

**John A. Burns School of Medicine
University of Hawai‘i**

Health Guidelines and Requirements for Medical Students

I. Purpose

These Health Guidelines and Requirements for medical students are promulgated to insure students:

1. Are adequately protected against specific diseases;
2. Provide evidence of vaccination and/or immunity for select infectious diseases and annual screening for tuberculosis;
3. Are aware of the risks of exposure to diseases and disability;
4. Are covered by a health and disability insurance policy;
5. Are aware of the availability of general and mental health services.

The School of Medicine subscribes to the philosophy that health care and maintenance is the individual responsibility of each student, including adequate insurance coverage. However, in recognition of the increasing cost of acquiring a medical education and in order to decrease some anticipated costs, certain programs are provided for in this policy by the School of Medicine.

II. Guidelines and Requirements

These Guidelines and Requirements are proffered in accordance with the Association of American Medical College’s “Recommendations Regarding Health Services for Medical Students”, and approved and amended by it’s Executive Council (September, 2006).

A. Requirements for Admission

All entering students will be required to submit:

1. Results of a TUBERCULIN SKIN TEST (PPD) and/or CHEST X-RAY performed within three months prior to matriculation in accordance with Hawai‘i State regulations (§11-93-14):
 - a. An initial two-step PPD, not less than one week and not more than three weeks apart if the initial PPD is negative and annually thereafter; OR
 - b. A chest X-ray if the initial PPD is positive; OR
 - c. If there is a history of a positive PPD, documentation of a follow-up chest X-ray, and antimicrobial therapy for tuberculosis and subsequent chest X-rays if applicable.
 - d. TB screening is required annually
2. Documentation of CURRENT IMMUNIZATION status and/or PROTECTIVE TITERS according to CDC guidelines against the following diseases:

1) diphtheria,	5) rubella (protective titer only),
2) tetanus,	6) polio,
3) measles (rubeola),	7) varicella (protective titer only)
4) mumps,	8) hepatitis B

Influenza vaccination is required annually

B. Mandatory Health Insurance

In order to facilitate provision of outpatient, mental health and hospitalization services, all students are required to carry health insurance with the following minimum coverage:

1. Outpatient (including periodic screening): 80% of charges
2. Mental Health: 80% outpatient visits
3. Hospitalization: 80% of charges
4. Emergency Care: 80% of charges

Students must provide proof of current health insurance annually.

C. Disability Insurance

Students are required to carry Disability Insurance. The medical school has made arrangements to obtain disability insurance through the AMA at a nominal cost. Information is available through the Office of Student Affairs.

D. Mental Health Services

The Medical School recognizes that mental health problems can take many forms that may affect a student's academic performance or personal adjustment. Causes may range from academic stress, personal problems, substance abuse and chemical dependency to major mental illness. In all cases, early recognition and prompt treatment is the most effective approach, and students are encouraged to utilize resources identified and/or provided by the School.

1. Appropriate mental health intervention may be obtained in one of two ways:
 - a. An administrative decision for evaluation and/or treatment on the part of the Administration and faculty as part of an academic decision-making process to facilitate recommendations for remediation and issues related to student standing. The results are not confidential and a student must agree to allow appropriate faculty, via the Office of Student Affairs, access to information regarding a mandated plan in order to facilitate monitoring and re-assessment. The cost of the initial assessment will be covered by the School of Medicine.
 - b. A student may self-refer to a psychiatrist/psychologist of his/her choice in the community, or be referred by his/her advisor, or the Director, Office of Student Affairs. These proceedings, including the initial referral, are confidential and protected by doctor-patient confidentiality, and can only be waived if the student so desires and provides written permission thereof. The cost of the evaluation and treatment shall be covered by the student's health insurance.
 - c. JABSOM retains the services of a clinical psychologist who is on-campus 1 day per week. Students may be referred by an advisor or by the Director, Office of Student Affairs, or by self-referral.

2. Confidentiality of records:

In situations where an evaluation or referral is administratively mandated, relevant information will be summarized by the Director, Office of Student Affairs and reported to the appropriate Committee as needed. The records will be kept in a Confidential file and not open for review except by the Director, Office of Student Affairs.

E. Leave of Absence (Medical)

Any Leaves of Absence for medical reasons will be in adherence with the general Leave of Absence Policy with the exception that any relevant medical documentation will be held as confidential and not part of the open record. The reason for the request will be noted as "personal" without further notation.

F. Chemical Dependency

1. Students will be exposed to the concerns of chemical dependency and alcohol use as part of their professional education, including the fact that chemical dependency is a treatable disease that affects all of society.
2. Information regarding the availability of resource programs, including for diagnostic, therapeutic and support services, through the Hawai'i Medical Association's Committee on Physicians' Health, will be publicized during orientation and in the Student Handbook. Appropriate levels of confidentiality will be insured for those seeking information, referral and treatment. [Any student known to or suspected of having a chemical dependency will be offered diagnostic and therapeutic services via the Hawai'i Medical Association's Impaired Physician Program.]
3. In cases where a chemical dependency is confirmed or identified as a cause of academic malperformance, entry into a rehabilitation program may be mandated by the Student Standing and Promotion Committee and monitored by the Office of Student Affairs.
4. Every effort shall be made to provide an environment in which recovering impaired students are able to continue their medical education without stigma, and, where possible, facilitate their transition to licensure.

G. Visiting Medical Students Health Requirements

All visiting medical students must meet all requirements of these guidelines and requirements, including the following, prior to receiving approval for electives:

1. Tuberculin skin test and/or Chest X-ray as detailed above
2. Current health insurance;
3. Current immunization status and/or protective titers to diphtheria, tetanus, polio, measles, mumps, rubella (titer only), hepatitis B, and varicella (titer only) in accord with CDC guidelines.

H. Student Health Surveillance and Monitoring System

Responsibility for the initial assessment of vaccination/immunization records and the periodic reviews of students' immunization status shall be the responsibility of the Office of Student Affairs. All information shall be maintained in a confidential file in the Office of Student Affairs and subject to all Federal and State laws regarding confidentiality.

J. Occupational Exposure

As an integral part of the preventive medicine and professional education aspects of the curriculum, and in accordance with the Liaison Committee of Medical Education's "Standards for Accreditation of Medical Education Programs Leading to the MD Degree", students will be trained regarding the prevention of (Universal Precaution) and care and treatment after exposure to infectious and environmental hazards prior to patient contact during Orientation Week, and receive refresher training during the introduction to third year clerkships. The initial orientation shall include information regarding the effects of infectious and/or environmental disease or disability on student educational activities.

III. Procedure

The responsibility for implementing and enforcing these Health Guidelines and Requirements shall be the responsibility of the Director, Office of Student Affairs.

1. Documentation of immunizations and/or titers will be evaluated prior to matriculation and any additional requirements sent to the student in writing with a deadline for completion. An Immunization Summary Sheet will be maintained by the Office of Student Affairs, will be maintained in a separate confidential file, and will be used for the purpose of monitoring compliance and response to hospital requests pursuant to specific Affiliation Agreements.

2. All students shall be required to provide documentation of current health insurance coverage to the Office of Student Affairs.
3. During the First-Year Orientation program, the contents of these Guidelines and Requirements as well as information regarding various resources (general and mental health) will be reviewed with the students by the Office of Student Affairs. In addition, instructions will be given in precautionary and infection control measures (i.e., Universal Precautions).
4. A general review of resources and health insurance requirements, including risks and costs will be provided to students yearly.
5. Reminders regarding updates with respect to recurring screening tests will be sent by the Office of Student Affairs and results added to the Immunization Summary Sheet.
6. Failure to adhere to or fulfill the requirements set forth under these guidelines and requirements shall constitute grounds for suspension or delay of registration.

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Date