Health and Wellness at UVa 2016-2017

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

Christopher Holstege, MD
Executive Director, Department of Student Health
Professor, School of Medicine
Location

400 Brandon Ave.
General Medicine

- Acute & chronic medical illness care
- Health prevention
  - Immunizations
  - Physicals (routine/ sports)
- Same day observation
- Procedures
- Coordination of Referrals
General Medicine

• 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
- Brief counseling
  - One-on-one
  - Group
  - Couples
- Psychiatric medication management
- Range of mental health concerns
- 24/7 on-call crisis care
- Case management support to help access community resources/referrals
- Education and outreach
Gynecology

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

- The designated access agency for students with disabilities
Student Disability Access Center

• Primary role is to determine eligibility & to provide reasonable academic accommodations
• Commitment to self-determination and independence
• Consultation and screening 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 over spring break. Increased alcohol consumption 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 zero 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 poisoning:
- Puking while passed out
- Unresponsive to stimulation (pinch or shake)
- Breathing slow, shallow, or no breathing
- Skin (blue, cold, or clammy)

If you see ONE of these signs, call 911 immediately. Never leave a drunken friend alone.

Don’t forget your GORDECheck/BAC card
(Get one from you RA)

Sun and Water Fun

Drinking plenty of water, using sunscreen (SPF 30+), and scooping out sunburn are all good ideas and are even more important when drinking. Alcohol can increase risk of dehydration, injury, or drowning. When sitting in the sun, blood vessels dilate quickly when a person has been drinking, and this can lead to loss of consciousness and drowning. Splashing water is safe, and sticking with friends allows people to watch out for one another.

HAPPY SPRING BREAK!

Check you need for the SPRING break HEALTH check-up. Consults the Health Center and can contribute valuable information to the Stall Seat Journal.

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 (JSPC) 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 www.cdc.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. To prevent pregnancy and sexually transmitted infections, single condoms from the Office of Health Promotion at Student Health.

HOO knew?

- HOO knew what to do when an animal was acting strangely?
- Alcohol and Drug Abuse Prevention Team (ADAPT)
  - www.adapt.virginia.edu
  - Peer Health Educators (PHE)
  - are the Peer Health Education page at UVA student health.

Enjoy a stay-cation at home or in C-ville:
- More about how to stay healthy in your dorm.
- Check out snow sports at nearby Wintergreen Resort or White Grass.
- Enjoy springtime life in the park, a nature activity.
- Explore local restaurants to get a taste of the world without jetlag.
- Plan a camping trip to a cool park.
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
- Contraceptive, pre-conception- and pregnancy counseling
- 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 16th.

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

[Website link: http://www.virginia.edu/studenthealth/]

The Elson Student Health Center is a fully accredited health care facility that provides you with high-quality, confidential health care. Our goals are to help you maintain your health through education and prevention and to restore your health when necessary by treatment of illness, injury, or stress.

Attention Spring Graduates
Please remember to continue your medical care with Elson Student Health by Friday, May 27, 2016. Congratulations and good luck with your future endeavors!

Student Health Supports Division
Colleagues’ Statement Against Bias
Along with our division colleagues, Student Health affirms our stance against bigotry and any acts that threaten the physical or emotional safety of our students, staff, and faculty. Student Health is a safe place for you. If you need support, contact CAPS at 434-924-5160 (after hours and weekend crisis assistance: 434-924-5160 (more).)

For more on Zika virus, click here...

Quick Links
Pre-Entrance Health Form
Sexual Violence/Misconduct
Video on “Molly”
Self-care for common illnesses
Athlete Pre-Participation Physical
Allergy Clinic
HealthyHoos (Online Student Health)
Correcting Untruths about Abortion and Contraception at U.Va.

400 Brandon Avenue, P.O. Box 800760, Charlottesville, VA 22906-0760

http://www.virginia.edu/studenthealth/
MEETING UVA’S HEALTH INSURANCE HARD WAIVER REQUIREMENT

All UVA students who pay the Comprehensive Fee with their tuition

START

Q Do you have health insurance coverage for the 2016-2017 year?

YES

Q Does your alternate health insurance plan meet UVA requirements for comparable coverage?

YES

To meet comparable coverage requirements, your plan must:

ACTION

Reduced on-campus residence on the online waiver site here: http://www.virginia.edu/studenthealth/insurance.html

ACTION

Email the Astoria Student Health Insurance Plan.

NO

Was your waiver application approved?

YES

FINISH

You have satisfied the hard waiver requirement

NO

NO

NO

NO

NO

NO

NO
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
Dear New University of Virginia Student:

The staff of Elon Student Health wishes to congratulate you on your acceptance to the University! Our staff are here both to help you maintain a foundation of good health and to help restore your health in the event of illness, injury, or stress. Building immunity to common communicable diseases is a critical first step in protecting your health and that of your fellow students. Completion of the Pre-entrance Health Form on the following pages allows you to demonstrate that you have met the basic immunization requirements known to promote a healthy campus community.

Your health care provider must complete and sign this form. The form may be submitted by mail, fax, email or dropped off at Student Health:

Department of Student Health
University of Virginia
P.O. Box 902705
420 Brandon Avenue, Room 144
Charlottesville, VA 22903-0700
Phone: (434) 924-1525; FAX: (434) 924-4382
Website: http://www.virginia.edu/studenthealth
Email: shn.mr@virginia.edu

Please ensure you have completed all required sections listed below prior to submission. Students with forms postmarked after August 31, 2016 (January 31, 2017 for the spring semester) will be subject to a $100.00 late fee.

Student Health offers a secure website (http://www.healthcheck.virginia.edu) where you may verify receipt of the form (allow 5 working days for data entry after anticipated receipt date) and view immunization data in case you are contacted about any deficiencies. You will be notified of any incomplete requirements by email.

Please note:
1. Designated Emergency Contact(s): May be your parent, guardian, spouse, or next-of-kin who could be of support to you or assist with medical decision making in the event you are unable to speak for yourself.
2. Long-Term Signature Agreements: Signing the Long-Term Signature Agreement assures that relevant information can be sent to your insurance company if insurance claims are filed on your behalf (page 5).
3. Consent for the Treatment of Minors: To be completed by parents or legal guardians of students who will be under the age of 18 when arriving on Grounds.
4. Exemptions to Immunizations: On occasion, a student may elect to opt-out of certain vaccine requirements based on their religious beliefs or medical reasons (TB testing is still required).
5. Ongoing Medical Conditions: If you feel additional information about your health history would help us in caring for you, please send information on a separate sheet attached to the health record.
6. Certificate of Immunization & Tuberculosis Screening/Fasting: These must be completed by your healthcare provider. All students are required to have the tuberculosis screening completed.

Sincerely,

Christopher Hoitenga, M.D.
Executive Director
Department of Student Health
Immunizations

August 31 deadline ($100 Late fee)

INSTRUCTIONS FOR COMPLETING IMMUNIZATION INFORMATION

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 9/1/2016 (fall entry) or 1/1/2017 (spring entry). 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. Titer proving immunity are acceptable; please provide a copy of the report with the date(s) and result(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 titer proving immunity is acceptable; please provide the date of a positive titer; please provide a copy of the report with the date and result of positive titer.

D. Hepatitis B: Undergraduates must have documentation of a completed vaccination series. The Twinrix immunization series is an acceptable alternative, as is a titer proving immunity (please provide a copy of the report with the date and result of positive titer). Undergraduate students may choose to sign a waiver for this immunization.

E. Meningococcal Vaccine: For students younger than 22 years of age, one dose of vaccine required after age 16 or signed waiver. Conjugate vaccine preferred. Meningitis B vaccines (Trumenba and Bexsero) do not meet this requirement.

F. Tuberculosis Screening/Testing: “Tuberculosis Screening” (page 2) is required for all students. “Tuberculosis Testing” (page 3) is also required for students who answer “yes” to any question on page 2. All screening/testing must be completed on or after 3/1/2016 (fall entry) or 7/1/2016 (spring entry).
Immunizations
August 31 deadline ($100 Late fee)

Recommended vaccinations for all students:

A. Varicella (chicken pox): Two doses of vaccine, at least 4 weeks apart, are strongly recommended for all college students without other evidence of immunity (e.g. born in the U.S. before 1980, a history of disease, or a positive antibody).

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.

D. 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. May also be given to anyone 16-23 years old to provide short-term protection. This can be either a two or three shot series depending upon the vaccine (Trumenba or Bexsero). The same vaccine must be used for all doses; Student Health only stocks Bexsero.

E. Influenza (Flu) vaccine: All students are strongly encouraged to receive seasonal influenza (flu) vaccine when it is available 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
“Without health there is no happiness. An attention to health, then, should take the place of every other object.”

~ Thomas Jefferson, Founder, 1826