

## **Abstract**

This research investigates sustainability in healthcare through a mixed-methods study, focusing on the adoption of green practices in healthcare facilities. As environmental concerns grow, healthcare institutions are increasingly looking for ways to reduce their ecological footprint while maintaining high standards of patient care. The study aims to explore the effectiveness and challenges of implementing sustainable practices, such as energy efficiency, waste reduction, and eco-friendly materials, in healthcare settings.

The quantitative component of the study analyzes data on the environmental performance of healthcare facilities, measuring key sustainability indicators such as energy consumption, waste recycling rates, and carbon emissions. The research examines how these green practices correlate with operational costs, staff satisfaction, and patient outcomes. Statistical analysis helps identify which sustainable practices lead to the most significant environmental and economic benefits for healthcare organizations.

In addition, the qualitative aspect includes interviews with healthcare administrators, staff, and sustainability experts to gain insights into the barriers and enablers of green practice adoption. These interviews provide a deeper understanding of organizational culture, regulatory challenges, and financial constraints that impact sustainability initiatives. The findings aim to offer recommendations for healthcare facilities looking to enhance their sustainability efforts, promoting both environmental responsibility and operational efficiency while continuing to deliver high-quality care.