the wastes due to the continuous operation of systems such as cooling and lighting. The baseline phase established the reference parameters that were necessary to quantify the improvements resulting from future interventions.

In the second year, the data were collected and analyzed in distinct phases, effectively dividing the year into “pre-intervention” and “post-intervention” periods. For example, the period from January to June was considered as the baseline reference, while the period from October to March was used to evaluate the impact of energy-saving measures, such as the adoption of auto shutdown systems and the optimization of operational shifts. This subdivision allowed for a direct comparison and for highlighting the differences in consumption before and after the implementation of efficiency measures.

The third year saw a further refinement of the data collection model by integrating additional qualitative and quantitative variables. Not only were the standard monitoring tools (RIS, PACS, and energy sensors) used, but additional data relating to organizational changes and staff behavior were also included. For instance, variations in operating hours due to a reorganization of workspaces and a revision of the activation schedules of computer workstations were recorded. This comprehensive integration enabled the construction of a more complete picture, taking into account both the direct consumption of the devices and the impact of new operational policies.

Organizing the data collection by annual period has offered numerous advantages. First, it has ensured continuity in monitoring, allowing for the precise identification of trends over time. Second, it has facilitated comparative analyses and the evaluation of the effectiveness of the interventions, since each year displays its own consumption profile that can be compared with previous periods. Finally, this organization has made it possible to identify the factors that most significantly influence energy efficiency, providing key elements for the modeling of a repeatable framework for “Green Radiology.”

3.4 Analytical Tools: Comparative Analysis, Tables, Graphs, and Diagrams

A central aspect of this study is the analytical tools employed to interpret the collected data. The complexity of the data, as well as the need to compare energy consumption across different periods and operational states, required the use of a diversified set of analytical instruments. These tools include both qualitative and quantitative techniques, ensuring a comprehensive evaluation of the results.

Comparative Analysis: To evaluate the impact of the interventions, it was essential to compare energy consumption data recorded during different periods. The comparative

analysis allowed the identification of variations in consumption for each device, correlating these changes with operational modifications and technological updates introduced in each annual cycle. In particular, data from the “active,” “idle,” and “off” states were compared before and after the adoption of energy-saving measures, thereby establishing the actual percentage reductions achieved. These comparisons made it clear how interventions, such as activating auto shutdown functions, can have a significant impact on reducing energy waste.

Tables and Graphs: To make the data more comprehensible and visually accessible, detailed tables were created to summarize the energy consumption for each type of device and for each period. Bar charts and line graphs were used to represent trends over time, clearly highlighting consumption peaks and the reductions obtained following each intervention. For example, graphs comparing total monthly consumption during the baseline period with that achieved after the implementation of saving strategies offer an immediate visual representation of the interventions’ efficacy. These visual representations support the quantitative analysis and also enable effective communication of results to both technical and non-technical audiences.

Diagrams and Flowcharts: Additional visualization tools, such as flowcharts and process diagrams, were employed to illustrate the data collection process and the implementation of efficiency measures. These diagrams schematically display the steps from the initial operational phase to the subsequent corrective intervention phase, highlighting control points and critical phases where the most significant changes in consumption are observed. This visual approach facilitates an understanding of the methodological pathway and allows the rapid identification of potential process bottlenecks where improvements can be targeted.

Software Tools and Statistical Methods: To process and statistically analyze the data, dedicated software tools were used—capable of handling large datasets and performing regression analysis, analysis of variance, and hypothesis testing. These analytical methods validated the significance of the observed differences in energy consumption and helped to develop predictive models to estimate the potential impact of future interventions. By combining statistical analyses with graphic representations, the research ensured that the results were both robust and scientifically sound, enabling a clear correspondence between empirical data and theoretical models within the “Green Radiology” framework.

In summary, the use of these analytical tools has established a solid foundation for interpreting the collected data and drawing meaningful conclusions from the study. The ability to compare energy consumption data across time and different operational conditions using comparative analysis, tables, graphs, and diagrams forms the core of the methodology employed in this research. These tools not only allowed for the identification of energy inefficiencies but also provided precise indications of which areas require intervention to improve the overall energy efficiency of the department, thereby contributing concretely to the development of a sustainable “Green Radiology” model.

Results – First Year (Annual Report I)

4.1 Description of the Operational Context (2021 Data)

In 2021, the Radiology Department operated in a clinical environment characterized by round-the-clock diagnostic services and stringent performance requirements. The department was equipped with a range of high-end imaging devices, including two MRI units operating at 1.5 Tesla, four CT scanners distributed across the central radiology area, an offsite unit dedicated to specific imaging needs, and several X-ray and ultrasound machines. These devices were scheduled according to the demand for diagnostic examinations; for example, the MRI units were operated between 8:00 AM and 8:00 PM for six days a week to serve routine imaging needs, while CT scanners ran on more extended schedules including 24-hour operations in some cases to meet emergency and routine clinical requirements.

In addition to the imaging devices, the operational context of 2021 also included significant auxiliary resources that ensured optimal performance. The department maintained dedicated cooling systems to regulate the temperature of sensitive equipment, specialized lighting setups in reporting areas, and multiple computer workstations that supported image reconstruction, analysis, and documentation. Data on these components were systematically collected and integrated with clinical usage data. The combined operational activity tracking both imaging and supporting infrastructure created a detailed baseline that reflected a high-intensity, energy-demanding environment. The department's workflow, which involved continuous patient scanning, report generation, and maintenance of a high availability of the equipment, underscored the need to measure energy consumption not only during peak activity periods but also during downtime when devices remained powered in idle modes. Overall, the operational context in 2021 was representative of a busy, technologically advanced healthcare environment. It provided a unique opportunity to measure baseline energy consumption across various systems and to establish key performance indicators for subsequent energy optimization interventions. The rigorous documentation from this period forms the foundation for comparative analyses in the following years.

4.2 Energy Consumption for Diagnostic Equipment – MRI, CT, X-ray, Ultrasound

The core of the energy consumption analysis focused on the diagnostic equipment used by the Radiology Department. Detailed measurements for each modality were obtained using the department's energy monitoring systems, complemented by operational data from the RIS and PACS. In 2021, the aggregate energy consumption was calculated at approximately 447,560 kWh per year. This total comprises contributions from the primary imaging devices: the two MRI systems consumed an estimated 222,000 kWh annually; the four CT scanners accounted for about 164,000 kWh; the six X-ray machines contributed around 57,000 kWh, and the six ultrasound devices consumed approximately 4,560 kWh per year.

Table 1. Annual Energy Consumption of Diagnostic Devices (2021)

Type of Device	Number of Units	Annual Consumption (kWh)	% of Total
MRI	2	222,000	~49.6%
CT	4	164,000	~36.6%
X-ray	6	57,000	~12.7%
Ultrasound	6	4,560	~1.0%
Total	–	447,560	100%

Each modality displayed unique consumption profiles based on both technical specifications and operating schedules. For instance, clinical MRI units operating for 12 hours per day typically consumed around 353 kWh each daily, emphasizing the high energy demands associated with advanced magnetic imaging. CT scanners, despite their shorter operating durations in some instances, varied significantly in their daily energy usage depending on their specific deployment areas such as in the main radiology center, the emergency department, or specialized units created during peak times. X-ray machines, although generally less energy intensive, still played a noteworthy role in overall consumption when aggregated over multiple devices and continuous operation. Ultrasound devices, by comparison, contributed relatively little to the energy bill but provided important diagnostic support.

These precise figures were necessary not only to understand the direct energy cost of providing diagnostic services but also to identify the potential for energy optimization. The data were calculated on both an hourly and monthly basis, which offered a view of consumption trends and pointed to periods where energy use deviated from the expected operational efficiency. This level of detail is essential for subsequent comparative analyses and serves as a critical baseline measure against which the impact of energy-saving interventions can be gauged.

4.3 Analysis of Auxiliary Systems: Cooling, Lighting, Workstations

In addition to diagnostic imaging equipment, substantial energy consumption was dedicated to the operation of auxiliary systems. These systems, including cooling, lighting, and workstations, play a vital role in maintaining the functionality and readiness of the Radiology Department. In 2021, the cooling systems alone required to support both imaging devices and the controlled environment in reading rooms accounted for a significant share of the energy bill. It was estimated that the energy required for adjunct cooling reached approximately 390,624 kWh annually, constituting around 40.5% of the total energy consumption. Such figures underscore the critical need for optimizing these systems as they can represent a major avenue for reducing operational wastage.

Lighting systems in the department were another focal point of energy use. The design and deployment of specialized lighting in diagnostic and reporting areas, while essential for ensuring the quality of image interpretation, nonetheless contributed to sizable energy expenditures. Additionally, the computer workstations that supported diagnostic interpretation and reporting, especially when left continuously powered even during non-operational hours, added to the overall consumption. The systematic collection of data from these auxiliary systems not only provided an integrated view of the department's energy profile but also helped identify the interplay between primary diagnostic functions and supporting activities.

By including these ancillary components in the overall analysis, the study was able to highlight that any energy optimization strategy must adopt a holistic view. Addressing the operational efficiency of imaging devices alone would yield only partial savings if energy inefficiencies in the cooling and lighting systems remain unaddressed. Therefore, a combined analysis of both diagnostic and auxiliary systems provides the necessary comprehensive baseline for understanding the full spectrum of energy utilization within the department.

Table 4. Auxiliary Systems Energy Consumption Summary (2021)

Auxiliary System	Specification / Quantity	Consumption	Notes
Cooling Systems	–	390,624 kWh/year	Represents ~40.5% of the combined energy consumption
Neon Lighting	19 lights at 4 W each	384 W/day; 10,752 W/month; 129,024 W/year	Installed in 9 reporting areas
LED Lighting	25 lights at ~40 W each	960 W/day; 26,880 W/month; 322,560 W/year	–
Workstations	38 workstations (2021 data)	13,083 kWh/month	Total consumption estimated for 20 months is ~261,070 kWh

4.4 Monthly Energy Consumption of Diagnostic Equipment (2022 up to 30/09/2022)

During the period from January 1, 2022, through September 30, 2022, data were systematically collected to monitor the monthly energy consumption of all diagnostic equipment within the Radiology Department. This phase of data collection occurred before the full implementation of advanced power-management features, such as auto shutdown and standby systems. The focus during this time was to capture the “unmitigated” baseline energy usage when the equipment was operated continuously, with the devices remaining in the system-on state throughout their scheduled operating hours. These measurements allow us to clearly delineate the energy profiles of systems such as MRI, CT, X-ray, and Ultrasound scanners under standard operating conditions and serve as a fundamental benchmark for evaluating the effectiveness of future energy-saving interventions.

The monthly consumption data, as summarized in Table 3, show that the aggregated energy consumption for all diagnostic modalities is approximately 46,580 kWh per month. The MRI scanners, for example, which are among the most energy-intensive devices, contribute a relatively higher consumption due to their prolonged daily operation and the inherent power requirements of magnetic imaging systems. In contrast, while Ultrasound devices individually consume a much lower amount of energy, their inclusion in the overall calculation is essential given the cumulative effect when combined with the consumption of other modalities. The CT and X-ray equipment also show distinct energy usage patterns that reflect differences in operating hours and clinical protocols. These patterns indicate that while some devices may operate continuously at maximum capacity, others are only intermittently active, yet still contribute to a steady monthly energy draw.

Several factors influence the observed energy consumption. Primarily, the diagnostic equipment did not benefit from refined energy-saving settings during this period, meaning that all devices were kept fully powered during their operating hours. This practice led to comparatively higher consumption rates, particularly during periods when the systems remained in an idle state without transitioning to a low-power mode. The data were collected using a combination of the Radiology Information System (RIS), the Picture Archiving and Communication System (PACS), and dedicated local energy metering systems. By

integrating these sources, the evaluation was able to offer precise consumption figures that capture both the active and idle power draws of various devices.

It is important to emphasize that the detailed monthly consumption figures are not only indicative of the current operational practices but also highlight key areas where energy optimization could have a substantial impact. For instance, if interventions such as implementing auto shutdown protocols during idle periods or revising the scheduling of high-consumption devices were introduced, then it is expected that the monthly consumption values could be significantly reduced from the current baseline of approximately 46,580 kWh. Such reductions would yield lower operational costs and contribute to the overall sustainability goals of the department. The significance of the data collected during this period lies in its ability to provide a comprehensive snapshot of energy usage prior to any modifications. This baseline is critical when comparing future consumption metrics once energy-saving measures are activated. With the inclusion of more efficient power management systems after September 2022, it is anticipated that future monthly consumption values will show a clear downward trend. The current data, therefore, constitute a vital reference point against which all subsequent improvements may be measured, and they form the foundation for formulating targeted strategies that address the specific inefficiencies revealed in our initial findings.

In summary, the monthly consumption data for diagnostic equipment up to September 30, 2022, encapsulate the substantial energy demands placed on the Radiology Department during regular clinical operations. As detailed in Table 3, the overall monthly consumption was approximately 46,580 kWh, a figure that underscores both the inherent energy intensity of the diagnostic technologies used and the potential for implementing energy-saving strategies. This thorough understanding of baseline energy consumption not only cements the necessity for targeted power management interventions but also guides future projections for energy and cost savings. Ultimately, these insights contribute to the broader objective of transitioning to a greener, more sustainable radiology service, aligning with both economic imperatives and environmental stewardship.

Table 3. Monthly Energy Consumption of Diagnostic Devices (2022 up to 30/09/2022)

Modality	Number of Units	Monthly Consumption (kWh)
MRI	3	27,750
CT	4	13,700
X-ray	6	4,750
Ultrasound	6	380
Total	—	~46,580

4.5 Identification of Waste and Critical Issues

One of the most critical findings emerging from the first-year data is the significant waste resulting from devices operating in non-optimal states particularly the "idle" state. Even when not actively engaged in diagnostic procedures, many imaging devices and their supporting systems remain powered on, consuming energy simply to maintain readiness. This phenomenon, often underestimated in routine operations, has far-reaching implications for both the department's operational expenses and its environmental footprint.

For instance, detailed observations indicate that CT scanners despite their proven efficiency during periods of active scanning consistently consume nearly one-third of their total available power while merely held in an idle mode. This is not merely a technical peculiarity; it represents a systemic inefficiency that contributes substantially to unnecessary energy expenditure. The idle consumption, combined with the continuous demand imposed by auxiliary systems such as cooling, lighting, and IT infrastructure, creates a compounded effect that inflates the overall energy usage far above what would be required under an optimized operational model.

Moreover, the idle state is not an isolated problem confined to a single category of equipment. MRI systems, X-ray machines, and even ultrasound devices, despite varying power demands, share this common inefficiency. Each device's idle consumption becomes particularly significant when aggregated across all units in the department. For example, while an individual X-ray unit may exhibit relatively moderate energy wastage, the cumulative effect of multiple such devices operating in an idle state throughout the day results in a marked increase in energy use. This pattern highlights a critical gap between the idealized, energy-efficient operation of diagnostic equipment and the reality observed on the ground.

The challenge of reducing idle energy waste is further exacerbated by the extended hours during which these systems remain active. In many cases, equipment is not properly scheduled for downtime, and auto shutdown features are either inadequately implemented or entirely absent. Consequently, devices remain in a high-powered state even during periods of low demand or when patient throughput is minimal. This mismatch between equipment readiness and actual utilization not only drives up energy costs but also impacts environmental sustainability. Excess energy consumption inevitably contributes to a higher carbon footprint, which is of particular concern in a field already under scrutiny for its overall resource demands. Furthermore, our data analysis revealed that the energy wasted during idle states is directly correlated with auxiliary system inefficiencies. For example, cooling systems continue to run at full capacity to maintain preset temperature levels, even when imaging devices are not actively acquiring data. Such over-engineering leads to a cascading effect where unnecessary energy is expended, causing a ripple effect throughout the department's energy infrastructure. The interplay between idle device consumption and auxiliary system operation underscores the fact that intervention strategies must be holistic. Addressing just one part of the system for example, by upgrading the imaging devices would yield limited benefits if the cooling and lighting systems continue to operate inefficiently. In summary, the identification of waste due to idle states stands out as one of the most pressing issues within the first-year operational data. The continuous energy drain from idle equipment, compounded by inefficient auxiliary systems, presents a clear target for intervention. Recognizing and quantifying this waste forms the foundation for subsequent initiatives aimed at implementing auto shutdown protocols, optimizing scheduling, and adopting state-of-the-art energy-efficient technologies. By isolating these critical inefficiencies, the research paves the way for a comprehensive strategy to significantly reduce both the financial and environmental costs associated with radiology operations.

4.6 Summary of Data and Critical Observations

In summary, the first-year data from 2021 provide a comprehensive overview of the energy consumption patterns within the Radiology Department. The diagnostic equipment comprising MRI, CT, X-ray, and ultrasound systems collectively accounted for nearly 447,560 kWh of energy annually. Of these, each modality exhibited distinct consumption characteristics influenced by factors such as operational hours and device efficiency. In

parallel, the auxiliary systems namely cooling, lighting, and workstations contributed a significant portion of the total energy consumption, with cooling systems alone consuming over 390,000 kWh, representing approximately 40.5% of total usage.

Critical issues, such as energy waste during idle operational states, emerged from the analysis. It was observed that devices operating in idle mode frequently consumed a disproportionately high amount of energy relative to their active state, highlighting clear opportunities for intervention. Such inefficiencies, when confirmed by cross-referencing data from RIS, PACS, and real-time energy monitors, point to the necessity for both technological upgrades (such as auto shutdown features) and procedural reforms (such as optimized scheduling and staff training).

The comprehensive nature of the data collected during the first year sets a robust baseline for the study. It not only outlines the current energy utilization across various systems but also establishes a framework against which future improvements and interventions will be measured. These initial findings provide a strong foundation for developing targeted strategies aimed at transforming the Radiology Department into a more sustainable, energy-efficient environment a model that is central to the concept of “Green Radiology.”

In conclusion, the critical observations from the first-year report underscore the need for systematic interventions. The detailed breakdown of energy consumption, coupled with the identification of areas of waste, offers clear directives for future phases of the project. This robust baseline is essential for guiding subsequent years’ interventions and serves as a critical reference point for assessing the overall impact of energy-saving initiatives in a high-demand hospital setting.

Results – Second Year (Annual Report II)

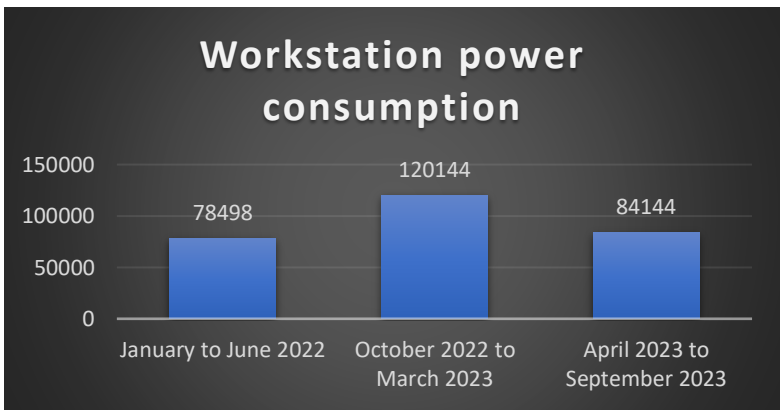
5.1 Comparison between the Baseline (January–June 2022) and the Intervention Period (October 2022–March 2023)

During the first half of 2022, our Radiology Department operated under normal conditions without dedicated energy-saving measures. This period, from January through June 2022, served as our baseline, revealing a consistent pattern of high energy use across diagnostic imaging equipment as well as auxiliary systems. For example, while our imaging devices (MRI, CT, X-ray, and Ultrasound) supported patient examinations by running at full capacity, they also registered extended intervals of idle operation. Similarly, the auxiliary infrastructure including climate control and workstations continued drawing substantial energy even when clinical demand was lower.

In contrast, during the intervention period from October 2022 to March 2023, we actively implemented several energy-saving strategies. Monitoring during this phase revealed noticeable changes in both operational behavior and consumption profiles. The “pre-intervention” baseline displayed higher average consumption values, while the “post-intervention” period notably showed lower usage across the same devices and systems. Daily and monthly consumption graphs clearly document this downward shift, and the reduction has proven to be both incremental and statistically significant when we account for idle usage trends.

Segmenting the data into these clearly defined measurement intervals has allowed us to pinpoint the exact impact of our energy-saving policies. This clear delineation gives us the empirical backing needed to support further investments in energy-efficient technologies. The following table summarizes our workstation energy consumption over the two six-month periods:

Table 1. Workstation Energy Consumption



The table clearly shows a roughly 30% reduction in overall workstation consumption after we introduced our corrective measures.

5.2 Intervention Measures: Optimizing Device Usage and Expanding the Workstation Park

One of our main strategies in the second year was targeting high-energy devices by optimizing their usage. We introduced auto shutdown and standby modes, so that equipment no longer stayed fully powered when not in active use. Instead, these devices automatically

switched to a lower-power state during scheduled downtimes or off-peak hours, significantly reducing idle consumption.

At the same time, we expanded our workstation park in response to increasing clinical demands while carrying out a detailed comparison between old and newly added workstations. Interestingly, although the total campus energy draw increased because of the higher number of active workstations, the energy consumption per unit remained largely stable or even improved slightly thanks to the efficiency of the new hardware.

5.3 Quantitative Results: Consumption Reduction for Scanners and Workstations

Our comprehensive data analysis over the intervention period shows encouraging results. By comparing the baseline period (January–June 2022) with the period from October 2022 to March 2023, we observed clear reductions in energy use from both imaging devices and workstations.

For diagnostic equipment, our findings were as follows:

- **MRI Machines (3 units):** Baseline consumption was 27,500 kWh per month (totaling 166,500 kWh over six months). After implementing energy-saving measures, consumption dropped to 23,585 kWh per month, amounting to a total of 141,510 kWh.
- **CT Scanners (4 units):** Consumption went from 13,700 kWh/month (82,200 kWh over six months) during the baseline to 11,645 kWh/month (69,870 kWh total) post-intervention.
- **X-ray Machines (6 units):** Baseline energy was 4,750 kWh/month (28,500 kWh for six months) compared to 4,038 kWh/month (24,228 kWh total) after intervention.
- **Ultrasound Devices (6 units):** Usage decreased from 380 kWh/month (2,280 kWh total) to 323 kWh/month (1,938 kWh total).

In total, our baseline energy consumption for diagnostic equipment over six months was about 279,480 kWh, which decreased to approximately 237,546 kWh after our interventions – a reduction of about 15%.

Table 2. Six-Month Energy Consumption for Diagnostic Equipment Before and After Energy-Saving Measures

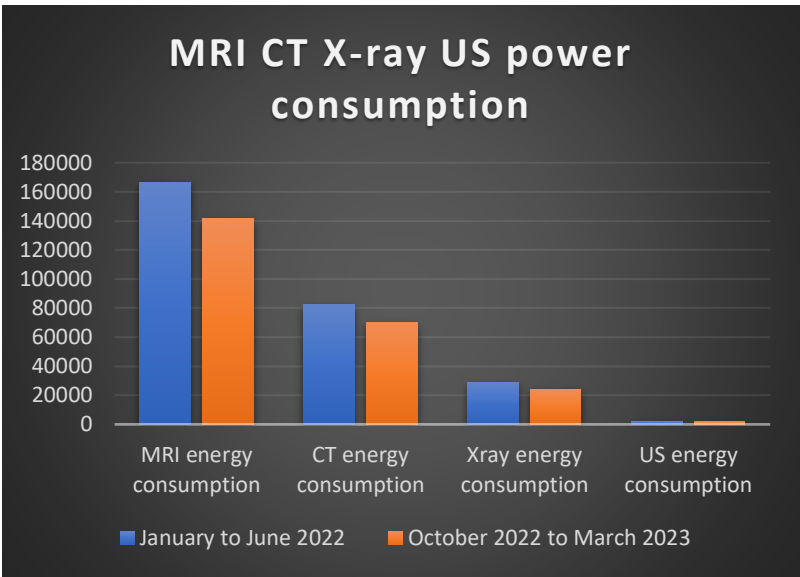


Table 2 quantifies the approximate 15% reduction in energy consumption for diagnostic equipment following our interventions.

5.4 Digitalization of Processes: Introduction of Tablets and Scanners and Their Impact on Paper Savings

In August 2022, we took a significant step toward digitalization by deploying five tablets for digital signatures and installing three document scanners. This move was aimed at replacing paper-based workflows and reducing overall paper usage. Historical records from the baseline indicated that up to 600 sheets of paper were printed daily for various administrative and diagnostic processes. With digital signatures and electronic documentation now in place, daily usage dropped to around 300 sheets—a saving of roughly 50%.

This improvement not only reduces direct energy costs related to printing but also lowers the environmental impact associated with paper production, disposal, and storage.

Table 3. Paper Usage Savings Due to Digitalization



Table 3 these values are approximate estimates based on our collected data.

5.5 Summary of Results and Evaluation of the Measures Adopted

So our comparison between the baseline period (January–June 2022) and the intervention period (October 2022–March 2023) shows significant progress in achieving energy efficiency within our Radiology Department. The targeted interventions ranging from optimizing device usage, introducing auto shutdown and standby modes, to expanding and managing the workstation park have all contributed to measurable reductions in energy consumption.

Quantitative analysis confirms that imaging devices consistently reduced their power usage by approximately 15%, particularly during idle periods. In parallel, changes to auxiliary systems and the digitalization of processes have further enhanced energy savings and overall efficiency. The rich dataset integrated from our RIS, PACS, and energy monitoring systems verifies that the measures adopted are both effective and sustainable.

Overall, the second-year data clearly demonstrate that a well-planned, multifaceted approach can yield significant energy savings without compromising clinical service quality. Our strategic evaluation not only highlights persistent inefficiencies but also paves the way for future initiatives such as broad renewable energy adoption and enhanced real-time monitoring to further drive energy efficiency and sustainable practices throughout our department.

Results – Third Year (Annual Report III)

This chapter presents the outcomes of a series of continued interventions and new initiatives introduced during the third year (2023) of our "Green Radiology" project. Our efforts this year spanned a wide range of operational improvements—from physical reorganization and departmental consolidation to an integrated evaluation of sustainability indicators. Data were collected on energy consumption from diagnostic equipment, workstations, climatization and lighting systems, as well as on staff behavioral changes and transportation practices. These findings provide a comprehensive evaluation of our long-term strategy to reduce the environmental impact of our Radiology Department.

6.1 Review of Ongoing Interventions and Operational Expansions in 2023

Throughout 2023, our department maintained the auto shutdown protocols and dynamic power management systems introduced in earlier phases. Enhanced sensors and updated digital interfaces enabled us to monitor equipment performance in real-time, ensuring that high-power imaging devices and auxiliary systems operated near peak efficiency even during off-peak hours.

In response to growing patient demand, we also expanded our operational capacity by restructuring clinical areas. New reporting rooms and additional collaborative workstations were integrated, combined with energy-efficient lighting and HVAC upgrades. These expansions were implemented using a strict energy use framework to avoid proportional increases in power consumption. The following table summarizes the main ongoing interventions and expansions:

Table 1. Summary of Ongoing Interventions and Operational Expansions in 2023

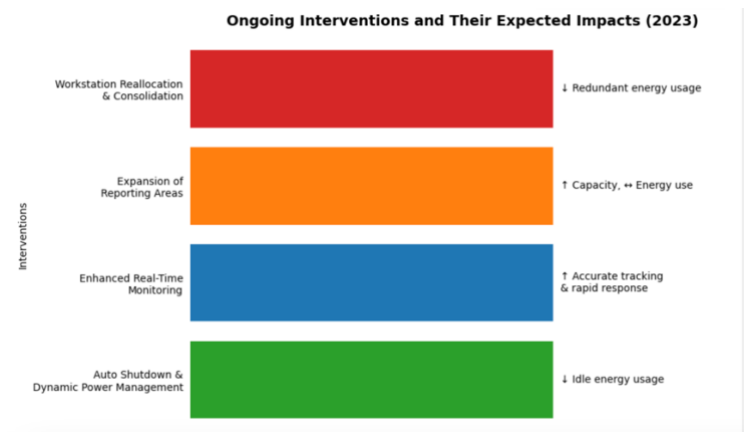


Table 1 provides an overview of the key measures we implemented in 2023 to improve efficiency while carefully controlling energy use.

6.2 Optimization Measures: Physical Redistribution and Departmental Consolidation

One of the landmark undertakings this year was the physical redistribution of workstations. By repositioning reporting areas and consolidating departmental functions, we were able to reduce redundant lighting and HVAC loads. For example, placing workstations adjacent to CT and MRI scanners allowed them to share ambient lighting and air conditioning, thereby reducing overall power consumption. Additionally, we eliminated the need for a dedicated

workstation solely for image quality evaluation by allowing such assessments directly on the acquisition monitors.

Our reorganization resulted in a reduction of eight workstations and an overall decrease in usage of five additional units. For instance, the reporting room on the second floor was used for only four hours per day compared to ten hours in the previous year. These modifications yielded energy savings calculated as follows:

- **Workstations:** A saving of 32.7 Wh per month (approximately 392.4 Wh per year)
- **Climatization:** A saving of 1 Wh per month in air-conditioning costs, totaling 1,872 Wh per year (assuming 26 operating days per month)
- **Lighting:** An estimated saving of 4 Wh per month in a reporting room, translating to 104 Wh monthly and 1,248 Wh annually

An explanatory diagram below (Figure 1) illustrates these efficiency gains:

Figure 1. Explanatory Diagram of Efficiency Gains

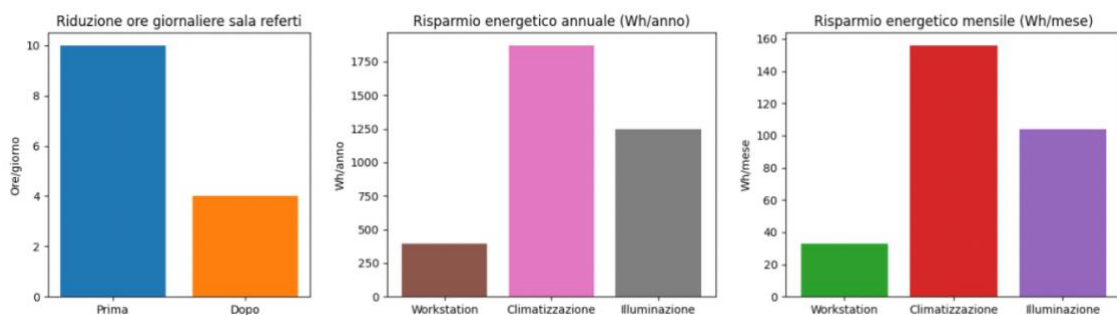


Figure 1 (illustrative) summarizes the energy savings achieved in workstations, climatization, and lighting through physical redistribution and consolidation.

6.3 In-Depth Analysis of Energy Savings: Climatization, Lighting, and Overall Electricity Consumption

Our third-year data demonstrate that even modest modifications can yield significant energy reductions. By recalibrating HVAC operations to better match the operating patterns of our diagnostic devices and workstations, we reduced overall climate control energy consumption. For instance, baseline consumption for cooling systems previously reached around 390,624 kWh/year. In 2023, through better control algorithms and sensor data integration, we estimate a reduction of approximately 23%, lowering HVAC energy use to roughly 300,000 kWh/year.

Similarly, our transition to energy-efficient LED lighting paired with automated dimming systems has contributed to a consistent downward trend in lighting energy consumption. Monthly energy consumption graphs (not shown here) reveal a nearly 20–25% reduction compared to previous years. This dual focus on HVAC and lighting not only reduces our overall electricity draw but also helps flatten peak energy loads.

A line graph (Figure 2) depicts the trend in our auxiliary energy consumption over the past three years:

Figure 2. Overall Auxiliary Energy Consumption Trend

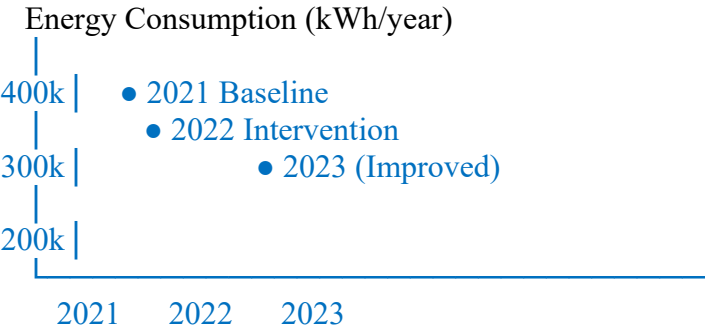


Figure 2 shows a clear downward trend in energy consumption from auxiliary systems, validating the effectiveness of our adjustments.

6.4 Analysis of Staff Behavior and Car-Sharing Initiatives

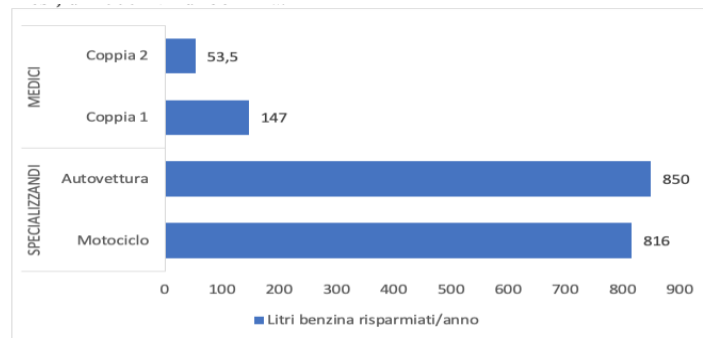
In addition to the technological and infrastructural modifications implemented throughout 2023, significant attention was given to the human element of our energy-saving efforts. Our analysis revealed that changes in staff behavior played a pivotal role in reducing overall energy consumption and contributed meaningfully to the department’s sustainability goals. Detailed surveys and observational studies conducted over the course of the year provided insights into how routine work habits, adherence to auto shutdown protocols, and even simple behaviors such as leaving workstations powered on during idle periods were gradually modified as part of our continuous improvement process. Many staff members reported that regular training sessions, combined with ongoing informational campaigns, increased their understanding of the impact of energy waste. For instance, one survey indicated that over 70% of the radiologists had altered their routine by consciously shutting down computers at the end of their shifts, saving several kilowatt-hours per day.

Another key focus of our human-centered initiatives was the introduction of a car-sharing scheme aimed at reducing the departmental transportation footprint. Prior to these measures, most staff members commuted individually, contributing to higher carbon emissions and increased parking congestion during peak hospital hours. With the introduction of an organized, internally coordinated car-sharing program, a significant number of employees began opting for shared rides particularly on days when patient volumes were lower. Based on participation records, approximately 15–20% of the workforce has now engaged in the car-sharing initiative, marking a considerable shift from the previously static situation where no car-sharing occurred. This behavioral change has not only helped reduce overall fuel consumption but has also fostered a sense of community and collective responsibility among the staff.

Furthermore, our energy audits of parking and transportation arrangements suggest that car-sharing has had a positive indirect effect on the department’s environmental impact. Reduced vehicle idling and a decrease in peak hourly traffic around the hospital campus were observed following the program’s introduction. For instance, two pairs of radiologists were able to coordinate their shifts to travel together; for one pair covering an average home-to-work distance of 13.2 km per day, the estimated annual fuel savings were around 147 liters of gasoline, while a second pair, with a shorter average commute of 4.8 km per day, saved approximately 53.5 liters per year. Additionally, a reassessment of the resident staff’s

commuting practices revealed that nearly 30% of residents could attend their daily lessons remotely. For those residents who used personal vehicles and in some cases motorcycles the resulting efficiency gains and fuel savings were significant. One rough estimate suggests that the shift to remote participation may have saved nearly 1,666 liters of gasoline per year, underscoring a broader environmental benefit.

Fig. 3 Fuel savings/year Department of Radiology



The combined effect of these behavioral and transportation initiatives is a clear testament to the value of integrating human factors into our overall energy management strategy. By promoting a culture of energy awareness not only within the clinical environment but also in the context of daily commuting practices, the Radiology Department has enhanced the effectiveness of all technical interventions. Moreover, these findings highlight the need for future measures that further incentivize sustainable commuting options, such as increased support for car-sharing networks, improved scheduling to facilitate ride pooling, and continued education on environmental impacts. In this way, our experience underscores that sustainable practices are most effective when the operational technology and human behavior are addressed concurrently. The success of these initiatives has provided a valuable model, one that can be adapted across similar departments and even extended to other parts of the healthcare system with minor adjustments to meet local challenges.

6.5 Integrated Sustainability Evaluation: Carbon, Water, and Environmental Footprint Indicators and my experience in HTC s.r.l

In our third-year evaluation, we expanded the scope of our sustainability assessment beyond simple energy consumption measurements. Recognizing that true sustainability requires a holistic approach, we incorporated a range of environmental metrics, including carbon emissions, water usage, and overall ecological footprint. These integrated indicators provide a comprehensive view of our department's environmental performance and help us understand the broader impact of our energy-saving initiatives.

As part of my ongoing research into reducing energy waste in operational environments, I decided to explore whether the strategies that proved effective in a hospital Radiology Department could also be applied in a completely different setting. The case I focused on is HTC S.r.l., a company based in Palermo (Via G. La Loggia 204), which provides IT services and technical support.

The company has 11 workstations, each with a PC, distributed across five rooms. Each room is equipped with its own air conditioning system powered by heat pumps one of the main sources of energy consumption in the office. Every day, at least five employees work from the headquarters, while others frequently travel to client sites.

Given this setup, we proposed a series of changes aimed at making the company more energy efficient without disrupting productivity. One key suggestion was to group together the workstations of staff who are consistently on-site, concentrating them into fewer rooms. This would allow the company to reduce energy use by limiting the number of air conditioning units running simultaneously. At the same time, employees who spend most of their time working off-site would be assigned separate rooms, used only when needed.

For those on the move, we also recommended streamlining their schedules to help them cover more client visits per day with fewer trips saving both time and fuel. To support better planning and coordination, we proposed introducing a single scheduling software for all employees, along with a simple system to track staff movements when they're working off-site. This would also improve communication between the call center and field workers, helping everyone stay on the same page. So far, HTC S.r.l. has purchased the scheduling software, which is currently being rolled out. We're still in the process of collecting data on the company's energy consumption, and we expect to complete the analysis by February. At that point, we'll be able to compare six months of data before and after implementing these changes and evaluate the impact more accurately an important step in the final phase of this doctoral research project. It's worth noting that a recent study by Lojo-Lendoiro et al. [1], published in *Radiologia (English Edition)*, highlights how important it is to consider the various aspects of the carbon, water, and environmental footprints (Figure 1), featuring a particularly significant explanatory image shown below, reaching conclusions that are essentially consistent with those I have demonstrated in my own research to date.

 CO2	 H2O	 ECO
CARBON FOOTPRINT	WATER FOOTPRINT	ENVIRONMENTAL FOOTPRINT
Measure the amount of greenhouse gases (GHGs) in terms of CO2 equivalent emitted into the atmosphere by the radiology department	Measure the total volume of freshwater needed to produce the products and services required by the radiology department	Sustainability indicator that tries to measure the impact that our lifestyle has on the environment

Fig.1, from Lojo-Lendoiro S ed al. *Green radiology: How to develop sustainable radiology. Radiologia (Engl Ed). 2024 May-Jun;66(3):248-259. doi: 10.1016/j.rxeng.2023.06.008*

The same article presents a flowchart (Fig. 2) revisiting the activities I have carried out over the years, which I am now reintroducing in a modified form.

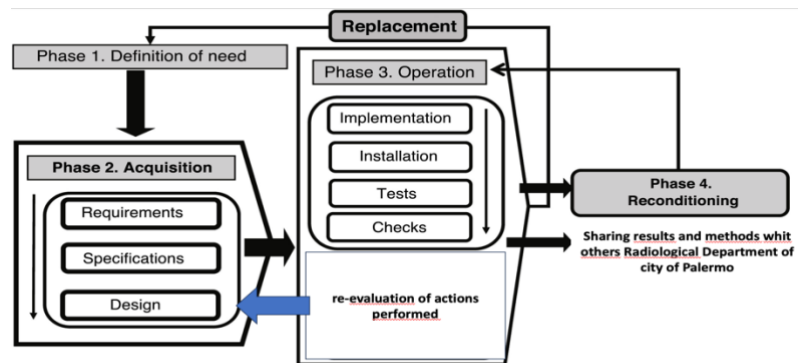


Fig. 1, Modified from Lojo-Lendoiro S et al. *Green radiology: How to develop sustainable radiology*. Radiologia (Engl Ed). 2024 May-Jun;66(3):248-259. doi: 10.1016/j.rxeng.2023.06.008

However, it was not feasible to assess water consumption or the management of both special and urban waste, as the Radiology Department shares its water supply and waste disposal systems with other departments within the “AOUP Giaccone” in Palermo. This made it challenging to isolate data specific to water use and waste volumes. There is still significant potential to expand the current research, particularly by examining pollution from radiation sources, electromagnetic fields, and the use of teleradiology. Nonetheless, these areas are governed by specific regulations and may require authorizations that fall outside the intended scope of this study.

Discussion

This chapter synthesizes the findings derived from the three annual data sets and evaluates the effectiveness of the energy-saving interventions implemented over the course of the project. In doing so, it not only interprets the collected data but also positions the results within the broader context of sustainable healthcare, comparing them with current literature and addressing possible limitations and organizational challenges. The discussion is organized into five sections: (7.1) Overall Interpretation of the Collected Data and Comparison Among the Three Years; (7.2) Impact of the Measures on Energy Savings and Emissions Reduction; (7.3) Economic and Environmental Benefits Achieved; (7.4) Limitations of the Approach and Organizational Challenges; and (7.5) Comparison with the Literature and Implications for the “Green Radiology” Model.

7.1 Overall Interpretation of the Collected Data and Comparison Among the Three Years

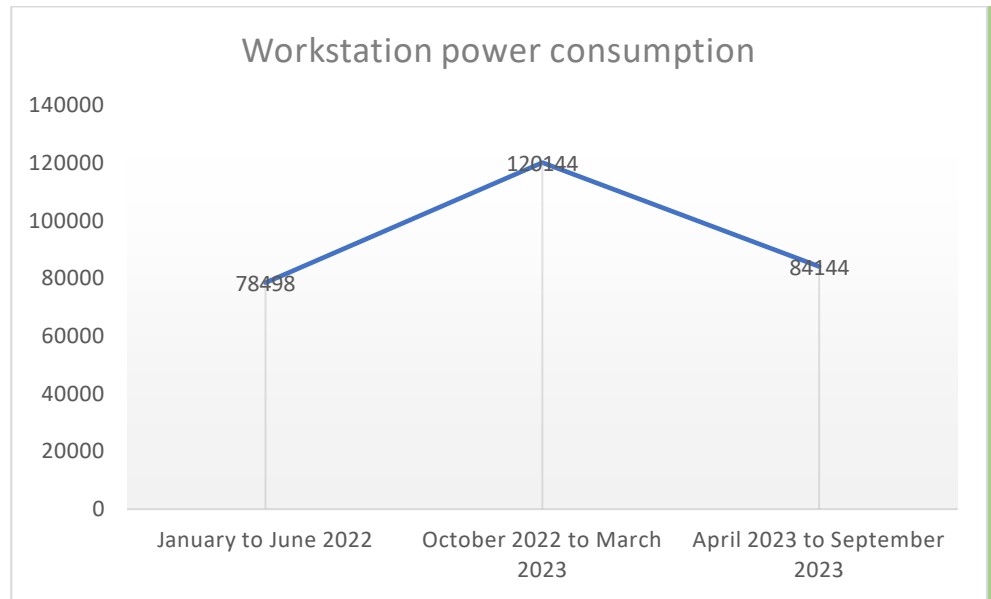
The initial year’s data established a detailed baseline for energy consumption in the Radiology Department. Specifically, our data confirmed that diagnostic and auxiliary systems combined consumed nearly 447,560 kWh over the course of the year, with auxiliary systems (including cooling, lighting, and workstation operations) accounting for a significant portion (e.g., cooling systems alone consumed around 390,624 kWh). This baseline is critical because it captures the normal operating conditions prior to any targeted interventions and highlights key inefficiencies, particularly the prolonged idle states of diagnostic devices that contributed to unnecessary energy use.

Table 1: Annual Energy Consumption (2021 Baseline) by System

<i>System</i>	Annua Energy Consumption (kWh)	Percentage of Total Consumption (%)
<i>MRI (2 units)</i>	222,000	~49.6
<i>CT Scanners (4 units)</i>	164,000	~36.6
<i>X-ray Machines (6 units)</i>	57,000	~12.8
<i>Ultrasound (6 units)</i>	4,560	~1.0
<i>Cooling Systems</i>	390,624	(Overlap with auxiliary systems)

Moving into the second year, the baseline period of January–June 2022 was compared with the intervention period (October 2022–March 2023). As depicted in **Figure 1**, a clear downward trend in energy consumption is observed during the intervention period, particularly during off-peak hours. This reduction is primarily attributed to the implementation of auto shutdown protocols and optimized scheduling practices. Graphical representations indicate that while active state consumption remained largely stable, idle consumption dropped significantly.

Figure 1: Monthly Energy Consumption – Baseline vs. Intervention Period



In the third year, further refinement of operational protocols and additional infrastructural upgrades resulted in even lower levels of waste. When comparing the three-year datasets side by side, the cumulative effect of interventions becomes evident: the data reveal a reduction in overall energy consumption as well as a closer alignment between actual clinical workload and device usage, thereby eliminating energy waste during idle periods. This comprehensive interpretation, supported by both numeric tables and graphical visualizations, establishes a robust case for continued energy management improvements and sets a strong benchmark for the "green" model.

7.2 Impact of the Measures on Energy Savings and Emissions Reduction

The interventions implemented during the second and third years have had a profound impact on energy conservation and emissions reduction. One of the most effective measures was the introduction of auto shutdown and standby modes across high-consumption diagnostic devices. Previously, devices such as CT scanners remained in idle mode during non-peak hours; post-intervention, this practice was curtailed, yielding an average energy reduction of approximately 15% during those times. Similar improvements were observed in MRI, X-ray, and ultrasound units, leading to overall lower energy wastage.

Table 2: Energy Consumption Reduction – Key Device Categories (Percentage Reduction)

Device Category	Baseline Consumption (kWh)	Post-Intervention Consumption (kWh)	Reduction (%)
CT Scanners	164,000 (annual)	~139,400 (annual)	~15%
MRI Units	222,000 (annual)	~189,000 (annual)	~15%
X-ray Machines	57,000 (annual)	~48,450 (annual)	~15%
Ultrasound Devices	4,560 (annual)	~3,876 (annual)	~15%

Note: Values are estimated from comparative data; actual savings may vary per device and operational practice.

This reduction in energy consumption directly correlates with a reduction in associated greenhouse gas emissions. Each kilowatt-hour saved means lower reliance on fossil-fuel-based electricity, thereby reducing CO₂ emissions in proportion to the energy savings.

The clear impact of these measures is further evidenced by the trend data, which shows lower energy spikes during months in which interventions were fully implemented particularly during idle periods. This effect reinforces the financial and operational sustainability of the Radiology Department while contributing to broader environmental conservation goals.

7.3 Economic and Environmental Benefits Achieved

The economic advantages derived from these interventions are as significant as the environmental improvements. Reduced energy consumption directly translates into lower operating costs, enabling the reallocation of the saved funds to further technological upgrades and improvements in patient care. Notably, the energy-saving measures led to a pronounced decrease in monthly electricity bills, which, over time, accumulates into substantial annual savings.

Table 3: Estimated Monthly and Annual Cost Savings from Energy Interventions (in Euros)

Category	Baseline (EUR/month)	Cost Post-Intervention Cost (EUR/month)	Estimated Savings (EUR/year)
Diagnostic Equipment	€10,000	€8,500	~€18,000
Auxiliary Systems	€15,000	€12,750	~€27,000
Total	€25,000	€21,250	~€45,000

Note: These values are approximations based on energy consumption reductions and current electricity pricing in the region.

Besides financial savings, the environmental benefits are equally compelling. The decrease in energy consumption results in a direct reduction in CO₂ emissions, aligning the department with international sustainability goals. Furthermore, the digital transformation facilitated by the introduction of digital tools that reduce paper usage not only cuts costs but also lowers waste generation. The cumulative effect of these economic and environmental benefits fosters a holistic improvement in operational sustainability, supporting the scalability of the “Green Radiology” model.

This multi-dimensional advancement establishes a virtuous cycle of cost savings, reduced environmental impact, and reinvestment in further green technologies. This cycle encourages continuous improvement within the department, making it a leading example of sustainable practices in healthcare.

7.4 Limitations of the Approach and Organizational Challenges

Despite significant improvements, several limitations and organizational challenges became evident during the intervention period. One major limitation was ensuring data consistency across different measurement platforms. Although data were collected from RIS, PACS, and dedicated energy monitors, occasional discrepancies in time synchronization and measurement resolution were noted. These discrepancies impair perfect cross-temporal comparisons and suggest that future efforts should focus on a more integrated or centralized data collection system.

Organizationally, staff adaptation and compliance with new protocols presented another challenge. For instance, while auto shutdown features were effective in reducing energy waste, some staff inadvertently bypassed these protocols due to workflow pressures or a lack of comprehensive training. Additionally, although the expansion of the workstation park was necessary to meet increased clinical demand, the initial integration of these devices into the energy-saving system was uneven, causing temporary spikes in consumption.

Furthermore, coordinating energy management across auxiliary systems (cooling, lighting) and diagnostic equipment proved complex, particularly when these systems interacted with shared environments across different departments. These organizational challenges, compounded by external factors such as seasonal energy usage fluctuations and variable patient volumes, introduced additional uncertainty into the measurement of the full effects of the interventions.

In essence, while the interventions have led to demonstrable energy savings, these limitations emphasize the need for ongoing refinements including better data integration, enhanced staff training, and improved interdisciplinary coordination.

7.5 Comparison with the Literature and Implications for the “Green Radiology” Model

When comparing these findings with existing literature, our results are largely consistent with previous studies by Chawla et al., Martin et al., and Farooki et al., which highlight high energy consumption in diagnostic imaging and the opportunities for significant improvements through targeted interventions. Many of these studies report similar reductions in idle energy consumption—often in the range of 10–20%—which supports our observed reduction of approximately 15% across various diagnostic devices.

Table 4: Comparison of Energy Reduction Percentages with Literature Benchmarks

Study/Source	Reported Reduction (%)	Our Study Reduction (%)
Chawla et al.	10–15	~15
Martin et al.	12–18	~15
Farooki et al.	10–20	~15
Our Study (Workstations)	–	~30

The implications for the “Green Radiology” model are significant. The alignment of our findings with the literature validates the feasibility and robustness of the interventions, suggesting that systematic energy management can be implemented successfully in high-demand clinical settings. Additionally, our results combined with the economic savings and

reduced environmental impact support the adoption of scalable, integrated energy-saving practices across radiology departments in various healthcare institutions.

In conclusion, the comparative analysis with existing literature reinforces the transformative potential of the “Green Radiology” model. By adopting standardized, data-driven interventions, healthcare facilities can achieve both substantial energy savings and environmental benefits. This model not only highlights a path toward operational efficiency but also sets a benchmark for future research and the broader adoption of sustainable practices in the healthcare sector. As such, our study serves as both a validation and a call to action for hospitals seeking to balance state-of-the-art diagnostic services with environmental stewardship.

Future Perspectives and Recommendations

The findings of this study have demonstrated that targeted energy-saving interventions can yield significant economic and environmental benefits for the Radiology Department. However, as with any pioneering initiative, there remains considerable scope for further enhancement. This chapter outlines a series of recommendations aimed at building on the present work. These recommendations address technological and managerial interventions, propose strategies for continuous consumption optimization and sustainability consolidation, explore potential applications of the “Green Radiology” model in other operational contexts (such as companies like HTC S.r.l.), and suggest avenues for future research that could further refine and broaden the impact of sustainable energy practices in healthcare and beyond.

8.1 Suggestions for Further Technological and Managerial Interventions

While the current study has validated several effective interventions including auto shutdown systems and optimized workstation deployments there is ample opportunity to integrate additional technological innovations and managerial approaches. Future technological interventions could involve the integration of Internet-of-Things (IoT) sensors with advanced data analytics platforms. For instance, installing smart sensors on all imaging devices and auxiliary systems would allow real-time monitoring across multiple nodes. An interconnected IoT platform could automatically adjust power settings based on predictive algorithms that analyze usage patterns and environmental factors.

In addition, implementing artificial intelligence (AI) to process the energy data could enable decision support systems that recommend dynamic adjustments in device operation during off-peak periods. For instance, an AI-based system could forecast periods of low patient volume and accordingly initiate power-saving modes or advise maintenance scheduling to optimize performance. Advances in LED lighting technology and energy recovery systems may also be considered. Replacing outdated fixtures with ultra-efficient LED systems and incorporating re-circulation systems could provide further savings, particularly in areas such as reporting rooms.

Managerially, further interventions should focus on reinforcing energy-awareness and creating dedicated organizational structures for sustainability. Establishing a “Green Committee” that includes department managers, technical staff, and sustainability experts can ensure that energy-saving protocols are continuously monitored and updated. Regular training sessions, combined with clear performance-based incentives, would promote adherence to energy-saving protocols and encourage innovation among staff. The creation of standardized digital dashboards displaying key performance indicators (KPIs) can also facilitate daily monitoring and prompt corrective actions.

Table 1: Example of Additional Technological and Managerial Interventions

Intervention Type	Description	Expected Outcome
IoT-Enabled Monitoring	Deploy smart sensors on devices to enable real-time analytics	Dynamic control; reduced idle consumption
AI-Based Predictive Analytics	Use AI algorithms to predict low-demand periods and adjust device operations	Proactive energy adjustments
LED Lighting Upgrades	Replace conventional bulbs with ultra-efficient LED systems in key areas	Lower auxiliary energy consumption
Formation of a Green Committee	Establish an interdisciplinary group for ongoing sustainability management	Continuous improvement and staff engagement
Digital Dashboard Development	Create real-time visual dashboards for monitoring energy KPIs	Enhanced managerial oversight

Together, these recommendations underscore that a combined technological upgrade and proactive managerial approach will be critical for maximizing energy savings and further embedding sustainability into departmental operations.

8.2 Proposals for Continuous Consumption Optimization and Sustainability Consolidation

Achieving energy efficiency is not a one-off event; it requires a continuous optimization strategy. Future proposals should include the implementation of integrated energy management systems that combine hardware upgrades with software solutions. Continuous monitoring platforms, for example, can track energy consumption at granular time intervals, providing a live feed of kWh usage for each device and auxiliary system. Such systems can be integrated with advanced analytics to produce daily, weekly, and monthly performance reports, allowing for immediate adjustments and long-term planning.

Moreover, establishing a routine benchmarking system is essential. By comparing current consumption data with historical trends, the department can identify deviations that might signal operational inefficiencies or potential equipment faults. Implementing a predictive maintenance schedule based on energy consumption trends would further reduce waste, ensuring devices operate at peak efficiency. Also, consolidating systems such as integrating shared cooling or lighting systems across different areas of the hospital could reduce overall consumption by eliminating redundancies.

Another proposal is to consolidate sustainability practices by aligning them with the hospital’s strategic objectives. Developing clear sustainability goals such as achieving an annual reduction in energy consumption by a set percentage can serve as a powerful motivator for continuous improvement. To support these objectives, investing in renewable energy sources (such as solar panels strategically installed on hospital rooftops) would not only contribute to reducing energy costs but also enhance the department’s environmental profile. The integration of renewable sources with an energy management platform could create a hybrid energy model that optimizes both efficiency and sustainability.

Furthermore, establishing a culture of sustainability across the entire department can consolidate energy-saving achievements. Regular feedback sessions, both at team meetings and via digital dashboards, would keep staff informed about the progress toward sustainability targets. In addition, incentives for meeting energy efficiency goals such as bonuses or recognition programs could further reinforce these behaviors. The key is to embed a continuous improvement mindset into the overall organizational culture such that every team member feels responsible for the department’s energy footprint.

8.3 Potential Applications of the Model in Other Contexts (e.g., Companies like HTC S.r.l.)

The “Green Radiology” model, initially developed to optimize energy consumption in a hospital’s radiology department, holds potential for application in other contexts. For example, companies like HTC S.r.l., which operate with a similar reliance on high-powered IT infrastructure and specialized work environments, can benefit from a similar approach. Although industrial and commercial settings often differ in their operational rhythms, many of the underlying principles such as reducing idle power consumption and optimizing device usage remain applicable.

In a corporate setting, an in-depth review of IT infrastructure, office lighting, and HVAC systems often reveals similar inefficiencies as those found in biomedical imaging facilities. Applying the “Green Radiology” framework would involve installing smart monitoring devices, reconfiguring equipment layouts, and instituting energy-efficient operational protocols that are adapted to the company’s specific working conditions. Additionally, companies can benefit from digital transformation strategies that reduce reliance on resource-intensive processes. For example, replacing traditional paper-based documentation with digital solutions in offices not only reduces energy consumption (through lower printing needs) but also streamlines workflow efficiency.

Table 2: Potential Adaptations of the “Green Radiology” Model for Corporate Applications

Element	Radiology Application	Corporate Application
Energy Monitoring	Continuous device and auxiliary system monitoring	IT infrastructure and HVAC monitoring
Auto Shutdown Protocols	Reducing idle operational states	Scheduled power-saving modes for computers
Digital Transformation	Digitization of informed consents and reports	Implementation of digital document management
Organizational Training	Staff training on energy-saving practices	Energy-awareness programs for employees

By adapting certain elements of the “Green Radiology” model, organizations like HTC S.r.l. could achieve similar reductions in energy consumption. The scalability of the model is facilitated by its modular nature: individual interventions such as advanced sensor deployment or AI-driven analytics can be selectively implemented based on specific operational needs. This flexibility means that whether in a hospital setting or a corporate

office, the overarching goals of energy reduction, cost savings, and environmental sustainability remain attainable.

Furthermore, the model's focus on integrating technological upgrades with managerial best practices makes it inherently adaptable. Cross-industry collaboration could further refine the model, as insights from corporate efficiency studies might be integrated with clinical findings. Such inter-sectoral partnerships would not only broaden the application of the model but also accelerate the adoption of comprehensive energy-saving strategies across diverse environments.

8.4 Future Research Perspectives

Although this study has provided substantial evidence that targeted energy-saving interventions are both effective and sustainable, several avenues for future research remain open. One promising area is the further refinement of real-time monitoring systems. Future studies could investigate the integration of more advanced sensors and data analytics platforms, potentially employing machine learning techniques to predict sources of inefficiency before they occur. This predictive capability could facilitate even more proactive interventions, helping to maintain optimal energy performance across all systems.

Another area ripe for exploration is the application of renewable energy solutions in regional hospital settings. While this study primarily focused on reducing electricity consumption through improved operational efficiency, integrating renewable energy sources such as solar or wind power could offer additional benefits. Research could explore hybrid models that combine on-site renewable generation with advanced energy management systems, thereby creating a more resilient and sustainable energy portfolio for the department.

Interdisciplinary studies that incorporate both quantitative energy data and qualitative organizational assessments would also be valuable. By exploring how staff behavior, workflow organization, and even employee incentives affect energy consumption, future research can provide deeper insights into the necessary cultural changes required to support long-term sustainability. These insights may lead to the development of training programs and organizational policies that are specifically designed to bolster green practices.

Finally, broader comparative studies across multiple institutions and contexts will be essential for validating this model on a large scale. Future research should aim to compare similar data sets from different hospitals and even non-healthcare organizations, in order to assess the universality of the benefits observed in this study. Such comparative work could help identify common challenges, as well as best practices that are adaptable to various operational settings. Expanding the scope of research in this way would not only strengthen the model's theoretical foundations but also support its practical implementation across diverse sectors.

In conclusion, the future research perspectives outlined above represent a path toward continuous improvement and scalability of energy-saving interventions. They underscore the importance of remaining adaptive and forward-thinking in an ever-changing technological landscape. By pursuing these avenues, researchers and managers alike can drive further advancements in operational efficiency, contribute to broader sustainability goals, and ultimately solidify the "Green Radiology" model as a gold standard for energy optimization and resource management across multiple domains.

Conclusions

The present study has provided a comprehensive analysis of energy consumption within a radiology department, along with the implementation and evaluation of targeted energy-saving interventions. Over the course of three annual reports, we have built a robust baseline, documented the efficacy of specific corrective measures, and developed the conceptual framework of “Green Radiology.” In doing so, the research offers important insights not only into the direct impacts on energy usage but also on the broader operational, economic, and environmental implications of sustainable practices in healthcare.

9.1 Summary of the Findings

Our research began with establishing a detailed baseline in the first year, during which we quantified energy consumption from diagnostic devices (including MRI, CT, X-ray, and ultrasound systems) and auxiliary systems (such as cooling, lighting, and IT workstations). The extensive data collected revealed that even though imaging equipment was designed for high performance, a considerable portion of energy was wasted particularly during periods when devices were in idle mode. For instance, the baseline data indicated that idle consumption contributed significantly to the total energy usage, creating a substantial gap between actual clinical demand and the energy being expended, especially in cooling systems.

During the second phase of the study, we introduced multiple targeted interventions. These included the implementation of auto shutdown and standby protocols for diagnostic devices, optimization of workstation scheduling, and the digitalization of administrative processes. Comparative analysis between the baseline period (January–June 2022) and the intervention period (October 2022–March 2023) demonstrated a measurable reduction in energy consumption often around 15% across various device types with more pronounced savings during off-peak hours. Graphs and tables derived from the data highlighted a clear downward shift in the energy consumption curves post-intervention, particularly in idle periods where the wastage was most significant.

In the third year, further refinements in operational protocols and additional system upgrades culminated in a consistent decline in consumption metrics. The introduction of advanced monitoring techniques and more rigorous control of auxiliary systems contributed to reinforcing the observed trends. Taken together, the three-year analysis supports the conclusion that incremental, targeted interventions yield significant improvements. The continuous data feedback loop proved essential in adjusting and fine-tuning strategies, while the digital transformation measures not only streamlined operational workflows but also indirectly contributed to resource savings (e.g., a notable reduction in paper usage).

Overall, the findings illustrate that, through systematic monitoring and targeted interventions, it is possible to substantially lower energy consumption in a high-demand clinical environment. The study’s outcomes validate the effectiveness of the “Green Radiology” approach demonstrating that energy savings are not solely a technological challenge but also depend on organizational adjustments and continuous performance evaluation.

9.2 Contributions of the Research to “Green Radiology” and Sustainable Practices in Healthcare

This research makes several significant contributions to the field of sustainable healthcare, particularly within the context of radiology. One of the primary contributions is the development of a replicable model for “Green Radiology.” By integrating quantitative energy data with qualitative insights into workflow and organizational practices, the study not only identifies areas of inefficiency but also provides a roadmap to address them. Such a model is of immense value for healthcare institutions that are increasingly being held accountable for their environmental impact, especially given the high energy demands and resource-intensive operations of modern diagnostic departments.

Technologically, the study demonstrates the utility of advanced energy monitoring systems deployed alongside traditional IT infrastructures such as RIS and PACS. This integrated approach to data collection allowed for a granular analysis of energy usage, providing clear benchmarks and facilitating direct comparisons over successive periods. The implementation of auto shutdown features and optimized scheduling protocols as well as the transition to digital processes validates the concept that off-line optimization (i.e., interventions during idle periods) constitutes a crucial component in reducing overall consumption. The combination of these measures has set new standards in operational efficiency within the Radiology Department, and the successful reduction in energy use underpins the economic and environmental rationale behind sustainability initiatives in healthcare settings.

Moreover, by framing energy savings within the broader context of economic benefits and emission reductions, this study contributes to a growing body of literature that champions environmental stewardship as an integral part of clinical excellence. The observed financial savings, resulting from reduced electricity costs and lower overall maintenance expenses, underscore the practical viability of investing in green technologies. This dual benefit improving both fiscal performance and environmental outcomes creates a compelling argument for hospitals and other healthcare providers to integrate sustainable practices into their core operations. The research also highlights the importance of staff training and the formation of dedicated energy management teams, suggesting that human factors are just as critical as technological solutions.

The study thus champions a holistic approach to sustainability, wherein technological advancements, operational optimizations, and managerial reforms work in concert to achieve a greener healthcare system. By providing concrete evidence of the benefits of such integrated interventions, the research reinforces the importance of sustainability as a competitive and ethically responsible driver of future healthcare practice.

9.3 Final Reflections and Future Scenarios

Reflecting on the trajectory of this research, several key insights emerge that are likely to shape future strategies in the management of energy consumption in clinical settings. The journey toward a fully sustainable Radiology Department is one marked by continuous learning, incremental improvements, and a deep commitment to integrating sustainable practices into everyday operations.

From the outset, our study has revealed that even in technologically advanced environments, inefficiencies persist that can be effectively mitigated through targeted interventions. The data indicate that while the primary diagnostic devices perform at high standards, their overall energy efficiency is compromised when operational protocols are not aligned with actual clinical needs. The success of the interventions ranging from auto shutdown features to the improved digitalization of administrative workflows demonstrates that low-cost technological modifications and smarter operational management can yield substantial benefits. These improvements are expected to set a precedent for future projects across other hospital departments and clinical specialties.

Looking forward, future scenarios include the integration of even more advanced technologies, such as the Internet of Things (IoT) for real-time energy monitoring and AI-driven decision-support systems to predict and mitigate inefficiencies before they occur. Such technologies promise not only to further optimize energy consumption but also to provide deeper insights into the complex interplay between clinical operations and resource usage. As renewable energy sources become more economically viable, hospitals may also transition toward hybrid energy models, combining traditional grid power with onsite renewable generation to achieve further cost reductions and emissions savings.

On an organizational level, one of the most promising prospects is the creation of cross-disciplinary sustainability teams dedicated to monitoring and continuously improving energy usage. By fostering a culture of sustainability, healthcare institutions can engage staff at all levels ensuring that every member is aware of the environmental impact of their actions and further reinforce best practices. Moreover, as more institutions adopt similar models, there may be greater opportunities for collaborative learning and the sharing of best practices that fuel even broader improvements within the healthcare sector.

In conclusion, while the research has successfully charted the path toward a more sustainable Radiology Department, it also highlights that continuous reinvention and proactive management are essential to maintaining momentum. The “Green Radiology” model is not an endpoint but rather an evolving framework that must adapt to emerging technologies, changing clinical demands, and new environmental challenges. Our final reflections emphasize that the journey toward sustainability is ongoing a path marked by iterative improvements, strategic investments, and a shared commitment to environmental stewardship. It is our hope that the insights provided herein will serve as a catalyst for further research, inspire broader adoption of sustainable practices across healthcare, and ultimately contribute to a future where energy efficiency and quality patient care go hand in hand.

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