

Annual Report
Student Health and Wellness Center 2009 - 2010

The third year in the Health and fitness Center began with a new Director and the escalation of the H1N1 flu to pandemic level. Much of the year was spent preparing for and dealing with the pandemic's effect on the Longwood community. The year began with one clinician position vacant and another became vacant midway through the year. Additional part time help was implemented to care for the students most in need. A change in managing chronic mental health conditions was made to accommodate the increased needs we were dealing with. Despite this much occurred during this academic year.

We successfully completed another *Virginia Department of Health Tobacco Grant* to educate the community re: Smoke Free policies and initiatives. The *Red Flag Campaign Partnership* began to educate the campus community on health relationships. Continued funding was obtained from the *Virginia ABP Operation Undergrad Grant*. In addition the *Council on the Advancement of Standards Self Assessment* was completed.

The *Nuesoft* data management system and *scanning of health records* continued to be high quality assurance items. The collaborative agreement with a psychiatrist continues which has increased 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 @ 3500 this past year (1760 individual students were seen one or more times). *12,000+ educational* encounters occurred at @ 50 venues to address known academic health impacts. *Immunization records of 1400+ new students* were screened for compliance with Virginia Law.

4000 *cold/flu kits* were prepared and distributed, over 400 *allergy shots* given, and 1600+ *flu shots* administered to faculty, staff and students. Funding of free flu vaccine for students was continued through *Student Health Partners* by the SGA. The *Peer Health Education* organization continues and Certified Peer Education was completed by all new members. Student Health and both student groups partnered with the Nursing Department to administer the H1N1 vaccine.

Due to the H1N1 Pandemic and staffing issues we only obtained satisfaction surveys from nearly 10% of the students served although our goal was higher. However the feedback was overwhelmingly positive despite the pandemic issues.

A *National College Health Assessment* was conducted in collaboration with HRK and results from 321 students were analyzed. 850+ Coronary Risk Panels were reported to faculty in Fitness Concepts courses.

A continuation of the *collaborative effort with the Piedmont Health District* to have public health screening services on campus with *Third Thursdays*. Approximately 100 students were served in our setting by public health providers.

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 and the new Bachelor of Science in Nursing Program here at Longwood.

Integration opportunities continue with Counseling and Campus Recreation includes work on a Wellness Unit Mission and Vision statement. 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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