

## Frequently Asked Student Health Questions

1. What are my health requirements for attending Lancaster General College?

All students entering the College for their first clinical course must submit a physical, blood tests for immunity from Varicella (chicken pox), Rubella, Rubeola (measles) and Mumps, a tetanus shot within the last ten years, a TB test (PPD) within the last year and complete a drug and alcohol screening.

2. Are there forms for this? What about after I'm at College for a semester or more?

There are forms on the College website under Health & Counseling for students entering their first clinical semester. All clinical students are required to submit an updated physical and PPD annually thereafter. Annual physical forms are online in Blackboard under the Health Center page.

3. Can I get my entrance health requirements done at Employee and Student Health? What about annual physicals?

No; all students must have their health requirements completed by their family health care provider.

4. What if I have had a positive PPD in the past?

All students who have had a positive TB test in the past are NOT required to undergo annual TB testing. You should submit proof of a negative chest xray within the last two years, and every two years thereafter.

5. What services are offered by Employee and Student Health?

Employee and Student health provides basic first aid and treatment of minor injuries, accidents and illnesses free of charge. Students with more acute or complex medical needs are referred to their family health care provider or to the Emergency Department at Lancaster General Hospital. In addition, Employee and Student Health provides annual TB testing, drug screening and flu shots for students at designated times free of charge.

6. What if I get sick or have an injury at an off campus clinical site?

Students are responsible for their own transportation to their health care provider or Lancaster General Hospital from off campus facilities. If students feel unable to drive themselves, they should have a friend or family member drive them or call an ambulance if necessary.

7. Does the College offer health insurance? What if I don't have insurance?

All students are HIGHLY encouraged to maintain health insurance in the event of an emergency which requires treatment. The College does NOT offer insurance, however there is information on student insurance programs available online on the College health webpage and also in Blackboard. Students with no insurance are referred to various providers in the area that charge reduced fees such as Family Health Services through Lancaster General, the South East Clinic and/or Planned Parenthood.

8. What about counseling services at the College?

Students who struggle with common issues such as stress, anxiety and other personal problems may access confidential counseling services free of charge by contacting Elaine Neidert at Employee and Student Health @ 544-5354. Elaine is a Psychiatric Advanced Practice Nurse who has extensive experience in assessment and counseling, and is available three days a week. Students who may need assistance with test taking skills, learning strategies or tutoring should contact the Learning Resources Department. Issues and behavior related to clinical/academic performance should first be addressed with the student's academic advisor or program Coordinator.

9. I need some advice on personal issues but I really don't want to go see the Counselor. Is there some resource I can go to online?

Yes; there are multiple resources available in Blackboard on the Health Center page on stress management, anxiety, etc. which are available anytime to students. In addition, students who have health related concerns can access *Ask Alice* at <http://goaskalice.columbia.edu>

10. What if I want to talk to someone and Employee and Student Health is closed?

Because Employee and Student Health does not provide 24hr coverage, students are asked to contact Elaine Neidert via email or phone to arrange an appointment on the next available day. If the student feels that they may hurt themselves or someone else, or feels unable to cope with events until such time as they are seen by Elaine, they are asked to go to their nearest Emergency Department or contact the Crisis Hotline @ [\(717\) 299-4855](tel:(717)299-4855).

11. I have a learning disability. What do I need to do to arrange for accommodations?

Any student with a disability (learning, physical/medical, mental health ) is asked to contact Elaine Neidert prior to starting classes to arrange for any accommodation. Students need to supply specific documentation which will be reviewed before any accommodation is approved. Please see the section on the College website under Health & Counseling or in Blackboard on the Health page for more specific information, or contact Elaine Neidert at (717) 544-5354 or at [emneider@lghealth.org](mailto:emneider@lghealth.org)

12. I had an IEP in high school. Is that automatically transferrable to the College?

No; any IEP must be reviewed along with copies of testing done in the last two years for a learning disability. Some parts of an IEP may or may not be appropriate or applicable to the College setting. It is a good idea to submit any documentation as early as possible.