

Kansas State University

Lafene's Wildcat Wellness

Special points of interest:

- 8 healthcare providers:
6 physicians
1 physician assistant
1 nurse practitioners
- 13 service areas
- Open 6 days/week

Just for Parents — online information about:

- Health services @ Lafene
- Meningitis vaccination requirement
- Health insurance

www.k-state.edu/lafene/parent.htm

Appointment Hours

General Medical Clinic:
M-F: 8:30 am to 6:00 pm
Saturday: 10 am to 1:00 pm

Specialty Clinics:
M-F: 8:30 am to 11:30 am
1 pm to 4:30 pm

**For Appointment,
Call 785.532.6544**

Lafene Health Center
Kansas State University
1105 Sunset Avenue
Manhattan, KS 66502-3761
Phone: 785.532.6544
Fax: 785.532.3425 (health info)
Fax: 785.532.6627 (non-medical)
E-mail: lafene@k-state.edu

Meet the Lafene Staff

Since 1968, Lafene Health Center has been fully accredited by a nationally recognized professional healthcare accrediting organization. By maintaining this accreditation and providing quality healthcare, Lafene Health Center fulfills its mission; to offer a “comprehensive, high quality, easily accessible, affordable outpatient health care service to the student community.” The staff is here to serve you!

Lannie W. Zweimiller, M.H.A.



Lannie W. Zweimiller, MHA
Director, Lafene Health Center

Healthful & Safe College Life:

- Online, 3-credit course applicable to the University General Education or K-State 8 requirements.
- EDCEP 103 Topics include injury prevention, nutrition and fitness, mental health, sexual health, alcohol/drug/tobacco, and illness prevention.
- Available through the Division of Continuing Education.
- Course is 8 weeks long and offered every January, March, June, August and October.
- Requires internet access.

**Enroll through iSIS—search:
Course Subject—EDCEP
Course Number—103**



Robert J. Tackett, MD
Director,
Medical Staff



Wendy Blank, DO
Director,
Women's Clinic



David M. Smith, MD
Director,
Sports Medicine



Robert Ecklund, MD



Larry Moeller, MD



Megan Mudrick, MD



Anne Fredrickson, ARNP



Sarah Scott, PA-C



Dr. Willie

AlcoholEdu for College®

As part of K-State's comprehensive and proactive approach to help ensure that students stay safe and healthy, all newly enrolled, degree-seeking students, on the Manhattan and Salina campuses who are under the age of 22 on the first day of classes are required to complete the web-based alcohol education program called AlcoholEdu for College. This online alcohol prevention program, in use on over 500 campuses nationwide, uses science-based research to educate students about alcohol and its effects.

Whether students drink or not, AlcoholEdu for College will empower them to make well-informed decisions about alcohol and help them better cope with the drinking behavior of their peers. The AlcoholEdu for College program will be available beginning July 20, 2011 and must be completed by August 19, 2011. Students will receive a message in their campus email account this July 2011 with more details.

www.k-state.edu/alcholedu

The mission of Lafene Health Center is to maintain, on the Kansas State University main campus, through the utilization of quality resources, a medical facility capable of offering a comprehensive, high quality, easily accessible, affordable outpatient health care service to the student community. In addition to the care of the sick and injured, the Center shall be a resource and an advocate for health education, promotion and wellness.

The Center shall, at all times and to the best of its ability, be responsive to the needs and concerns of the student body and general community of Kansas State University.

Spotlight on Services ■



Allergy and Immunization & Travel Clinic – provides allergy & immunization injections and information for travel - international and within the US.

Asthma Clinic – provides comprehensive medical care for asthma patients.

Business Office – offers account information, health insurance & payment information.

General Medical Clinic – provides routine and urgent health care during clinic hours.

Health Information Management – maintains confidential patient medical records.

Health Promotion - provides leadership in health maintenance (wellness) promotion and disease/illness prevention.

Laboratory - collects & performs laboratory testing.

Nutrition Counseling – offers individual sessions with a registered dietitian about various topics, i.e., weight control, nutrition, metabolic testing, eating disorders, medical nutrition therapy for special diets and fitness.

Pharmacy – provides drug information, fills prescriptions and offers prescribed and non-prescription medications for purchase.



Physical Therapy – treats a multitude of ailments & injuries common to college students.

Radiology - provides x-ray services with film interpretation by radiologist.

Sports Medicine Clinic - provides evaluation & treatment of sports related injuries and medical conditions, to include information and advice on injury prevention, fitness, and effects of exercise on health and disease.



Women's Clinic - offers care related to medical & psychosocial aspects of human sexuality, including information regarding vaccination, contraceptive choices and sexually transmitted disease testing.

■ Immunizations—Testing

Required:

Meningitis (for all incoming students living in student housing) or sign a waiver

www.k-state.edu/lafene/meningitis.htm

Suggested:

Tetanus-Diphtheria

MMR

Polio

Chickenpox

Hepatitis B

HPV (Gardasil®)

TB Testing Required:

Tuberculosis testing is required if student has lived in a high risk country for more than 3 months.

See Lafene's web site for more information about immunizations and testing.

Wildcat Wellness

is published by Health Promotion/Nutrition Counseling, Lafene Health Center. For questions about Wildcat Wellness content, call 785.532.6595.

American Heart Association First Aid & CPR Training ■

Easy as 1, 2, 3

Part 1: American Heart Association online training (www.onlineaha.org)

Part 2: Hands-on skills practice session at Lafene*

Part 3: Skills test at Lafene*

*Note: Parts 2 and 3 take place during the same 60 minute appointment.

Call 785.532.6595 to schedule appointment for skills practice/testing session at Lafene Health Center. More information is at www.k-state.edu/lafene/cpr.htm



www.k-state.edu/lafene



Puzzled about packing first aid?

Suggested items for a college first aid kit:

- Bandages for small cuts & scrapes
- Gauze and adhesive tape
- Antibacterial/antibiotic ointment (bacitracin, Neosporin)
- Scissors and tweezers
- A thermometer
- An ice pack or chemical cold pack
- Acetaminophen or ibuprofen for aches and fevers
- Medicine for aches/pains (ibuprofen, naproxen sodium)
- Medicine for allergies (especially if you have itchy eyes and sneezing from pollen or dust)
 - Cough and cold medicine
 - Sore throat lozenges
 - Calamine lotion
 - Multivitamins
 - Sunscreen



Information adapted from www.youngwomenshealth.org/collegehealth03.html

■ Info for New Students

Online information about:

- Lafene Health Center services
- Health policies/requirements
- Health insurance
- Frequently Asked Questions
- Lafene Health Center forms—Return to: Lafene Health Center, Kansas State University 1105 Sunset Avenue, Manhattan, KS 66502-3761

www.k-state.edu/lafene/drwillie



College Health Care Checklist ■

- Pre-college health exam.** K-State does not require an entrance physical; however, if the student plans to continue receiving treatment or medication refills from their primary physician it is recommended that arrangements be made with him/her prior to coming to college. The primary physician may require a physical on file so prescriptions can be refilled over the phone. Otherwise, the student's health care needs, including physicals, can be addressed by the Lafene Health Center providers.
- Immunization records and TB test records.** See page 2 for the required/suggested immunizations.
- Medical records** that include any allergies, past problems, special needs and/or a list of medications used by the student. Include over the counter & prescription medications, the strength and dosage. www.k-state.edu/lafene/medlist.pdf
- Any medical ID bracelets.** Include any emergency care items that the student uses.
- Prescriptions.** Lafene Health Center can fill your prescriptions and provides a wide variety of over the counter medications as well. www.k-state.edu/lafene/pharminfo.htm
- Health insurance.** The student should have a copy of any insurance card(s). It is a good idea to review the specifics of your insurance coverage with your student and discuss when it is appropriate to seek medical care at Lafene vs. the emergency department. This may save many dollars in the future!
- Lafene Health Center Medical History form.** Complete and return. Immunization and medical history may be listed here. www.k-state.edu/lafene/medicalhistory.pdf
- Meningococcal Vaccine form.** All incoming students living in student housing must return this completed form. www.k-state.edu/lafene/meningitisvaccine.pdf
- First aid kit.** See suggestions on left.

Student Volunteer Opportunities @ Lafene ■

SNAC

Sensible Nutrition And body image Choices. Peer educators present to campus groups about healthy eating strategies and body image. (application required)

www.k-state.edu/lafene/SNAC

SHAPE

Sexual Health Awareness Peer Educators present information about safer sex issues, disease prevention and responsible decision-making. (3 credit hours—EDCEP 312; applicable credit for UGE/K-State 8)

www.k-state.ksu/lafene/SHAPE

SHAC

Student Health Advisory Committee serves as liaison between K-State students and Lafene Health Center. (committee appointment)

www.k-state.edu/lafene/SHAC

HD

The Healthy Decisions Student Advisory Board develops ways to promote wellness through marketing K-State HD and other relevant services on campus. (application required)

www.k-state.edu/hd

Your student privilege fee covers...

K-State students are charged a health fee which is included in their campus privilege fees each semester. This fee entitles access to all services provided at the Health Center. Eligibility for services is in effect approximately one week prior to the start of classes until midnight prior to the start of classes the following semester. The student health fee allows the student to see a health care provider at no charge for a consultation only or a short non-complex visit. Students who need a lengthy visit, complete physical exam, well woman exam, or other services or procedures such as laboratory tests, x-rays, physical therapy treatments, nutrition counseling, medications or medical supplies will be assessed a charge customarily much less than community rates. Health insurance can greatly reduce the cost the student will incur due to these services.

Use of Antibiotics

The physicians of Lafene Health Center, with guidance from the U.S. Centers for Disease Control & Prevention, validate the following:

- Antibiotics aren't appropriate for treatment of viral infections. Viruses cause such illnesses as the common cold, bronchitis, most coughs and the flu.
- Using antibiotics for a viral illness will not cure the infection, help an ill person feel better or keep others from contracting the illness.
- Taking antibiotics when not needed can cause some bacteria to become resistant to the antibiotic. These resistant bacteria are stronger and harder to treat. A cure for resistant bacteria may require a stronger treatment only available at a hospital.

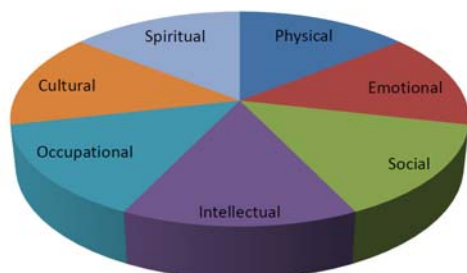
CDC source: www.cdc.gov/getsmart



K-State Healthy Decisions is an initiative that was started to help enhance the lifestyle of K-State students and their peers. The mission of HD is to aid students in making healthy decisions in order to be successful while in college and after they graduate from K-State. The Student Advisory Board is continuously working to develop ways to promote wellness and to promote and market K-State HD and other relevant services on campus. HD students provide information about achieving goals by making good and positive decisions.

The K-State HD website provides information about K-State services, articles, brochures, student organizations, and more that are available to K-State students. The resources are provided to help students succeed in all aspects of their life while at K-State.

www.k-state.edu/hd



Wellness is defined as an active process of becoming aware of and making choices toward a more successful existence, or more simply, striving to be as healthy as you can be in all aspects of your life. The Wellness Wheel is designed to provide a visual representation of the different aspects of life and demonstrates the need for balanced or well-rounded lives.

Lafene's EMR and iSIS

Lafene Health Center has implemented an electronic medical record (EMR). One of the goals of this change is to increase the efficiency of the Health Center. The EMR will improve collaboration, communication and coordination of care through quicker access to the necessary information by all healthcare providers involved in a student's care.

Lafene's EMR interfaces with iSIS (K-State's Student Information System) to maintain an accurate database. The Health Center will pull the student's local address from iSIS to use for sending statements. Encourage your students to update their address in iSIS and to keep it current. Students must present their insurance card in order for Lafene to bill their insurance.

Walk-in visits vs. Appointments



Lafene Health Center sees patients by appointment. Please call or come in to schedule an appointment. If there are no appointments available for the day, you can be directed to the overflow "Cat Care" clinic. Being seen in this clinic requires waiting. People with urgent cases will be seen before others, similar to any healthcare clinic, but generally you will be seen in the order of presentation.

Join a Lafene email listserv!

healthyKSU - general health tips and information

GetAir - seasonal health tips for students with asthma

KISS - K-Staters Inspired to **Stop Smoking**, health tips and techniques to stop smoking

To join, email your name and eID to healthy@k-state.edu. Be sure to indicate which listserv(s) you are signing up for.