

Student Health and Wellness



NOORDA COLLEGE
of OSTEOPATHIC MEDICINE

Student Health and Wellness

At Noorda College of Osteopathic Medicine (Noorda-COM) we understand that your wellbeing is an essential part of your educational success.

Noorda-COM's curriculum includes a required wellness component that is a vital part of the student's educational progress. The wellness curriculum is designed with strategies and evaluative mechanisms lead by the Wellness Committee to assure regular upkeep of wellness plans and programs, conduct wellness assessment of the college facilities, execute student health assessments and set up an environment that supports student wellness.

Noorda-COM's Student Health services are committed to promoting your health and wellness so that you can better achieve your educational and personal goals. Noorda-COM provides diagnostic, preventive and therapeutic health and behavioral services through on-campus facilities in compliance with all HIPAA regulations during the academic week. We provide from all training locations, 24/ 7/ 365 access to urgent care needs through Intermountain Connect Care and behavioral health services through our relationships with Wasatch Mental Health and StudentLinc.

Wellness Curriculum

As a component of the longitudinal Core Entrustable Professional Activities (CEPA) course, students must document at least one hour of mental or physical wellness activity each week. Any activity related to mental, emotional, or physical wellness will be accepted as completion of this requirement.

Some examples of these activities may include golf, biking, yoga, retail therapy, ice skating, walking, skiing, etc.

Unstructured Time

Unstructured time is inherently built into the curricular model through helping to maximize wellness opportunities and minimize fatigue. Didactic content is available asynchronously allowing students the ability to define their own schedule. Structured activities are spread across the period for each course providing students with a variety of times to demonstrate proficiency in clinically related skills. Elective content allows students to pursue personal interests that will augment their educational experience and grow in their desired clinical specialty acumen.

Wellness Committee

A Wellness Committee that includes students, faculty, and staff is charged with assuring regular upkeep of wellness plans and programs, conducting wellness assessments of the College facilities, executing student, faculty, and staff wellness surveys, and upholding a community environment that supports wellness.

Fitness and Recreation Programs

In collaboration with the City of Provo, Noorda-COM provides membership to Provo Triple Play access. This provides students access to all fitness classes at Provo Recreation Center as well as the Peaks Ice Arena and East Bay Golf Course. Engagement with these opportunities is an acceptable component of the Core Entrustable Professional Activities (CEPA) course's wellness curriculum.

Student Health

Upon completion of On-campus clinic, care is provided on a walk-in basis, and all services, except certain immunizations, are provided free of charge. Our services include the following:

- Care for acute illnesses and injuries
- Preventive health services, including immunizations
- Administration of Immunotherapy shots
- Sexual health evaluation, treatment, and counseling
- Coordination of outside care and referrals

Students who seek care with us can rest assured that they are in a safe environment. Outside of the student health center, Noorda-COM recommends the use of Intermountain Connect Care for non- urgent and minor health issues. For urgent healthcare needs that cannot wait for regular clinic hours, it is recommended to present to one of Intermountain 31 Instacare locations. There are fees associated with these services. Our staff clinicians and Intermountain providers involved in Connect Care and Instacare are not involved in teaching or in evaluating a student's academic or clinical performance. Read our full policy on the provision of confidential care.

If you're experiencing a life-threatening emergency outside of our clinic hours, call emergency services (911) or go to the nearest hospital emergency room, and notify us of your treatment as soon as possible.

Required Preadmission Health Forms

Newly admitted students should begin this process as soon as possible to allow ample time to gather health information, complete necessary screening, and receive needed immunizations. Complete the mandatory Noorda-COM health packet to document your medical history, physical examination, blood work, and the receipt of certain vaccinations prior to your arrival.

We advise incoming students to schedule an appointment with a healthcare provider (cannot be a family member) to review the mandatory health packet information and confirm that all preadmission health requirements are met.

Required Immunizations

Important Notes Regarding Vaccination Requirements:

Clinical experiences are part of the basic curriculum to obtain a degree of Osteopathic Medicine and therefore Noorda-COM does not waive immunization or student health requirements for religious or personal preferences.

Students will not be allowed to participate in any patient care activities until all immunization requirements have been met, including but not limited to:

- Clinical Experiences
- Health Outreach Events
- International Mission Trips
- Clinical Rotations

Inability to participate in clinical experiences due to noncompliance with Noorda-COM immunization policies may result in unexcused absences leading to failure of a course, academic probation, failure to progress, delay in graduation or even dismissal from the College.

Students are required to maintain current documentation throughout medical school. Students will receive weekly email notifications from Exxat starting 45 days before their required documents expire. It is the student's responsibility to update the documents before they expire.

After documenting the required immunizations for matriculation (see Admissions Policy), the following are required to be updated annually for current students:

- Tuberculosis Testing
- Influenza immunization

Students must upload all immunizations and required documents on Exxat . Students will be personally responsible to keep all immunizations current during their time at Noorda-COM.

We strongly recommend that all medical students receive a meningococcal conjugate vaccine (at least one dose of Menveo® or Menactra® after the age of 16 and within the previous 5 years); however, students can submit a meningococcal vaccine refusal form to waive this requirement.

Students are required to keep all immunizations current during their time at Noorda-COM.

How to Submit Required Health Information

Submit all required health documents to the following email address: Noorda-COM Student Health Service – studenthealth@noordacom.org

If you have questions about health entrance requirements, contact the Student Health Service at studenthealth@noordacom.org

Behavioral Health

At Noorda-COM, we understand that the academically rigorous environment of medical school may cause unfamiliar stress. To help you deal with that stress, we provide free, confidential mental health services, by appointment, through the Department of Student Affairs. Students may self-refer or may be identified by and referred to counseling support services by others, all in a confidential manner.

Our Student Health Service provides short-term counseling. Issues we may be able to help with include the following:

- Depression
- Stress

- Anxiety disorders
- Alcohol or drug use
- Eating disorders
- Concerns about academic performance
- Relationship problems
- Family problems
- Sexual concerns
- Identity concerns

If we recommend long-term treatment beyond the initial counseling sessions, our psychologist may refer you to a mental health specialist who can provide care tailored to your needs.

Students who utilize off-campus behavioral health resources and submit a receipt to Student Affairs will be reimbursed for ride-share travel expenses

Wasatch Behavioral Health

Noorda-COM has partnered with Wasatch Behavioral Health to provide quality mental health care for our students. Wasatch Behavioral Health is a comprehensive community mental health center offering an array of programs and services in both Utah and Wasatch Counties.

Wasatch Behavioral Health offers following services are provided: inpatient, residential, day treatment, case management, outpatient, 24-hour crisis line, outreach, follow-up, referral screening, consultation, education and prevention.

UTAH STATE CRISISLINE (800) 273-TALK (8255) 24 hours a day / 7 days a week

Trevor Lifeline 1-866-488-7386 is part of the Trevor Project—a leading national organization in providing emergency services for LGBTQ young people.

Additional Resources are available off site through StudentLinc. Access to and education on utilization of these apps are to be preloaded to tablets issued to the students during orientation.

StudentLinc

Noorda-COM will provide access to StudentLinc, a Student Assistance Program available 24/7 to provide confidential and professional guidance for personal or school concerns. This service is available by phone, video Counseling, email, SMS/ Text, and mobile/desktop chat.

Vaccine Exemptions

Please see the [Admissions Policy](#)

Drug Screening and Background Check

Students will be required to undergo an additional background check towards the completion of the second year prior to matriculation to third year and clinical clerkships. For more information, please see the [Admissions Policy](#).

Health Insurance Information

All Noorda-COM students are required to maintain personal health insurance and current, updated immunizations. Students must submit proof of personal health insurance and immunizations to the Admissions Office before matriculating and to the Department of Clinical Education before beginning first-year early clinical experiences and again before beginning clinical clerkships.

All students must report any break in coverage or change in health insurance to the Associate Dean for Student Affairs while attending classes on campus. COM students must report any break in coverage or change in health insurance to Clinical Education during the third and fourth years. For more information, please see the [Admissions Policy](#).

Students may have insurance through a variety of options including insurance through parents, spouses, or health exchanges. To ensure students have access to a comprehensive plan, Noorda-COM is making available a student health insurance plan for the 2021-2022 school year through HSA Consulting. All students must enroll in the Noorda-COM sponsored health plan or provide proof of other acceptable health coverage.

Noorda-COM requires all students to have health insurance and does not waive immunization or student health requirements for religious or personal preferences.

Noncompliance with Noorda-COM health and immunization policies may result in unexcused absences leading to failure of a course, academic probation, failure to progress, delay in graduation or even dismissal from the College.

Additional Helpful Numbers

911 Emergency

+1 (800) 273-8255 National Suicide Prevention Lifeline

+1 (800) 799-7233 National Domestic Violence Hotline

+1 (800) 996-6228 Family Violence Helpline

+1 (800) 784-2433 National Hopeline Network

+1 (800) 366-8288 Self-Harm Hotline

+1 (800) 230-7526 Planned Parenthood Hotline

+1 (800) 222-1222 American Association of Poison Control Centers

+1 (800) 622-2255 Alcoholism and Drug Dependency Hope Line

+1 (800) 233-4357 National Crisis Line, Anorexia and Bulimia

+1 (888) 843-4564 GLBT Hotline

+1 (866) 488-7386 TREVOR Crisis Hotline

+1 (800) 221-7044 AIDS Crisis Line

+1 (800) 422-4453 The Childhelp National Child Abuse Hotline

+1 (800) 273-8255, Press 1 Veterans Crisis Line

Auto Insurance Information

All Noorda-COM students are required to submit proof of personal auto insurance to the Clinical Education Department after matriculation. Students may seek an Auto Insurance exemption if they do not have a personal mode of transportation by contacting the Clinical Education Department.

Infection Prevention and Control

The purpose of an infection prevention and control program is to prevent the transmission of infections within a healthcare facility. Students can protect themselves and patients by adhering to basic infection prevention and control principles. Standard precaution procedures should be used routinely when caring for patients, regardless of their diagnosis.

Standard Precautions

Standard Precautions is the name of the isolation system used within clinical sites, and is used for every patient, regardless of diagnosis. The aim is to minimize the risk of exposure to blood or body fluids. To accomplish this, personal protective equipment (PPE) (i.e., gloves, gowns, masks, and goggles) is used for potential contact with body fluids from any patient.

Standard Precautions include these principles:

- Hand Hygiene: Wash hands with soap and water or sanitize with an alcohol-based hand rub before and after each patient contact, and after removing gloves. See Hand Hygiene Policy.
- Gloves: Use when touching any body fluids or non-intact skin.
- Gowns: Wear if splashing or splattering of clothing is likely.
- Masks and goggles: Wear if aerosolization or splattering is likely.
- Needles: Activate sharps safety devices if applicable, then discard uncapped needle/syringe and other sharps in containers provided for this purpose. Use safety products provided.
- Patient Specimens: Consider all specimens, including blood, as biohazardous.
- Blood Spills: Clean up with disposable materials (i.e., paper towels or spill kit), clean and disinfect the area. Notify Housekeeping for thorough cleaning.

Droplet Precautions

Droplet Precautions are used when patients have a disease process that is spread by contact with respiratory secretions.

These include:

- Respiratory infections (RSV, Human Metapneumovirus, Parainfluenza, Influenza)
- Neisseria meningitidis (meningitis or sepsis)
- Invasive Hemophilus Influenza Type B (meningitis, sepsis, epiglottises)
- Diphtheria
- Pneumonic Plague
- Mumps

- Parvovirus B19
- Rubella
- SARS-CoV-2

Coronavirus/COVID-19

- The SARS-Cov-2 virus in the Coronavirus family is known to cause a severe illness known as COVID-19. All students must perform daily symptom checks for any signs and symptoms of illness.
- Including fever (temperature check), cough, shortness of breath. Students **MUST** stay home if they are experiencing **ANY** of these symptoms. Students that are ill must notify the Student Affairs Office. OMS 3 and OMS 4 students must additionally notify their Clerkship (Site) Preceptor. Students who were ill with fever and/or respiratory symptoms will require a note from a healthcare provider prior to returning to call or their rotation.
- All students should remain aware of National and State Guidelines from the CDC and <https://coronavirus.utah.gov/> concerning epidemiologic updates, precautions for viral illness (COVID-19), Risk Mitigation, and Exposure responses in the Clinical Learning Environment.

Contact Isolation

Contact isolation is used when patients have a disease process that is spread by contact with wounds or body fluids. These include: Diarrhea (Rotavirus, Clostridium difficile, E. Coli 0157:H7, Shigella, Salmonella, Hepatitis A, Campylobacter, Yersinia.), open draining wounds, infection or colonization with multi-drug resistant organisms (MDROs)

Contact Precautions

Patients may be in contact isolation when they have a disease that is spread by contact with wounds or body fluids.

These include:

- Diarrhea (Rotavirus, Clostridium difficile, E. Coli 0157:H7, Shigella, Salmonella, Hepatitis A, Campylobacter, Yersinia.)
- Open draining wounds, infection or colonization with multi-drug resistant organisms (MDROs)

Airborne Precautions

Airborne precautions are used when the infection is spread through the air.

Examples of diseases requiring airborne precautions are:

- TB (tuberculosis)
- Measles
- Chickenpox

Personal Protective Equipment (PPE)

Students will wear personal protective equipment (PPE) when there is potential for handling or coming in contact with bodily secretions or fluids. Medical students' PPE are included in supply planning for PPE at each clinical site. Provision for PPE for medical students has been incorporated into clinical site agreements. If availability of PPE is not adequate to fully meet student PPE needs, students should not be involved in any direct in-person patient care activities for which their roles require PPE, whether in the context of curricular direct patient contact activities or as volunteers to help meet critical health care workforce (HCW) needs. In such a circumstance, students are to contact Clinical Education to coordinate with the clinical site to facilitate PPE on the student's behalf. Noorda-COM requires students to be evaluated and monitored by clinical preceptors regarding proper PPE use.

Needle Stick Policy/Exposure to Blood and Body Fluids Policy/Procedure

If a Noorda-COM medical student is exposed to bloodborne pathogens either by direct contact with blood or other body fluids via the eyes, mucous membranes, human bite, or sharps (e.g., needle stick, lancet stick, scalpel cut, etc.) while on clerkship, it is to be handled as an EMERGENCY SITUATION.

Instructions

1. Time matters! Proceed swiftly with the following:
2. Remove all soiled clothing
3. Wash needlesticks and cuts with soap and water (15 mins)
Flush splashes to the nose, mouth, or skin with water (15 minutes)
Irrigate eyes with clean water, saline, or sterile irrigants (15 minutes)
4. Ask and write down the following patient information:
 - a. Name, DOB, MRN, address, phone #, and any prior testing for HIV, Hep B, Hep C, RPR, or risk factors thereof
 - b. If patient is known to be HIV +, obtain info on CD4 count, history/current opportunistic infections, prior/current

regimen/resistance

5. Notify preceptor, DME/DIO, Site Coordinator, and Clinical Education Department about the exposure ASAP
6. Follow site procedures and report to Employee or Occupational Health/Emergency Department as a blood/body fluid exposure for:
 - a. Risk assessment for exposure
 - b. Baseline laboratory work for student and patient (HIV, Hep B, Hep C)
 - c. Employee Health evaluation of "source" patient
 - d. If the patient is HIV +, or their HIV status is unknown, begin post-exposure prophylaxis (PEP) with a multidrug regimen within a few hours of the exposure – do not delay in seeking care
7. If unable to obtain a prescription for PEP from the preceptor, go to the nearest Emergency Department for a prescription. Please visit PEP Guidelines for information and the current guidelines for post-exposure prophylaxis
8. Counseling: Students exposed to a blood borne pathogen should contact the Clinical Education Department within 24 hours for counseling and instructions as well as discussing any follow up care that is needed.
9. If you would like additional support or have unanswered questions after an exposure, contact the Clinical Education Department (clined@noordacom.org) or refer to the CDC Emergency Needlestick Information

Clean

Immediately wash region with soap and water for 5 minutes. If exposure occurred in the eyes, nose, or mouth, use copious amounts of water to irrigate mucous membranes. Know where stations to irrigate eyes are located.

Communicate

Let the preceptor, DME/DIO, Core Site Coordinator and the Department of Clinical Education know about the exposure ASAP. Student should ask for the following information:

Patient information (name, DOB, medical record number, address, phone #) and any prior testing for HIV, Hep B, Hep C, RPR, or risk factors thereof

If patient is known to be HIV +, obtain info on CD4 count, history/current opportunistic infections, prior/current regimen/resistance

Baseline labs for student and patient (HIV, Hepatitis B, Hepatitis C)

If unable to do lab work, present to the closest ER

Chemoprophylaxis

If the patient is HIV +, or their HIV status is unknown, begin post exposure prophylaxis with a multidrug regimen within a few hours of the exposure – do not delay in seeking care. If unable to obtain an Rx for meds from the preceptor, go to the nearest ER for a prescription.

Visit <http://nccc.ucsf.edu/clinical-resources/pep-resources/pep-guidelines/> for more information and the current guidelines.

Post Exposure Protocol

Immediately wash exposed areas with soap and water.

If splashed in eyes or mouth, flush with large amounts of water.

It is critical that you are treated within the first two (2) hours after injury.

Notify supervisor and follow clerkship site exposure protocols.

If facility is not equipped to handle exposure, contact an Occupational Health Clinic, appropriate site location, or go to the nearest emergency department with your current health insurance information.

Notify the Department of Clinical Education of any care received.

Counseling

Students exposed to a blood borne pathogen will receive counseling and instructions for follow-up from the Department of Clinical Education. Please contact them within 24 hours. clined@NoordaCOM.org.