**STUDENT AFFAIRS 06-07 ANNUAL REPORT DATA**

**IMPORTANT:** Please submit by August 3, 2007 and be sure to **read the form instructions.** As you prepare this be sure to refer to last year's division report and the departmental reports by clicking the links below (will open up in new window).

- [2005-2006 Division of Student Affairs Annual Report](#)
- [2005-2006 Division of Student Affairs - Detailed Annual Reports by Departments](#)

**NOTE:** Please click in the **GRAY boxes** to type/select your answers. If you need to un-highlight a textbox, press the left arrow key (←).

**Department/Sub-Department Name:** Student Health Services

**Location:** 3770 Desoto

**Phone Number:** 678-2287

**Web Site:** [http://saweb.memphis.edu/health](http://saweb.memphis.edu/health)

**Department Annual Report web link (if applicable):** http://

**Director Name:** Wayne Capooth

**Director Email:** lcapooth@memphis.edu

**Number of Full-Time Staff:** 8

**Mission:**

The mission of the University of Memphis Student Health Services is to empower students to make informed healthier choices, take responsibility for their lifelong wellness, and provide personalized health services, education, and prevention to a diverse student population to enhance academic achievement, personal growth, and out of the classroom learning.

1. **Major departments/functions/offices/responsibilities - brief listing:**

   (1) Medical Clinic staffed by Nurses, Nurse Practitioners and Medical Physician
   (2) Wellness and Prevention Programs directed by Health Educator
   (3) Family Planning Clinic
   (4) Pharmacy Services
   (5) Digital Radiology (X-RAY), State of the Art
2. **Up to 3 student learning objectives and outcomes for 06-07:**

**Student Learning Objective #1**

Increase the health and wellness knowledge of University of Memphis students.

**Outcome #1 (with supporting data)**

Students have increased health and wellness knowledge in the past year as evidenced by:

- +11.4% increase in listing "wash hands" as the most effective method for staying well (1)
- +77% of students (n=309) wrote behaviours they would change following Wellness Presentations (1)
  * 18% be more sanitary
  * 14% no risky behaviours or maintain no risky behaviours
  * 12% be more careful or take better care of myself
  * 8% get vaccinated/tested
  * 8% get more sleep
  * 6% improve diet, exercise
  * 5% use protection (for intercourse)
  * 3% avoid drugs/alcohol/tobacco
  * 3% think before making decisions
- + 10% improvement in Wellness knowledge as demonstrated by post-tests compared to pretest scores (1)
- +100% of respondents at Student Health Fair 2006 (n=848) listed three locations on campus where they could find health information (2)
  * 50% of respondents at SHF 2006 (n=848) listed various health-oriented facilities/departments on campus where they could get information
  * 50% of respondents at SHF 2006 (n=848) listed information gathered at the SHF 2006 including community resources for wellness and specific health issues

(1) Wellness Presentation Pre and Post test results - Fall 2006
(2) Student Health Fair Evaluation results - October 2006

**Student Learning Objective #2**

Increase personal responsibility for health in their own body, campus and community
**Outcome #2 (with supporting data)**

Students identified how they can take personal responsibility for health in their own body, campus and community as evidenced by:

- stating reasons for seeking health services from SHS, clinics, hospital ERs (1)
- verbalizing methods to self-treat minor annoyances (colds, blisters and other) (1)
- seeking counseling and programs for weight management, and seeking further information on health issues (appointments, incidental teaching, telephone calls, walk-ins, interviews by Health Educator, Peer Health Educators, Graduate Assistants, Clinic Nurses, Nurse Practitioners, Medical Director)

(1) in class discussion during wellness presentation

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**Student Learning Objective #3**

Students will demonstrate a reduction and/or stabilization in risk-taking behaviors, e.g. alcohol use, drug use and tobacco use.

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**Outcome #3 (with supporting data)**

Students demonstrated a reduction and/or stabilization in risk-taking behaviors, e.g. alcohol use, tobacco use as evidenced by data collected on the 2006 Alcohol and Other Drug Survey (conducted February 2007).

- no increase in the use of alcohol. Rate has remained stable as compared to the Social Norms Marketing Research Project conducted 2000-2004 with about 44% drinking no alcohol and 80% of those who do drink alcohol, consuming 3 or fewer drinks per week.

- no increase in tobacco use. Both the 2000-2004 Social Norms Marketing Research Project and the 2006 Alcohol and Other Drug Survey show approximately 24% of U of M students use tobacco products.

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3. **3 main departmental goals and related accomplishments/results for 06-07:**

**Goal #1**

Continue to develop and train the Peer Health Education (PHE) group to become self supporting. Train intern to manage the Peer Health Educators.

**Results/Accomplishments #1A**

The Peer Health Educators have become a registered student organization and have joined BACCHUS, a national organization which provides training and support for PHE groups.
Training has been accomplished in the areas of sexual health, tobacco and alcohol.

Peer Health Educators held 12 health and wellness campaigns during the past year. Kick Butts Day, The Great American Smokeout, Alcohol Screening Day and Sexual Safety with the Condom Rose sale were some of the most successful and largely attended events.

**Results/Accomplishments #1B**

Denise Lussier was our intern. She was phenonemal! She organized the group, helped them with all the paperwork for becoming registered as a student organization on campus and kept schedules and meeting information.

**Goal #2**

Continue to have a high satisfaction rate (strongly agree or agree) in all areas of the Health Clinic and to provide a short waiting time, realizing that a student's time is just as valuable as the SHS staff’s time.

**Results/Accomplishments #2A**

Received an overall 97.7 percent approval rating for satisfaction in all areas of the clinic. Strongly agree satisfaction approval rating was 78%.

**Results/Accomplishments #2B**

100% of students reported their waiting time before seeing a doctor or nurse practitioner was less than 30 minutes.

**Goal #3**

Continue to work on Obesity and Tobacco use.

**Results/Accomplishments #3A**

SHS has developed the "Prescription for Wellness Program" to target obesity on campus and have continuing collaboration for this program with many departments. These include nutrition, exercise science, CRIS, CCLT, psychology, women's studies, public health and health promotion. It is an ongoing project.
### Results/Accomplishments #3B

Tobacco use will continue to be a problem on campus until it ceases! SHS will continue to work with Tobacco Free TN, the American Cancer Society, the American Heart Association, the American Lung Association and BACCHUS to provide programming and a Social Norms Marketing campaign in the quest to reduce smoking on campus.

The Peer Health Educators presented several tobacco related programs aimed at cessation.

Student Health Services also collaborates with the Community Health Center referring students to their Smoking Cessation program and working together on cessation projects.

### 4. Individual staff and student accomplishments:

- **Advanced Cardiac Life Support Training (ACLS) and Certification:**
  - Nila Lawson - June 2007
  - Kathy Cates - July 2006

- **Staff attended national professional development conferences:**
  - Nita Verdure - Psychiatric Nursing Conference, New Orleans.
  - Nila Lawson - The New Drug Update, Charleston, SC.
  - Wayne Capooth - American College of Health Association, San Antonio.

- **Coalition for Healthy and Safe Campus Communities (CHASCo):** Jacque De Fouw was representative for TN at Community Anti-Drug Coalitions of America National Conference in Washington, DC, February 2007.

  Jacque De Fouw is a member of the American College Health Association, and attended the American College Health Association Annual Meeting in San Antonio, TX, earning 13 continuing education credits and serving as a presider or facilitator in several sessions.

  Priscilla Jones, Linda Bacon and Debbie Widman were trained on the new Spectrum student information system in Banner INB. Linda, Priscilla and Debbie were also trained to process daily transmittals in the new CashNet system operated by the Bursar's Office.
Carianne Ellers, our student worker, has been accepted into the School of Nursing at Baptist Hospital.

5. **3 main bragging points for department – What top administrators should know about your area:**

**Bragging point #1**

Facilitated 2006 Alcohol and Other Drug Survey. Surveyed 1,600 undergraduate students. Applied for and was awarded a $2,000 grant from the Pacific Prevention Framework-State Incentive Grant (TN SPF-SIG) that was used as incentives for responding to the online survey. Results will be instrumental in alcohol and other drug program development.

**Bragging point #2**

Received the Clinical Laboratory Improvement Act of 1988 (CLIA) certificate of accreditation. Passed inspection with 100% - June 2007.

**Bragging point #3**

Student Health Services medical director has been proactive and instrumental in providing leadership for the Crisis Management Team. His knowledge and expertise in the area of Avian Influenza has been invaluable, as well as the information on the blog he maintains online: http://www.uofmshs.typepad.com/

6. **Revenue Producing Initiatives and Results:**

The sale of generic, pharmaceutical medications.

Access fee charged to faculty and staff that are seen in the clinic.

Laboratory and radiology charges done on faculty and staff.

7. **Community Involvement and Partnerships:**

Student Health Services collaborates yearly with St. Jude Children Research Hospital in influenza surveillance. From influenza samples collected at SHS (and from other sites across the country), the seasonal influenza vaccine is produced for the coming year.

Student Health Services collaborates with the Memphis/Shelby County Health Department, who provides a Family Planning Clinic at SHS. This service has been provided to students for the past 20 years.
Our Health Educator continues to develop community resources and contacts which assist with exhibits at the Student Health Fair and other events throughout the year. These include the American Heart Association, American Diabetes Association, Memphis Health Center, Memphis Sexual Assault Resource Center, Tobacco Free Tennessee, American Cancer Association, all area hospitals, Church Health Center, the Crisis Center and many others. The University of Tennessee Pharmacy School and Dental School also provide frequent education on our campus.

Allergy and Asthma Care provides free Allergy Testing twice a year for students. Testing and assessment are done by medical professionals from the community (M.D. and R.N.). This service has been provided for the past 15 years to students. It was expanded in 2006-2007.

Health Educator instructed a monthly Hypertension class at Benjamin L. Hooks Job Corps Center since September 2006.

Each summer, health information is provided along with blood pressure screening for the National Youth Sports Program (NYSP) on campus.

Sexual health classes at various church camps and groups were presented throughout the year by the Health Educator, who also taught a class on Diabetes for the American Diabetes Association at their monthly meeting.

Health Educator is a member of the Coalition for Healthy and Safe Campus Communities (CHASCo), a Tennessee state-wide committee, meeting in the Nashville area every 2 months.

Coordinated, in collaboration with Memphis Health Center, a site on campus to provided free HIV information, counseling and testing every-other month throughout the year. Approximately 36 people were tested on each date.

8. **Collaborative Efforts:**

Student Health Services' Medical Director manages the AED/CPR Program on campus, and collaborates with the following departments: Wellness and Fitness Center, Athletic Department, Physical Plant, Police Services, Employee Safety & Health, Health Sports Science. One new AED was obtained in 2006/2007, at Health Sports Sciences.

Student Health Services collaborates daily with many departments on campus through health education. One ongoing campaign is to reduce tobacco use on campus, and the University of Memphis Center for Community Health LEAP program provides one of the referred Tobacco Cessation Programs. We also work with and refer students to other Tobacco Cessation Programs in the community: University of Tennessee-Memphis, STAR program, and the Church Health Clinics Hope and Healing Center.

Wellness programs are provided for all ACAD 1100 courses in Fall Semester (55 sections) and Spring (10 sections). Sexually Transmissible Infection classes and Alcohol Basic classes are taught for HSS 1101.

Health Education teams up with Campus Recreation and Intramural Services (CRIS)to
assist with their fall RecFest and two wellness and exercise fairs each year. CRIS is very supportive of the yearly Student Health Fair. SHS offers free blood pressure screening monthly at CRIS.

Frequent collaboration with Residence Life, Greeks, Student Activities Council, Registered Student Organizations and various academic departments increases our visibility and information distribution on campus.

Health Educator assists with Black Student Association, NAACP, Alpha Kappa Alpha Sorority, Inc. and Minority Health Association's various health fairs and World AIDS Day Celebration.

Facilitated a series of fifteen multimedia orientation sessions, reaching approximately 1650 students and 900 parents with vital information regarding immunizations, Student Health Services and wellness choices.

Handwashing yard signs are sporadically placed around campus to increase awareness, as well as flyers posted in all the buildings by our scholarship workers. A collaborative effort on cleanliness was presented with Dr. Terra Smith.

The Health Educator frequently serves as a spokesperson on health issues and current events in frequent interviews by the Helmsmen reporters, and students from Journalism, ACAD, English, Communications, Psychology and Public Relations.

The Medical Director provides specialized instruction to Loewenberg School of Nursing, nurse practitioner students on suturing and radiology.

Collaborated with Psychology professor, Dr. James Murphy, in Wellness Research; Dr. Linda Clemens and nutrition graduate students in programming for undergraduate students; with Joy Hoffman from Loewenberg School of Nursing to provide community health opportunities on campus for nursing students; and with Teresa Diener to facilitate sexual assault awareness and support services through the Center for Research on Women.

Health educator and graduate assistants provided a heart health program and screening for the Bursar's Office and their staff.

9. **If applicable, 3 major 06-07 events/programs/etc. with description, attendance info, money raised:**

**Event #1**

2006 Alcohol and Other Drug Survey (including violence)

This survey was a confidential web-administered survey funded by the Tennessee Tri-Regional Higher Education COalition for Safe and Healthy Campus-Communities (now Coalition for Healthy and Safe Campus Communities - CHASCo). The survey questions encompassed alcohol, other drugs, tobacco and violence. The data is being used by CHASCo and the State Epidemiological Workgroup (SEW), which is part of the Tennessee Strategic Prevention Framework-State Incentive Grant (TN SPF-SIG). A
grant from the Pacific Institute for Research and Evaluation was applied to incentives for answering the survey.

n=1,664 undergraduate students

The data collected correlated favorably with the Social Norms Marketing Research Project results from the years of 2000 - 2004.

**Event #2**

Student Health Fair 2006, October 4 from 10 am - 2 pm

The purpose of the Student Health Fair is to acquaint all U of M students with the available resources at the University of Memphis and in the Memphis community, to maintain or enhance their physical, psychological, spiritual and financial wellness.

59 Exhibitors

approx. 3,500 attendees

**Event #3**

Free Allergy Screening

Allergy and Asthma Care associates provide free allergy testing and counseling for U of M students twice a year, Fall 2006 and Spring 2007.

# students tested

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<tr>
<td>Fall 2006</td>
<td>143</td>
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<td>Spring 2007</td>
<td>175</td>
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10. **Detailed contact summaries for the 06-07 year as applicable - headcount counseling sessions, cases, programs help, students housed, children housed, children cared for, tests administered, interviews hosted, etc.**

Medical Visits - 7,547

Information Visits - (Services provided at Front Desk) - 4,260

Family Planning Clinic Visits - 755

Laboratory Tests Performed - 4,358

X-Rays Performed - 291
Allergy Testing Events - Total 318 participants, Fall 143, Spring 175

Web Site Usage - from Sept 2006 to June 2007 - 41,215 hits

Avian Influenza Blog Site Usage - 1,550 hits

The Health Educator along with one Graduate Assistant from Exercise Science and one Graduate Assistant from Health Promotion were in contact with approximately 20,000 students on the University of Memphis campus in 2006-2007. We did not receive a nutrition graduate assistant this year from Consumer Science, who in the past years regularly saw about 5-8 students every week in private counseling appointments, and provided 20 additional programs. We provided individual counseling for 95 students.

124 programs - including lecture, power points, discussions, Q & A, and games, (1 -3 hours in length) - were presented. Forty interviews were given to Helmsmen reporters and students from various courses, and one television interview was filmed for Insight.

11. 3 Main initiatives for 07-08

**Initiative #1**

Student Health 101 - a monthly health oriented e-journal for all students, student affairs staff, parents, interested faculty and staff members. Projected start date September 2007.

**Initiative #2**

Develop and obtain administrative permission for piloting a monthly SHS newsletter: Tiger Scoop; Health News and Views. Tiger Scoop is to be placed in plexiglass frames on the inside of restroom doors, initially in two buildings on campus: Mitchell Hall and Patterson, beginning fall semester. There are 65 restroom stall doors in these two buildings. This project is intended to increase student awareness of health issues, and especially targets commuter students, who may not be on campus or available for health awareness presentations or programs. It will additionally be a way to keep students informed of developments in influenza and other communicable diseases. The newsletter will be a collaborative effort among the health educator, medical director, the Peer Health Educators, Health Education graduate students and various guests.

**Initiative #3**

e-CHUG - available for all students FALL 2007.

The e-CHUG is an evidence-based, dynamic, on-line alcohol intervention and personalized feedback tool developed by counselors and psychologists at San Diego State University. It draws on Motivational Interviewing (Miller & Rollnick, 2002) and Social Norms feedback theories (Haines & Spear, 1996), and the CHUG is designed to motivate individuals to reduce their alcohol consumption using personalized
information about their own drinking and risk factors. The e-CHUG was designed, and is updated with the most current and reliable research available. The e-CHUG is currently in use on nearly 400 universities and colleges across 42 states and in Canada and Australia

Initiative #4

Student Health Fair 2007 - October 3, 2007

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<th>12. How did feedback you received from your planning meetings or annual report submission assist your department in moving forward with goals and learning objectives?</th>
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<td>The feedback helped us know whether we are moving in the right direction and guided us toward a more holistic approach.</td>
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<th>13. In planning for 07-08, what intentional data can you collect to produce and analyze retention data and results?</th>
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<td>SHS can collect data and track retention and graduation of the following groups:</td>
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<tr>
<td>Peer Health Educators</td>
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<tr>
<td>Scholarship student workers</td>
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<td>Student workers (front desk)</td>
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