Einstein Student Health Service

Overview

The Einstein Student Health Service is available to all Einstein medical and graduate students with urgent care concerns. The service assists students when they are sick or injured, when they are seeking referrals for medical care, and when they are in need of physical examinations and/or completion of health forms for away electives or summer programs. Assessment and treatment of urgent health issues are available to all students, which includes helping obtain expedited appointments for specialty medical care as needed. In collaboration with the Einstein WellMed program and the Office of Academic Support and Counseling, the Service supports all aspects of students’ well-being to promote their optimal physical and emotional health.

In the event of an occupational exposure (e.g. needle stick, chemical spill), students are advised to call the Hotline number printed on their student ID card. They may also call Student Health for direction about appropriate next steps.

Walk-in hours for the Student Health Service are from 12:00 AM to 4:00 PM, Monday through Friday. The Service is located in the Block Building, Room 220. Students are seen on a first come-first served basis for sick visits, however physicals are scheduled by appointment only. Every effort will be made to schedule appointments around students’ availability. There is no charge for the cost of visits, however students are asked to bring their Einstein ID and insurance cards with them. The Student Health Service is not meant to replace the student’s primary care provider, and for that reason, no maintenance medications will be prescribed.

The Einstein Student Health Service is staffed by Duc (Jenni) Nguyen, Nurse Practitioner in Family Health. Ms. Nguyen is available via phone and e-mail: Office 718-430-3295, Fax 718-430-3466; Duc.Nguyen@einstein.yu.edu
Health Forms and Physicals

Applications for away electives and summer programs require medical documentation that students are in good health. The requirements have become quite detailed and specific, differing by program, with multiple types of information required including completion of forms and attaching copies of medical documents. The Student Health Service is available to help students navigate the process of completing health requirements for away programs. Students’ requests for completion of forms and physicals are addressed as quickly as possible, in the order they are received. During periods of high volume, the turnaround time for completion of physicals and all accompanying documents can be up to two weeks. Due to the sheer volume of requests for completion of away elective forms, there is a three (3) form completion limit per student.

Forms need to be filled in and signed off by the Student Health Service, which includes documenting dates when immunizations were given and results of titers reflecting immunity. The following is a list of the health information that is typically required by elective programs. Please note what is and is not already included in students’ files at Einstein. It is each student’s responsibility to obtain information that is not currently in their Einstein health record.

- **Measles, Mumps, Rubella antibody titers (or documentation of two (2) doses of MMR vaccine) and Varicella antibody titers showing immunity** - These titers/and or documentation of vaccines are already included in each student’s health record at Einstein. Occupational/Student Health will enter the dates of these titers/and or vaccines on forms and supply copies of serology reports as needed.

- **Hepatitis B Surface Antigen and Antibody titers** - Many programs are requiring a Quantitative measure of Hepatitis B antibody. If students entered prior to the fall of 2016, the Hepatitis B antibody titer on file may have been recorded as Quantitative or Qualitative depending on the lab standards where the analysis was completed. Occupational/Student Health will record the Hepatitis B titer information on forms and note if “*Qualitative only available at Einstein*.”

- **Hepatitis B Vaccination Series** – Dates of each of 3 vaccinations are sometimes required on forms. This information may or may not have been recorded by the practitioner who completed each student’s forms prior to entering
Einstein. It is the student’s responsibility to obtain these dates if they are required for away electives.

- **Tetanus-Diptheria-Pertussis Vaccination** – A Tdap not more than 10 years old is usually now required by away programs. This information may or may not have been recorded by the practitioner who completed a student’s forms prior to entering Einstein. Prior to the fall of 2016, this vaccination was recommended but not required for entering Einstein students. Tdap vaccinations are not supplied at Student Health but can be gotten at local CVS or Walgreen’s pharmacies without a script. **It is always advisable for students to check with their insurance carrier before obtaining vaccinations or scheduling lab testing to determine how much out-of-pocket expense might be incurred.**

- **Meningococcal Vaccination** – The date of this vaccine may or may not have been recorded on students’ initial health forms upon beginning Einstein. It became a requirement for entering students in the fall of 2016. This vaccination is not available at Student Health but can be obtained at local CVS or Walgreen’s pharmacies without a script.

- **Hepatitis C Antibody Titer** – There has been an increase in programs requiring Hep C antibody information. Einstein has not and does not require that entering students obtain this titer. To schedule testing for Hep C antibody titers at a local lab, students may do so through stdcheck.com. This service is a suggestion only; students may contact their personal physician or any other resource of their choice for Hep C testing.

- **Drug Screening** – There has been an increase in programs requiring 10-panel laboratory drug screens. Einstein has not and does not require that entering students obtain this test. To schedule drug screening at a local lab testing center, students may do so through testcountry.com. It is important that students identify the specific drugs for which their program requires testing. There are several different panels that are very similar. Again, it is each student’s individual choice where they obtain testing.
• **Tuberculin Screening History** – Programs differ widely on their requirements for documenting students’ histories of TB testing.

  If a student entered Einstein as PPD negative, there is a baseline two-step PPD in that student’s file dated within one year of their start date at Einstein.

  PPDs are updated and recorded annually for all Einstein students by our Occupational Health/Student Health Services. Many programs require a current PPD within 3 months of the start date of that particular program. Other programs require current 2-step PPDs (i.e. 2 PPDs, the second following one week after the placement of the first). The Occupational/Student Health Service will provide one (1) annual PPD skin test to aid in satisfying this requirement. The 2nd PPD skin test, if warranted by a specific rotation, will be the student’s responsibility to obtain through his/her private MD.

  If a student entered Einstein as PPD positive, there is a baseline chest x-ray in that student’s file dated within one year of the time of entrance to Einstein. If a student entered Einstein prior to the fall of 2016, the student’s record may or may not contain an Interferon-Gamma Release Assay (IGRA) blood test result. Many away programs require an updated chest x-ray within one year of the start date of that particular program. Some programs accept IGRA results in lieu of chest x-rays. It is the student’s responsibility to obtain updated chest x-rays through their PMD. Student Health can assist students who do not have a PMD by obtaining expedited appointments for them with Montefiore internal medicine physicians. These MDs can order chest x-rays for them.

• **Influenza Vaccinations** – Almost all away programs require documentation of the date that students have received seasonal influenza vaccinations. They usually require copies of the actual document showing that the flu vaccination was received. It is strongly recommended that students take a photo on their phone of the document given to them after they obtain each annual flu vaccination.
• **Other Childhood Immunizations** - Some away programs require documentation of the dates of other childhood immunizations such as polio. These dates are not required by Einstein. They are often recorded in childhood immunization records which students access on their own.

• **Physicals** – Many away programs require that students obtain a physical exam that is dated no more than one year from the start date of that particular away program. Every Einstein student has a physical exam recorded in their file dated the year that the student entered Einstein. Physicals can be obtained through the Student Health Service. Color vision testing may be required and that, too, is available through Student Health. All physicals are scheduled by appointment only. During times when there is a high volume of applications to away programs, it can take 2 weeks for a physical and all accompanying forms to be completed. Students are asked to review each of their applications carefully before submitting them to Student Health and allow time for their completion. Completion of forms is expedited when students fill in all identifying information on every page in legible handwriting. Submitting all forms at once to Student Health, for all programs to which students are applying, also speeds the process.

The Student Health Service is available to answer any questions, provide referrals, and assist in helping students be successful in submitting complete medical information in a timely fashion for their away elective applications. Please feel free to contact Ms. Duc Nguyen, Nurse Practitioner, at 718-430-3295 or e-mail her at: Duc.Nguyen@einstein.yu.edu with any questions or concerns.