

**SUNY Potsdam
Administrative Unit
Assessment Summary Form**

Administrative Unit: Student Health Services (SHS)

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Assessment Year: 2022-2023

PURPOSE

This annual assessment summary form provides the opportunity for units to follow-up on their assessment plans, track progress toward goals, and to highlight actions taken to improve processes and/or efficiencies in functioning that lead to outcomes that benefits students, staff, or the college. These could be process changes or improvements in efficiency, skill level of staff, opportunities for the college, or other aspects over which the unit has a certain amount of control.

SECTION 1: ASSESSMENT PLAN FOLLOW-UP

A key component of the continuous improvement assessment process is regularly following up on [your assessment plan](#). Please review your plan and select one-third of your unit goals, along with related desired outcomes and objectives to report on the progress made.

Selected Goal

Copy/Paste or enter the goal(s) from your unit plan that you wish to highlight and summarize.

1. Assess the health behaviors of our students to provide better services, support, and health education for students.

Desired Outcomes/Objectives

Copy/Paste or enter the desired outcomes and objectives connected to your selected goal that you will be reporting on.

1A: Conduct the SUNY Potsdam Health Assessment Survey every two years.

1B: SHS will provide education directly to students each academic year for 2 of the top 5 topics of interest identified by our students in the Health Assessment Survey. For example, the 2022 Health Assessment Survey topics of interest will be addressed in the 2022-2023 and 2023-2024 academic years.

1C: SHS will chose 2 health behaviors identified in the Health Assessment Survey that are impediments to an individual's health. 90% of the students who have an appointment in SHS that identify as imbibing in the chosen health behavior will receive a patient education handout with links to research/resources about that chosen health topic.

Related Targets/Measures

Copy/Paste or enter the target desired outcomes and objectives connected to your selected goal that you will be reporting on.

1A: **Method**= Review SUNY Potsdam Health Assessment Survey administration data, including administration dates.

Target= Administer every 2 years.

1B: **Method**= Attendance keeping for education provided for each topic will be stored in the Teams folder. An evaluation via Qualtrics survey of the educational program will also be used for feedback on how the presentation can be improved.

Target 1= 100 students per academic year.

Target 2= 90% of the Qualtrics evaluation survey responders will indicate that they learned something from the educational program.

1C: **Method**= Quality Improvement LPN Audit in which 75 randomly selected medical records will be assessed.

- Does the student have the health behavior (for example, trouble sleeping)?
- If so, was there documentation of the student receiving the education handout related to that specific behavior (i.e. given sleep hygiene resources)

Target =90% of the students screened will have documentation that they received the health education resource.

Describe the progress made toward the selected goal and the related desired outcomes and objectives. Be sure to include steps taken and any information/data collected and results.

1A: SUNY Potsdam Health Assessment Survey is modeled on the American College Health Assessment (ACHA) survey. This survey is reviewed, typically presented to the Student Affairs staff, and shared with faculty members of Public Health & Human Performance. In the spring of 2022, there were 736 respondents representing 31% of the student body. At least 22% of each class year was represented (3rd year students represented 28%), the male population was underrepresented by 11% in our campus population of 62% female/38% male however our non-binary student response was good. The Hispanic students and the African American/Black students were underrepresented by 2.6% and 4.6% respectively. Overall, we were pleased with the response from our students and feel that it is a good representation of our campus population. We are currently planning for the next SUNY Potsdam Health Assessment Survey to take place in Spring 2024.

1B: The top 5 health topics of interest identified by our student in the SUNY Potsdam Health Assessment Survey were:

1. Healthy Relationships (56.71%)
2. Sexual Assault (49.38%)
- 3. Sexual Health (47.79%)**
- 4. Narcan Training (34.31%)**
5. Addiction (30.57%)

We chose to focus on Narcan training and sexual health.

Our focus on **Narcan training** began with Student Health Services joining the NYS Opioid Overdose Prevention Initiative which supplies SUNY Potsdam with free Narcan, educational supplies, and training videos. Outreach to the students included 'Wellness Wednesday' sign-up (tabling in the Student Union) and posters throughout campus including the residence hall bathrooms (Stall stories). We also offered 'Don't cancel that Class' to the faculty in order to provide Narcan training at times when classes would have been canceled. Students with conduct sanctions related to alcohol and other drugs were offered training. We contacted our Environmental Health & Safety (EH&S) officer to ensure that Narcan was added to all 52 AEDs on campus. The expiration dates on the Narcan has become part of the AED checks and SHS also provides replacement for the doses that are taken/used. **We trained 211 members of our campus community** (185 students and 26 employees). Of the 211 people, 100 took our Qualtrics survey with the results as follows:

- 95% thought the Narcan Training program was worthwhile.
- 100% believe they have a better understanding of how/when to use Narcan.
- 88% feel more confident in taking action to reverse an opioid overdose.
- 98% believe the presenter is knowledgeable and professional.
- How did you find out about Narcan Training? This assessed our outreach.

The SHS Health Educator and nurse practitioners worked together to develop **sexual health** questions including sexual assault information to use in a game-based learning platform called Kahoot. There were 2 rounds of 19 questions played in 7 different venues for a total of 98 students in the classrooms. The same students in most cases were involved in both rounds of play. There was another venue in which the questions were asked to an audience of ~125 students however the technology failed so that we could not capture data on those students. Our outreach was approximately to 225 students. The 20th question on the survey was **'I learned something new about sexual health today'**. **93% of the 123 respondents agreed**, 4% were neutral, and 3% disagreed.

1C: It is expected that our LPNs provide an educational handout to students who have an elevated BP, have problems with sleep, or if they are using nicotine. The student is educated that they could ask the health care provider to address those concerns if they chose to during the current appointment. As part of our Quality Improvement process, each semester we do a nursing peer review audit to ensure that the nurses are documenting this educational process among other things. **In the fall 2022 semester**, the LPN audit included 100 medical records (50 for each LPN), and it was determined that **97%** of the time our students received an educational handout pertaining to sleep, elevated BP, or nicotine as indicated. In the **spring 2023 semester**, **100%** of the 75 medical records reviewed indicated that the student was given an educational handout pertaining to problems with sleep, nicotine use, or BP elevation if a problem was identified by the student or the nurse.

All the goals were met. One of the challenges is getting the students to participate in health education activities. One of our successes was working with the SGA directly. We first introduced the sexual health Kahoot during their Passion Party with greater than 125 students in attendance. This introduced the game to the students and we were invited back to play again during an SGA meeting. The challenges were getting the technology to work at the biggest event held in the Knowles MPR. Another challenge is getting the faculty to contact us to provide health education to their classes instead of cancelling their class. We will continue the outreach.

Based on the assessment data and information shared above, what planned actions were or will be taken as a result?

1A: In general, we prefer to keep the SUNY Potsdam Health Assessment survey similar year to year so that we can monitor for changes in the health behaviors of our students. We will be reviewing the questions again this fall 2023 to prepare to administer the survey again in the spring of 2024. The results will be analyzed and we will continue to focus on the health needs of our students. We will present this analysis to the Student Affairs team and continue to share it with faculty.

1B: The plan is to continue with Narcan training, providing EH&S with Narcan to place with AEDs, and we will also add Narcan training to our CPR classes that will start in the fall of 2023. The sexual health Kahoot has been analyzed based on students correct and incorrect responses and questions will be changed based on that analysis for the fall semester. We will continue to provide education on these topics until the Spring 2024 Health Assessment Survey is analyzed. We learned that our partnership with SGA is essential for the student outreach.

1C: Our Quality Improvement program is essential to keep us on track with providing students with high quality, comprehensive health care on campus. We will continue with QI studies to ensure students are receiving the education that is essential for their success as humans and academicians.

SECTION 2: ADDITIONAL ASSESSMENT ACTIVITY

Please use this space to share an example from this past year when you used assessment and data to plan and/or take action. Be sure to include any available information relating to the results and impact. Your example for this section does not need to be directly tied to your previously submitted administrative unit assessment plan.

Each year Student Health Services provides influenza clinics for our students for free. The amount of vaccine ordered is based on the previous years amount given so that there is minimal waste.

Semester	# Influenza Vaccines Given	# Influenza vaccines Wasted
Fall 2019	240	Minimal
Fall 2020	*766	Minimal
Fall 2021	400	Minimal
Fall 2022	167	183

*This was unexpected, so we had to order more. Fortunately, NYS was providing vaccine free of charge during the COVID-19 pandemic.

In the fall of 2022, we ordered 350 doses of influenza vaccine based on the previous year at a cost SHS \$6,870.80. Even though we had 3 influenza clinics and walk-in hours for vaccine after the 3rd clinic daily, we wasted 183 doses for a loss of \$3592.45. This Fall 2023 semester, we have decided to invite Kinney Drugs to campus to provide students and employees their influenza vaccines billing their private insurances so that there is no cost to SHS. We are planning

to purchase 20 influenza vaccines which will be offered to students during routine health visits. We will also order 30 influenza vaccines through the VFC/VFA (Vaccine for Children/Adult) program which provides free vaccines for students that are under insured, have Medicaid, or have no insurance.