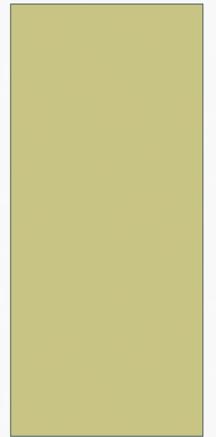


HEALTH & WELLNESS CENTER
GROSSMONT COLLEGE

ELAINE ADLAM, RN



WHY DO WE HAVE A HEALTH & WELLNESS CENTER?

- Student health and wellness is tied to student success. If a student is unwell, injured or in crisis they are not in the classroom learning. It is our job to make sure that these unexpected health issues are resolved or the student has the help they need in order to return to the classroom & finish what they started.
- We educate students on how to live a healthier lifestyle – preventing a health crisis is better than trying to recover from one
- We have public health responsibilities, like TB screening and vaccination
- We enable students to become their own health care advocates in a time when access to health care is still an issue, especially for students with low income

A DAY IN THE LIFE

- I am a triage nurse: I assess students as they come in for anything from a cold to chest pain, anaphylaxis, seizures
- I provide advanced first aid - anything from an ice pack and an ACE wrap to administration of epinephrine or use of an AED.
- I give medical care, referrals and support to victims of sexual violence and domestic violence
- I provide health and wellness education e.g signing up for health insurance, nutrition, breast cancer awareness, domestic violence awareness, flu clinics and healthcare advocacy
- I coordinate the blood drives and STD clinics we hold on campus
- I monitor for and educate on prevention of communicable disease (measles/mumps/tuberculosis)
- I provide TB testing for employees and students
- I provide vaccinations for the prevention of communicable disease
- I assess and complete immunization requirements for the health professions programs
- I distribute food for Gizmo's kitchen
- I cover the front desk, welcoming students and answering phones

THE NUMBERS

- The National Association of School Nurses recommends a ratio of 1:750 for students in the general population, 1:1 may be necessary for emergency or high acuity students
- Grossmont equivalent- 1:7,921 students (we are currently in the hiring process for another RN)
- This semester I have seen between 25 and 65 students per day. With Gizmo's kitchen and mental health appointments, our team averages 80 -100 students a day.

SCOPE OF PRACTICE

- The role of the registered nurse in the Health & Wellness Center is to provide basic first aid and to triage the acuity of a student in order to determine if a higher level of care is needed. For example, a sprained ankle can be treated in the center but complaints such as chest pain, allergic reaction or a possible fracture needs to be referred to 911.
- For the last 5 years, the district has maintained a policy of using 911 as first responders in an emergency situation. Responding to an emergency situation outside of Health & Wellness Center is beyond our scope of practice.
- Not calling 911 in a medical emergency delays care to the student/employee. Timely emergency care can be the difference between reversing a significant medical event or leaving a student/employee with a permanent medical condition that could have been prevented.

FIRST RESPONDERS

- In an Emergency.... The campus Sheriff's Department are first responders.
- Dial 911... this will activate a Sheriff Deputy to respond at the same time as activating a paramedic response

Please contact 911 immediately for any emergency including:

- Accidents, injuries, or conditions where students cannot get themselves to the Health & Wellness Center
 - Someone who is unconscious
 - Chest pain
 - A mental health emergency
 - When in doubt call Campus Police.
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- The District will cover up to \$2500 for 911 services
 - The student can always refuse transport but because of our district policy (and it's also the right thing to do) employees must call 911 for medical emergencies