Health and Wellness at UVa 2015-2016

Department of Student Health
Counseling and Psychological Services
General Medicine
Gynecology
Health Promotion
Student Disability Access Center

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Professor, School of Medicine
Location

400 Brandon Ave.
General Medicine

- Acute & chronic medical illness care
- Health prevention
  - Immunizations
  - STI testing
  - Physicals (routine/ sports)
- Same day observation
- Procedures
- Coordination of Referrals
• Disease Surveillance
  – Influenza
  – Bacterial Meningitis
    • Required meningitis vaccine (sero-groups ACWY)
    • New meningitis B vaccine (for certain persons)
  – Mumps
  – Emerging/ re-emerging infections
International Travel Clinic

- Pre-travel counseling
  - Low/ moderate resource destinations
- Travel vaccinations
  - Yellow fever vaccine
- Travel prescriptions
- Post-travel care
- Group appointments
  - Schedule as early as possible

Dr. Anjali Silva
Certified in Travel Medicine
Eating Disorder Treatment Team

• Experienced professionals
• Multi-disciplinary care:
  – Physician
  – Nurse Practitioner
  – Psychologist
  – Psychiatrist
  – Nutritionist
• Outpatient services
Counseling & Psychological Services

- Psychological assessment/evaluation
- Counseling
  - One-on-one
  - Group
  - Couples
- Psychiatric treatment
Gynecology

- Gynecological examinations
- Breast health
- Birth control
- Unique female health concerns/testing
Student Disability Access Center

bullet list(180,327),(888,869)
- The designated access agency for students with disabilities
- Primary role is to determine eligibility & to provide reasonable academic accommodations
- Commitment to self-determination and independence
- Consultation and evaluation services for academic difficulties
- Comprehensive disability access services
Health Promotion

- Data Collection
- Outreach Presentations
- Patient Education
- Special Events
- Health Consulting
- Educational Materials
Stall Seat Journal

**If Choosing to Drink**

- Be aware of new surroundings if choosing to drink near spring break. Because alcohol tolerance is based on environmental cues, like the same drink in the same place with the same people, the body may respond differently when drinking in a new setting.

  **Protective behaviors reduce the risk of negative consequences:**
  - Drink less alcohol and drink more slowly
  - Eat food before and while drinking
  - Avoid mixing alcohol with other drugs
  - Stay with a buddy you trust
  - Plan a safe way home: 88% of UVA students use a designated driver or make plans to get home safely.

**Look out for friends!** Know the signs of alcohol overdose:

- Puking while passed out
- Unresponsive to stimulation (punch or shaking)
- Breathing slow, shallow, or no breathing
- Skin (blue, cool, or clammy)
- If you see ONE OF these signs, call 911 immediately. Never leave a drunk friend alone.

Don’t forget your GOGDECheck/BAC card!

(Get one from you RA.)

**Sun and Water Fun**

- Drinking plenty of water, using sunscreens (SPF 30+), and drinking plenty of water, using sunscreens (SPF 30+), and drinking plenty of water, using sunscreens (SPF 30+), and drinking plenty of water, using sunscreens (SPF 30+), and drinking plenty of water, using sunscreens (SPF 30+), and drinking plenty of water, using sunscreens (SPF 30+), and drinking plenty of water, using sunscreens (SPF 30+)

**Worry Less, Live More**

**HAPPY SPRING BREAK!**

- Check you need for the SPRING 2019 HEALTH Survey. Complete the survey with confidence and contribute valuable information to the Stall Seat Journal.

**Optional Healthy Habits**

**Know Your Destination**

- Remember that a person is responsible for following the laws in any place they visit. Be aware of the rules and regulations of the destination.
- Have a safety plan in case of emergency in a new place.
  - Carry your ID at all times, and keep a copy in case of theft.
  - Know the numbers of some people to call if separated from your phone, and know how to make international calls if abroad.
  - Heading to a low-resource country? Make an appointment (pouch) with the Student Health Travel Clinic for immunizations and prescriptions for your trip, even if traveling with an organized group. Details at the Student Health website.

**For health, safety, and emergency tips for traveling in another country, visit travel.state.gov and search for the Students Abroad page. Get information specific to the country you are visiting, like recommended vaccinations and considerations for local food and drinking water safety.**

**Don’t Regret That Spring Fling**

- Unfortunately, not everything that happens on spring break stays on spring break. Plan to prevent pregnancies and sexually transmitted infections. Single-use condoms from the Office of Health Promotion at Student Health.

**Enjoy a stay-cation at home or in C-ville:**

- Visit the campus website and make arrangements at a local restaurant.
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Behavioral Health

Our data focuses our prevention work on:

• Mental Health/Wellness
• Substance Misuse/Abuse
• Sexual Health
• Nutrition/Exercise/Body Image

We believe that most parents communicate their values about appropriate behavior while being a student at UVa.

Talk to your student now. Talk to them frequently.
Other Services

Laboratory
- Satellite of the U.Va. Medical Center
- Conveniently located at Student Health, but ability for more complex testing off site

Pharmacy
- Satellite of the U.Va. Medical Center
- Conveniently located in the center of Student Health
Allergy Clinic

• Allergy shots
  – Coordination with allergist
  – Self scheduling online
  – Observation
  – Storage on-site
Partners in Health

Health and wellness issues are addressed through many avenues, including our medical clinics, counseling services, health promotion (including three peer health education programs), faculty, and YOU…
Confidentiality & Consent

• 18 year olds are “adults” in Virginia
  – Protected by privacy and confidentiality statutes
  – May consent to any treatment

• For 18 year olds (and minors for certain conditions) we need a student’s written or verbal permission to speak with a parent.

Student Health cannot allow parents blanket access to their student’s health information.
Services covered by Tuition/Fees

- Professional visits  
  - MD, NP, RN, RD, PhD, MSW
- Psychological assessment/evaluation
- Counseling  
  - One-on-one
  - Group
  - Couples
- Psychiatric treatment
- Consultation/evaluation for academic difficulties
- Comprehensive disability access services
- Family planning
- Same-day observation
- Travel clinic
- Management of chronic disease
- Allergy immunotherapy visits
- Outpatient eating disorder management
- 24 hr triage, on-call
- Health promotion programs
- Monitoring health and disease trends
- Consultation to parents/families/friends
- Coordination of referral services and hospital transfers

* Certain services do incur additional costs, such as lab, pharmacy, vaccines, and medical supplies. Labs and prescriptions are billed to the student’s insurance, while other costs are billed to the student’s account. A list of fees is available on the Student Health website.
Insurance Requirements

Health insurance is required by the University

Complete the health insurance hard waiver application by September 15\textsuperscript{th}.

If needed, Aetna Student Health is the University-sponsored health insurance plan.
Hard Waiver and Health Insurance Questions

http://www.virginia.edu/studenthealth/
Insurance – Do the Math

It may be more cost effective to switch to the Aetna Student Insurance Plan (i.e., cost differential between employer and college plan).

- Do you have a high deductible, copayments, or co-insurance?
- Does your plan cover travel coverage (i.e., medical evacuation)?
- Does your network have a large number of national providers for travel or summer job/internship in another state?

Insurance comparison tool:
www.virginia.edu/studenthealth/insurance
Pre-Entrance Health Record

SECTION ONE: to be completed by student

UNIVERSITY OF VIRGINIA
PRE-ENTRANCE HEALTH RECORD
RETURN TO:
Department of Student Health
P.O. Box 400700
Charlottesville, Virginia 22904-0700
Phone: (434) 924-1825, FAX: (434) 982-4262
Website: http://www.virginia.edu/studenthealth
Email: shrm@virginia.edu
Drop off: Student Health Medical Records

TO THE STUDENT: Please type or print in black ink, answering all questions. This information will become part of your confidential medical record. Please attach a separate sheet if you need extra space to answer any questions.

Personal Information:
Name: ___________________________ Birthday: _____/___/_______
Last First Middle
Address: No. & Street City State Zip/Postal Code Country
Telephone: (______)_________ City: ________ Country: ________
Circle Sex: M F University ID: ___________________________

UVA School you are entering:__________________________ Check one: Undergraduate □ Graduate □
Circle term entering: Fall Spring 20______ Have you previously been enrolled at UVA: YES NO
I was enrolled from ___________ to ___________

If you are returning to school after 2 or more years, you must submit a new Pre-Entrance Health Form.

Emergency Contact: (Parent/Guardian/Spouse/Next-of-Kin for contact in case of emergency)
Name: ___________________________ Relationship to student: ___________________________
Last First Middle
Address: No. & Street City State Zip/Postal Code Country
Telephone: (______)_________ Work/Cell: ___________________________

Health Insurance Information:
Please note: PROOF OF INSURANCE IS REQUIRED FOR ALL UNIVERSITY OF VIRGINIA STUDENTS THROUGH A HARD WAIVER PROGRAM. Under the health insurance hard waiver program, UVA requires students to (1) carry health insurance that meets specific coverage requirements and (2) provide proof of this insurance on an annual basis. If proof of "comparable coverage" is not submitted (whether because a student fails to submit documentation or because a student's health plan is determined not to provide "comparable coverage"), the student will be responsible for the full cost for single coverage under the University endorsed Aetna Student Health insurance plan. More information about the hard waiver requirement is available at http://www.virginia.edu/studenthealth/hardwaiver.html.

Students should have a copy of the insurance card and bring it with them when they visit the clinic.

Medical Records Use Only:
Date Received: _______________________ Account Number: _______________________
Revived 7/8/2015
Immunizations
August 31 deadline ($100 Late fee)

SECTION TWO: to be completed by healthcare provider

INSTRUCTIONS FOR COMPLETING IMMUNIZATION INFORMATION (PARTS A, B AND C)

Non-Medical or Nursing Students

Marking: Please print using black ink. Read carefully and fill in all applicable information. All information regarding Immunization and Tuberculosis screening/testing must be in English.

Immunizations: To be completed and signed by a Health Care Provider

Required vaccinations/screening for all students:

A. Tetanus Diphtheria-Pertussis: Primary series (DTap, DTP, DT or Td) plus booster within the last 10 years of 9/1/2015. Tdap is the preferred one time booster. Tdap may be given regardless of interval since last Td.

B. Measles, Mumps, Rubella (MMR): Two doses of MMR or individual vaccines of each required, at least 4 weeks apart given on or after the first birthday. Not required if born before 1957. Titers proving immunity are acceptable; please provide the date(s) of positive titer(s).

C. Polio: Completed primary series is required. Please provide the date the primary series was completed as well as any boosters received since that date. A litter proving immunity is acceptable; please provide the date of a positive litter.

D. Hepatitis B: Undergraduates must have received and documented all three doses. The Twinrix immunization series is an acceptable alternative, as is a litter proving immunity (please provide the date of positive litter). Undergraduate students may choose to sign a waiver for this immunization (available at http://www.virginia.edu/studenthealth/HepBMeninWaiver.pdf).

E. Meningococcal Vaccine: One dose vaccination. One dose of Menactra (conjugate; available since 1/14/05) or Menveo (conjugate; available since 2/22/10) vaccine preferred; a booster dose is required if primary dose given before age 18. One dose of Menomune (polysaccharide) acceptable alternative if given on or after 9/1/2013. Undergraduate students may choose to sign a waiver for this immunization (available at http://www.virginia.edu/studenthealth/HepBMeninWaiver.pdf). If student is not an undergraduate or not under age 22, please check the appropriate box. Meningitis B vaccines (Trumenba and Bexsero) do not meet this requirement.

F. Tuberculosis Screening/Testing: All students must have a licensed care provider complete the Part B: Tuberculosis Screening/Testing. An answer of “Yes” to any question in Part B may require further evaluation, such as a PPD skin test (see Part C) or an immunoassay blood test (see Part C), either of which must be performed on or after 3/1/2015. If either test is positive, a chest x-ray is required. If the chest x-ray is positive, please indicate the medication regimen including dates for initiation and completion. Confirmation of treatment from the local Health Department is required. If the chest x-ray is negative, consider therapy for latent tuberculosis infection (LTBI). For students with a known prior positive TST or immunoassay, please proceed to Parts B and C and follow the instructions.
Immunizations
August 31 deadline ($100 Late fee)

**Recommended vaccinations for all students:**

A. **Varicella (chicken pox):** Recommended for all college students without other evidence of immunity (e.g. born in the U.S. before 1980, a history of disease, two prior doses of varicella vaccine or a positive antibody.) Two doses of vaccine are recommended, 4 weeks apart, for those adults under age 30 with no disease history.

B. **Hepatitis A:** Either alone or in combination with Hepatitis B as Twinrix (combination of Hepatitis A & B). Entering this information in the Hepatitis B section and indicating Twinrix is sufficient documentation.

C. **HPV Vaccine:** The three-shot series is recommended for all females ages 11-26 and males ages 11-21. It also approved for males up to age 26 in certain situations, see [CDC guidelines](https://www.cdc.gov/hpv/).

D. **Pneumococcal polysaccharide (pneumonia):** One shot is recommended for students who smoke, have asthma and certain other medical conditions. Please see information at the CDC’s [website](https://www.cdc.gov/vaccines/pubs/pinkbook/).

E. **Neisseria meningitides (Meningitis) serogroup B vaccine:** Recommended for high risk students with a history of persistent complement component deficiencies or patients with anatomic or functional asplenia. This can be either a two or three shot series depending upon the vaccine (Trumenba or Bexsero).

F. **Influenza (Flu) vaccine:** All students are strongly encouraged to receive influenza (flu) vaccine when it is available during flu season beginning in early fall. Student Health will sponsor a flu clinic on Grounds in the fall to provide students with flu vaccine.
REMINDER: Today’s Resource Fair

• Turn in Pre-Entrance Health Forms
• Aetna health insurance representatives
• Ask questions of representatives of various Student Health services
Questions?

“Without health there is no happiness. An attention to health, then, should take the place of every other object.”

~ Thomas Jefferson, Founder, 1826