

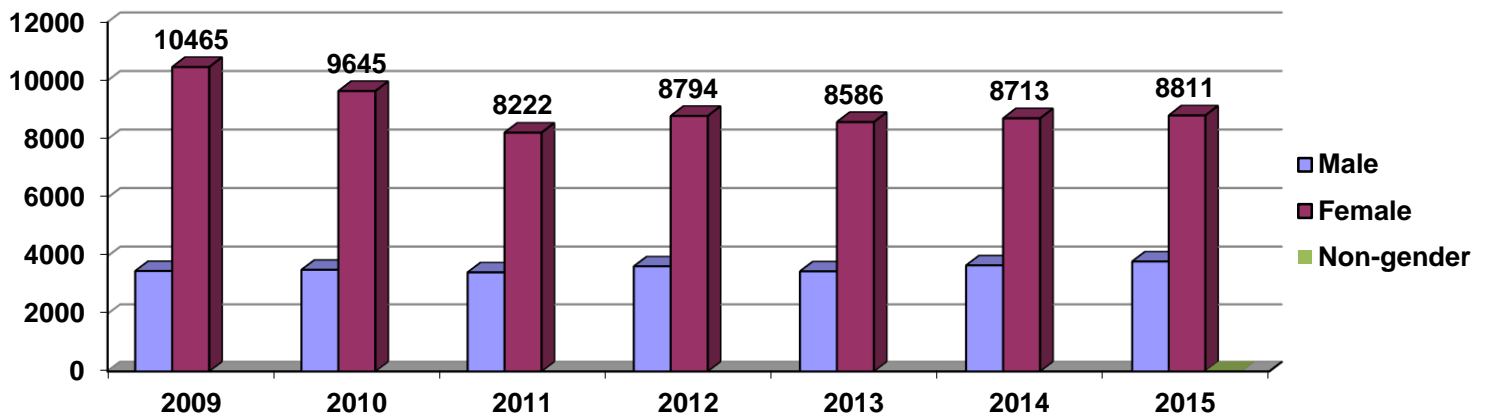
Student Health Center Annual Report 2015

The Student Health Center's mission is to provide exemplary student-centered health care. We strive to support the ideals of higher education and to promote academic retention and success.

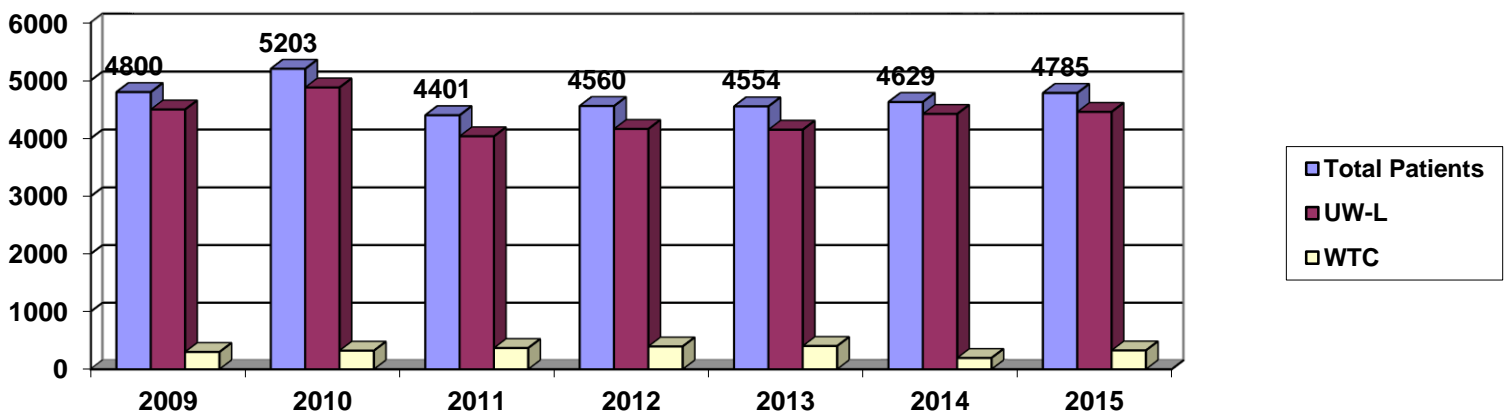
Health Care Services

The Student Health Center provided medical appointments for 4458 UW-L and 327 WTC students, resulting in 12,544 encounters with MDs, NPs, MAs and RNs. Patient ages range from 17 to 63 years old. Sixty-five percent of patients were female. Thirty-five percent were male and 0.2% identified as other. UW-L seniors had the most visits to the health center. Fifty percent of patient services were provided by scheduled appointments, 16% by same-day appointments and 34% via urgent care visits. The top 10 reasons for visiting the health center are listed in the chart below, the number one reason being upper respiratory tract infections.

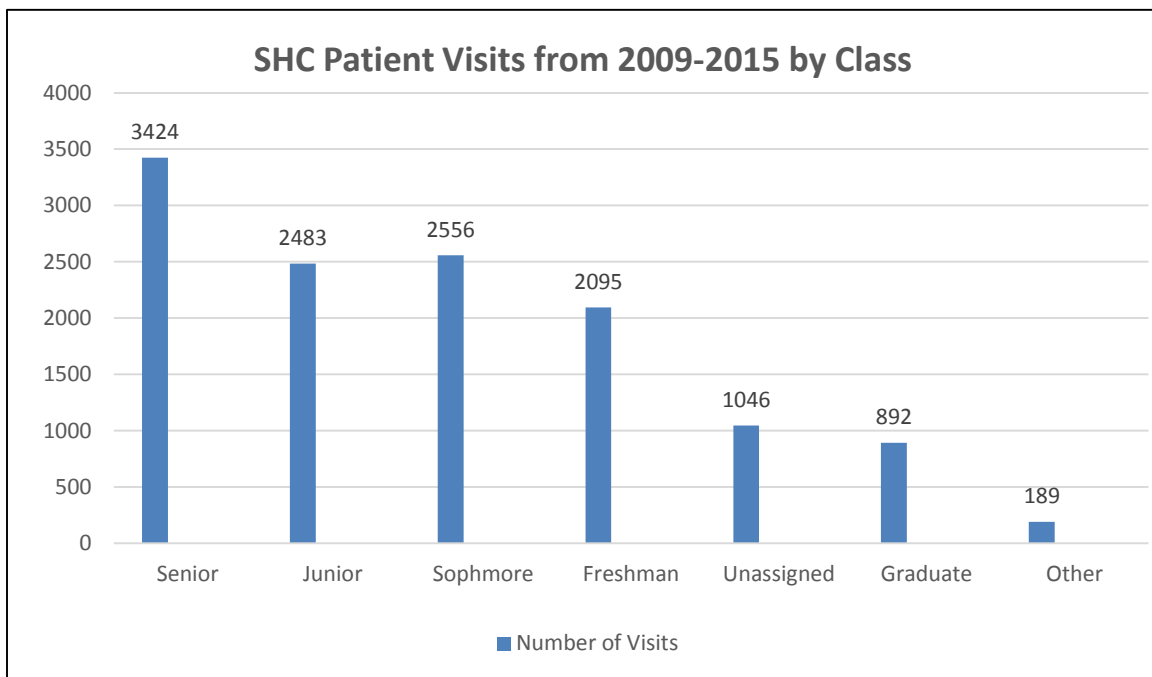
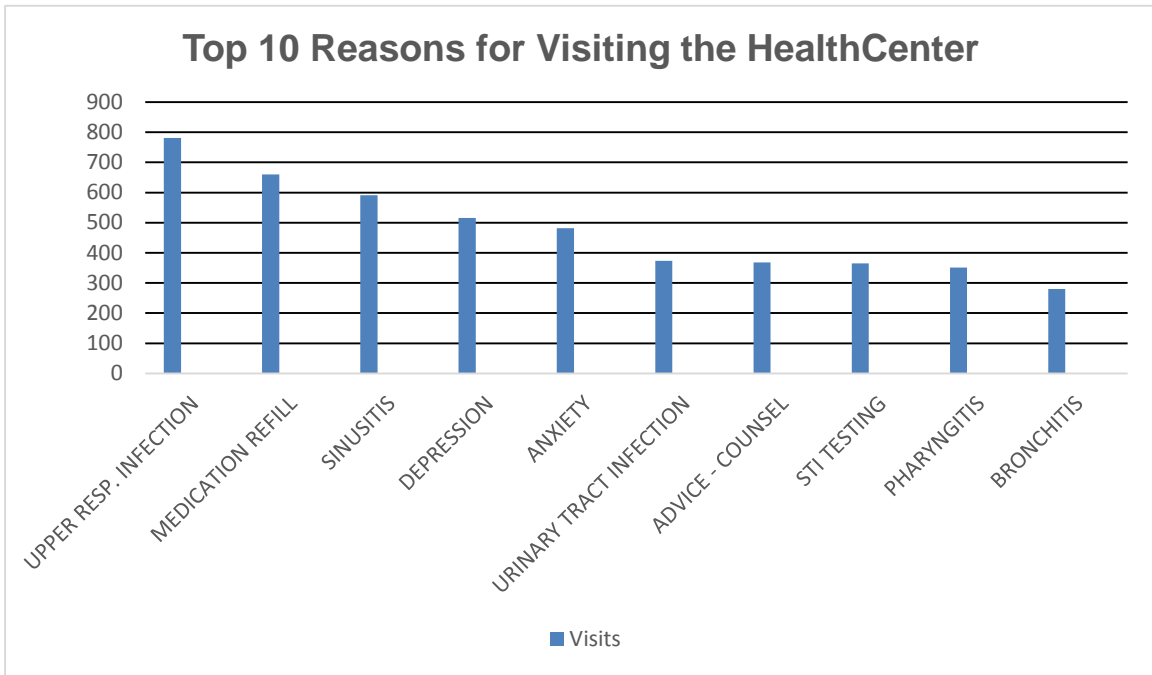
SHC Patient Visits from 2009-2015 by Gender



SHC Patient Visits from 2009-2015 by School



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Student Visits By UW-L College	# Visits
SAH	5458
CLS	2080
CBA	1617
SOE	873
SAC	528
Western Technical College	731
(Unassigned)	298
SMS	538
SDPT	316
LUGSP	71
LMSED	38
SMSE	32
BMBA	18
LEDS	20
SUGSP	13
GGRSP	9
SMPH	12
BUGSP	4
AA	3
SUGFA	2

Health Center Budget/Physical Therapy Budget

The SHC budget for fiscal year 2014-2015 was \$2,187,663 with a target enrollment of 9577 fall FTE and 8811 spring FTE. The segregated fee rate was \$201.70, is projected to leave the student health Center with \$8,605 operating deficit for the year and Year-End Cash Balance of \$81,116. The proposed rate for segregated fee for 2016 is \$198.92. The health center could have a shortfall in coming year due to the WTC contract being renegotiated and the 2016 budget having an increase which may not occur until 2017. Leaving the health center additional deficit of \$22,000.

Physical Therapy Department

A total of 908 patients were seen in PT between July 1, 2014 and May 12, 2014. There were 5225 PT appointments and 6494 treatments were provided by our PTAs & PTs combined (patients often receive multiple treatments within the same treatment session). Spine (neck and/or back) pain and ankle/foot injuries continue to be popular problems addressed in PT.

We have continued to provide internship opportunities for Physical Therapy, Physical Therapist Assistant, and Fitness students. We had 5 PT, 3 PTA, and 8 fitness interns complete clinical rotations in the SHC over the past year. We also continued to provide job shadowing opportunities for numerous UWL fitness majors and pre-PT students. We continued to make improvements to our patient education website and added more downloadable patient educational handouts to the PT Unit web-pages on the UWL website.

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Lori Callister, PT, ATC is retiring from our department after 33 years and our primary departmental objective for the '15-'16 academic year is to find a competent replacement. In addition, we plan to keep working on refining treatment protocols, introducing new evidence as it becomes available. We also intend to add more videos of specific rehabilitation exercises to our website.

Top 10 Diagnoses – Physical Therapy

1	LOW BACK PAIN	218
2	KNEE PAIN	207
3	ANKLE SPRAIN	192
4	BACK PAIN (UPPER or MID)	168
5	S/P SURGICAL -REHAB	129
6	NECK PAIN	118
7	SHOULDER PAIN	118
8	PATELLOFEMORAL SYNDROME	115
9	MUSCLE STRAIN	109
10	IMPINGEMENT SYNDROME, SHOULDER PAIN	104

Health Center Personnel

Provider's activities:

The physicians and nurse practitioners provide primary care services for all patients. Providers acted as preceptors for Gundersen-Lutheran medical residents and UW-L Athletic Training Students. A new nurse practitioner, Jill Anderson, was added this year. She is providing women's health and general medical care for our students. Dr Van Atta acts as SHC's lab supervisor. Faith Wagner serves on the division's professional development committee and is the main preceptor for the Athletic Training students' SHC rotation. Providers also served on health center committees, divisional search and screen committees and quality assurance. Dr Allen participates in the BIT Team, Campus close-up and freshman registration. Don Hill also participated in campus close-up. Dr. Allen continues to perform musculoskeletal, vaginal and abdominal ultrasounds and underwent additional training for vascular ultrasound during the 2014-2015 school year.

Psychiatric service:

Dr. Trannel, MD provided psychiatric services for 115 UWL students and 10 WTC students during the 2015 year.

Nursing and MA Activities

Nurses continue to run the nurse clinic and triage for urgent care. The nursing staff uses standing orders for the treatment of Strep throat, conjunctivitis and UTI.

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Top 10 Diagnoses - Nursing

1	TB TESTS	949
2	CONTRACEPTION	510
3	FLU SHOT	473
4	ALLERGY SHOT	396
5	TEST RESULTS	172
6	ADVICE/COUNSEL	147
7	SENT FOR LAB	134
8	HEPITIIS VACC	86
9	TRAVEL ADVICE	75
10	ECP	24

This year the health center held one flu clinic at UW-L on November 10. WTC flu clinic was held on November 6. A total of 1187 immunizations were provided during the flu season.

Fluzone shots	1080
FluMist	107
UW-L flu shot clinic	477
WTC flu shot clinic	33
Health Center	687

Student Health Center RNs served as mentors and preceptors for Viterbo University senior nursing students. Each semester, one Viterbo senior nursing student completes a 6-8 week community health rotation at the Health Center.

The RN staff, along with providers, follow-up on abnormal PAP smears. Health center MA staff manned the reception table at all freshman registrations. They also participated in WTC new student orientation. MA staff acted as preceptors for MA students from WTC and Globe University.

Laboratory Services

SHC laboratory services are led by Yer Lee in the lab while Dr. Van Atta serves as the lab supervisor. After one more year Yer will be able to take over as lab supervisor. The health center laboratory successfully passed its CLIA inspection in September. The health center lab started a new contract with Quest Laboratories, after Gundersen-Lutheran had a significant rate increase in their lab contract. By contracting with Quest we are able to maintain a low-cost for our students having routine laboratory tests. Yer Lee was able to update all of our lab policies and procedures to maintain compliance. Susan Roberts was hired as a 50% LTE laboratory technician, although she unfortunately resigned her position at the end of May 2015. The health center will use the summer to reevaluate and decide on how and when to fill her position. For 2014-2015 we ran a total of 7308 lab tests (an increase of 905 tests from the previous year); 6822 tests were performed during the fall and spring semesters and 486 during

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the summer of 2014. The top ten laboratory tests performed in our laboratory during the fall and spring semesters are as follows:

1. Rapid strep 1231
2. CBC 774
3. Urinalysis with dipstick and microscopic 616
4. Wet Preps 406
5. Mononucleosis 389
6. GC/Chlamydia urine 369
7. GC/Chlamydia swab 361
8. Urine Pregnancy 215
9. Pap Smear 140
10. HIV 128

In February, we started running Lipid Panels and Comprehensive Metabolic Panels in house. Since then we have analyzed 119 CMPs and 22 lipid panels in house. For the year, a total of 47 lipid panels and 282 CMP were analyzed. The previous year a total of 210 CMPs and 31 lipid panels were analyzed.

Radiology & Room Rental Services

An agreement was reached with the Health Science Consortium for room rental. The Student Health Center will make two payments a year of \$680 to HSC for the insurance physicals done by outside providers. This will still generate \$3515 in revenue for the Student Health Center.

A total of 541 radiographs (aka x-rays) were performed along with 14 DEXA Scans. All obtained images were read and interpreted by a radiologist, Dr. James Erwin MD. Radiology passed the annual Physicist inspection in January. As part of ongoing surveillance in the SHC survey regarding alcohol abuse, 25 (6%) of patients reported they had been drinking at the time of injury. The health center Radiology Department will continue to track these data.

Top 10 Radiology Requests		
1	Chest (2v)	121
2	Foot (3v)	82
3	Ankle (3v)	72
4	Wrist (3v)	36
5	Tibia and Fibula (2v)	32
6	Fingers (3v)	31
7	Hand (3v)	28
8	Knee (2v)	25
9	Toe (3v)	15
10	Elbow (3v)	12

Nutrition Services

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Lisa Kobs and Peg Maher offered nutritional counseling for students in the areas of eating disorders, general health, athletic performance and weight and cholesterol control. Thirty-three students were given nutritional services counseling during the 2015 year.

Research

The SHC will begin another study for GSK HPV vaccine for women 26 and older. The health center completed the Abbott pharmaceuticals endometriosis study. The health center participated in an influenza treatment trial Sponsored by MediVector and HHS. The health center is completing a study with Ironwood for constipation. The study should be completed in early fall. The health center has been contacted to participate in another influenza treatment trial this winter.

Student Health Center Web Site

The web site was maintained and updated throughout the year by Chris Durall. The web base prescription refill request continues to be highly used by students. In the 2015 school year 532 students used the online service (<http://www.uwlax.edu/studenthealth/index1.asp>).

Health Center Committees

Health center committees implemented a walk-in STI (sexually-transmitted infection) testing service beginning in late March. To date 45 students have used the walk-in STI service. Twelve of the 45 patients tested positive for chlamydia and were treated. The health center committees will continue to refine this walk-in clinic throughout the next year.

Facilities and Equipment

The student Health Center has adequate space in the health science center. PT, radiology and SHC laboratory have fully functioning equipment. The health center is replacing computer equipment on a three-year rotation and will continue this practice. The health center maintains and operates an ultrasound machine, nitric oxide testing, and spirometry testing equipment.

Training/Activities

The licensed staff obtained CME credits throughout the year for licensure, recertification and Professional development. The health center had joint meetings with the counseling and testing center. All staff underwent transgender training with Will Van Roosenbeek and a second more extensive training in J-term. In September all staff underwent training on health center privacy rules for patient care, and signed a statement they had received and understood their training. The health center staff met with a SANE nurse representative from Gundersen-Lutheran to discuss issues and improve triage flow to their services.

Education

The SHC was a training sight for internal medicine residents from Gundersen-Lutheran, RN students from Viterbo University, Physical Therapy interns from several different universities, WTC MA and Laboratory Technology students; Globe University MA and Massage Therapy students, and UW-L Athletic Training students. Dr. Allen provided medical coverage for stress-testing conducted in the Cardiac Rehab program under the direction of Carl Foster.

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Personnel

During the summer we will revamp our triage system for urgent care. The health center anticipates asking for an additional 0.5 FTE RN in the next budget year to replace the current 0.5 LTE position. This position will support the new triage system, which will provide better and faster care for students. Recruiting and filling the position left vacant by Lori Callister's retirement from our Physical Therapy Dept. is also an important priority for the 2015 summer.

Summary

The SHC had another year of challenges, triumphs and hundreds of individual success stories. The SHC staff feels that our health center is currently stronger and moving in a very positive direction. The SHC staff is dedicated to providing the best possible medical care for UWL and WTC students. Most of the health center staff is off for summer to have some rest and regroup. I am confident that these staff will return in the fall excited to continue providing exemplary care for our students.

Report submitted by
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