

Annual Report
Student Health and Wellness Center 2007-08

In addition to completing a very comprehensive *relocation to the New Health and Fitness Center* Student Health and Wellness started off the academic year with a Grand Opening in which 350+ individuals toured the clinical site. Within the first semester we also dealt with a statewide concern re: *MRSA* and were proactive in the education of the entire Longwood community re: prevention. This culminated with a report to the Board of Visitors in December. We successfully completed a *Virginia Department of Health Tobacco Grant* to educate the community re: Smoke Free policies and initiatives. Two new nurse practitioners and two new Wellness Coordinators were oriented. A *Nuesoft* data management system and *scanning of health records* continued to be high quality assurance items. Internal Audits re: health record security and infectious waste management were successfully completed. A collaborative agreement with a psychiatrist was established to increase consultation re: mental health treatment options in addition to maintaining a relationship with the board certified medical director who visits campus 3 times per week.

Clinical Visits were @ 6000 this past year (2100 individual students were seen one or more times). *9600+ educational* encounters occurred at over 150 venues to address known academic health impacts. *Immunization records of 1400 new students* were screened for compliance with Virginia Law.

Over *3000 cold/flu kits* were prepared and distributed, *400 allergy shots* given, and *950+ flu shots* administered to faculty, staff and students. Funding of free flu vaccine for students was initiated through *Student Health Partners* by the SGA. A new *Peer Health Educator* organization was also formed and Certified Peer Education was completed by all new members. A new Wellness Resource Room, "The Well", for students was designed and developed and located near the lobby of the Health and Wellness and Counseling Center and online wellness screening tools were made available.

A *client satisfaction survey* was completed on 10% of the clinic users and revealed positive feedback re: the new facility and level of services. Students did not find written educational resources as useful as other media.

A *National College Health Assessment* was conducted in collaboration with HRK and results from 496 students were analyzed. 850+ Coronary Risk Panels were reported to faculty in Fitness Concepts courses.

A new *collaborative effort with the Piedmont Health District* to start public health screening services on campus was initiated in Spring 2008. Over 60 students were served in our setting by public health providers.

Staff members participated in one or more teams (in addition to integrated Wellness Unit meetings with Campus Rec and Counseling): CARE Team, Retention Committee, ATOD Committee, Professional Development, and Wellness Team.

Ally Zone Training was completed by all staff and our Wellness Coordinator received Certified Health Education Specialist (CHES) status.

Student Health and Wellness is also seen as a clinical site for training health professionals and collaborative relations are maintained with VCU/MCV, UVA, and ODU. Work continues to support the development of Longwood University Bachelor of Science in Nursing which will lead to further development of students.

Integration opportunities with Counseling and Campus Recreation include work on a Wellness Unit Mission and Vision statement as well as Strategic Plan and Sustainability Goals. We will continue to embrace the plan to work as a “Wellness Unit “ to *advance the health* and wellness of Longwood students and create a *culture of wellness* at Longwood.

Assessment of the health of college students and creation of learning centered outcomes/interventions to address wellness concerns that impact academics will continue to be a priority. Maintaining credentialed health care professionals that practice with a wellness philosophy that promotes self care and healthy partnership is an ongoing focus of our community health work. We will continue to use the CAS Guidelines for College Health Programs and the goals established in *Healthy Campus 2010* as our benchmarks/standard of quality health care. A plan to maintain continuity of leadership for the Student Health and Wellness Center will be integral to the priorities reviewed in this document.

Submitted by:
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