

Traditional Undergraduate Students - State of N.J. & Saint Elizabeth University Medical Requirements

TIME SENSITIVE REQUIREMENTS

DEADLINE: IMMEDIATELY prior to JUNE 15TH (FALL SEMESTER) **DECEMBER 1**ST (SPRING SEMESTER)

ALL HEALTH REQUIREMENTS MUST BE COMPLETED TO ATTEND CLASS NON COMPLIANCE WILL LEAD TO FINANCIAL FEES \$350, REGISTRATION HOLDS AND INABILITY TO RESIDE IN CAMPUS HOUSING

Complete and send or upload to: https://www.steu.edu/student-life/health-services/secure-file-upload

Health Services – Founders Hall, 2 Convent Road, Morristown, New Jersey 07960

The Student is responsible for ensuring that all *required forms* are completed and *the physician* completes and signs all medical information. *PLEASE READ and FOLLOW <u>ALL</u> INSTRUCTIONS CAREFULLY*

☐ REQUIRED FORM A (pgs. 1-6) - HEALTH FORM

☐ Identification Data (A1)

Emergency Information
Insurance Information/copy of insurance card
Parental Endorsement for Medical Care (as indicated by age)

O History (A2) Must be within one year of entrance.

☐ REQUIRED FORM B - IMMUNIZATION RECORD

Review, obtain and complete all required vaccines/ signed by your physician All students must fulfill the vaccine requirements *prior* to entrance.

□ REQUIRED FORM C - MENINGITIS INFORMATION SHEET

All students must read the information about meningitis & the vaccines

All students must fill in, sign, date and submit the meningitis information sheet

Athletes Only

- All potential athletes must have Form A completed prior to participation.
- EKG and sickle cell testing is mandatory. Please attached both results to Form A.
- Please refer to the Athletics' website Inside Athletics Sports Medicine/Physicals for forms and additional information
 - For all other questions please call 973-290-4288 or email mpawlusiak@steu.edu

Where can you obtain an acceptable record of immunization?

High school, college, university, healthcare provider, family records, employee health, state records

Acceptable Records?

The Record must show exact dates (month, day, and year) and be signed/stamped by your physician or health care provider.

Start Immediately. Time Sensitive Requirements!

Immunization Requirements

History and Physical must be <u>WITHIN ONE YEAR OF ENTRANCE</u>

- MMR vaccine 2 doses or blood work to show evidence of immunity- Required
 - __Copy of lab report required within 5 years for evidence of immunity
 - Equivocal titers are considered negative
- Meningitis serogroup ACWY vaccine Required
 - o Final dose must be at or after the age of 16 years AND within 5 years of entry
 - All students less than or equal to 23 Years old <u>Required</u>
 - o All resident students Required
- Meningitis Information Sheet <u>Required</u>
- Hepatitis B vaccine 3 dose series Required
 - o If history of Hepatitis B disease evidence of immunity is required
 - o Copy of lab report required for titers
 - 2 dose series of Hepislav-B for >18 years old also acceptable
- Interferon-gamma release assay tests (IGRA) or PPD /Mantoux testing
 - Required within <u>one year</u> of entry
 - o RESULTS FOR PPD MUST BE IN MM OF INDURATION (record date planted/date read)

Highly Recommended and Optional Vaccines

- Meningitis serogroup B vaccine <u>Highly Recommended</u>
 - All students ≤ 23 years and further recommendation as per the CDC
- Tdap- Highly Recommended 1 dose
 - o Td or Tdap within 10 years required
 - Primary series completed
- Polio vaccine- Highly Recommended Primary series completed
- COVID19- Highly Recommended as per CDC and ACIP
- Flu- Highly recommended Seasonal
- Varicella- Highly recommended Required by Nutrition, PA, and Nursing Departments
- HPV-Highly recommended Preventative health care
- Hepatitis A- As recommended by the CDC (6-12 months between doses 1 and 2)

These vaccines are not required but to promote preventive health care and management, these vaccines should be discussed with your physician.

Without the above COMPLETE documented health records and required immunizations, you will be unable to reside in campus housing, attend class, register for future classes and incur financial fines of \$350.

Note:

Medical records are strictly confidential and are used exclusively by the Student Health Service as required by Federal and State Law. **Be aware immunization records are an exception and are not confidential.** Your immunization records will be made available to state inspections and select university offices.

Psychological and Accessibility Services

The health form that you and your physician complete will be accessible only to STEU Health Services staff due to state and federal privacy laws (HIPAA). They cannot be shared with other St. Elizabeth University departments without proper permission as required by law.

If you require accessibility accommodations, <u>you must</u> self identify and provide appropriate documentation directly to Sarah David, Accessibility Services Coordinator, at 973-290-4261 or <u>sdavid@steu.edu</u>.

Accessibilities Services
Saint Elizabeth University
Mahoney Library
2 Convent Road
Morristown, New Jersey 07690

If you have a mental health condition and/or take psychiatric medication and want Counseling Services to be aware of your history, <u>you must</u> self identify and provide appropriate documentation directly to <u>Maryum Raheem</u>, <u>Mental Health Clinician</u>, at 973-290-4134 or <u>mraheem@steu.edu</u>

Counseling Services
Saint Elizabeth University
Wellness Center
2 Convent Road
Morristown, New Jersey 07690

If you choose to sign release of information forms, these three service areas can coordinate your care. For further details or questions, please contact these individual offices

COMPLETED RECORDS MUST BE RECEIVED BY June 15th SEND RECORDS BY MAIL, FAX OR UPLOAD TO:

https://www.steu.edu/student-life/health-services/secure-file-upload

Health Services – Founders Hall Saint Elizabeth University 2 Convent Road. Morristown, NJ, 07960

PHONE: 973-290-4175 or 4132 **FAX:** 973-290-4182

Any questions, please call Immunization Information Line 973-290-4388 ext 4388 Email immunization@steu.edu.



Telephone

REQUIRED FORM A – HEALTH FORM (6 PAGES) – TRADITIONAL UNDERGRADUATE STUDENTS

Health Services - Founders Hall - 2 Convent Road - Morristown, NJ 07960 Phone Number: 973-290-4132, 4175 Fax Number: 973-290-4182 Immunization Information Number: 973-290-4388 **IDENTIFICATION DATA** Name _____ Middle Home Address ___ State Zip Code State/Country of Origin _____Telephone _____ Email ____ First Semester Enrolled ___/__ Expected Graduation Date ___/_ Freshman ___ Transfer ____ SEU Leave Of Absence ____/___ SEU Withdrawal ____/__ SEU Dismissal ____/___ M/Y M/Y **HEALTH INSURANCE COVERAGE** Please include a **copy** of your **present health insurance card front and back.** Insurance Company Address Group and Policy# Subscriber's Name Subscriber's DOB Subscriber's SS # EMERGENCY INFORMATION – contact to be notified in case of emergency Name Home Address Please list another person who can be contacted in case the above person cannot be reached. Name ______ Relationship _____ Tel.# ____ PARENTAL ENDORSEMENT FOR MEDICAL CARE Permission for medical care of minors (a parent or guardian's signature is required) For students under the age of 18: I hereby give permission to the medical and psychological staff of Saint Elizabeth Health Services to examine and treat my minor child for all medical problems and injuries that may occur while they are on campus. DATE: ______SIGNATURE: ______RELATIONSHIP: _____ **SOURCES OF HEALTHCARE** List the names, addresses and telephone numbers of physicians, dentists, psychologists, or other health care providers you now consult. Name/specialty Address City, State Telephone Fax Name/specialty Address City, State

Fax

Print Full Name:	Date of Birth:	
Print Full Name:	Date of Birth:	

Medication					
Name of medication	Dosage	Reason for Taking			

Allergies				
Allergen (e.g. Medications, Insects, Food, etc.)Reaction (e.g. Anaphylaxis, Rash, Vomiting, etc.)				

PHQ-9 Questionnaire						
Directions : Circle the number that corresponds with how often over the last two weeks you felt	Not at all	Several days	More than half the days	Mostly everyday		
Little interest or pleasure in doing things?	0	1	2	3		
Feeling down, depressed, or hopeless	0	1	2	3		
Trouble falling or staying asleep, or sleeping too much	0	1	2	3		
Feeling tired or having little energy	0	1	2	3		
Poor appetite or overeating	0	1	2	3		
Feeling bad about yourself or that you are a failure or have let yourself or family down	0	1	2	3		
Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3		
Moving or speaking so slowly that other people could have noticed. Or the opposite being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3		
Thought that you would be better off dead, or of hurting yourself	0	1	2	3		
Totals						
Score						

Print Full Name:	Date of Birth

Directions: Please check "Yes" "No" to the following questions below.

participation in sports for any reason? Do you have any ongoing medical conditions? If so, please identify. Anemia Asthma Diabetes Infections Other: Have you ever used or are currently using an inhaler or take asthma medication? Have you ever gone to the hospital? Specify the reason on the next page. Have you born without or are you missing a kidney, an eye, a testicle(males), your spleen, or any other organ? Do you have groin pain or painful bulge or hernia in the groin area? Have you had infectious mononucleosis(mono) within the last month? Do you have any rashes, pressure sores, or other skin problems? Have you had a head injury or concussion? Have you had a hir or blow to the head that resulted in unconsciousness, memory loss, confusion or prolonged headaches? Have you ever had any numbness, tingling, or weakness in your arms or legs after being hit or falling? Have you ever become ill while exercising in the heat? Do you get muscle cramps often while exercising? Do you or someone in your family have sickle cell disease? Have you had any problems with your vision or eyes? Have you had any problems with your vision or eyes? Have you had any eye injuries? Do you wear glasses or contact lenses? Have you had any eye injuries? Do you have any concerns that you would like to discuss with doctor? Have you been diagnosed with coronavirus (COVID-19)? If diagnosed with Coronavirus (COVID-19) were you symptomatic? If diagnosed with Coronavirus (COVID-19) were you hospitalized? Females Health History	General Medical History	Yes	No
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Females Health History Have you ever had a menstrual period? How old were you when you had your first menstrual period?			
How old were you when you had your first menstrual period?	Females Health History	Yes	No
period?	Have you ever had a menstrual period?		
1			
now many periods nave you had in the last 12 months?	*		
	now many periods nave you had in the last 12 months?		

Family Health History	Yes	No
Has anyone in your family died from heart		
problems/complication or had an unexpected or		
unexplained sudden death before age 50?		
Does anyone in your family have a heart		
problem, pacemaker, or implanted defibrillator?		
Does anyone in your family have hypertrophic		
cardiomyopathy, Marfan syndrome,		
arrythmogenic right ventricular cardiomyopathy,		
long QT syndrome, short QT syndrome, Brugada		
syndrome, or catecholaminergic polymorphic		
ventricular tachycardia?		
Has anyone in your family had unexplained		
fainting, unexplained seizures, or near		
drowning?	Yes	No
Cardiac History	res	NO
Have you ever passed out or nearly passed out		
during or after exercising?		
Have you ever had any chest tightness, pain, or		
pressure during or after exercise?		
Does your heart ever race or skip beats (irregular		
beats) during exercise?		
Has a doctor ever told you that you have any		
heart problems? If so, check all that apply:		
☐ High blood pressure ☐ Heart murmur		
☐ High cholesterol ☐ Heart infection		
☐ Kawaski disease ☐ Other:		
Have you ever had a test ordered for your heart?		
(ECG, EKG, echocardiogram)		
Do you get more tired or short or breath more		
quickly than your friends during exercise?		
Have you ever had an unexplained seizure?		
Musculoskeletal History	Yes	No
Have you ever had an injury to a bone, muscle,		
ligament, or tendon that caused you to miss a		
practice or game?		
Have you ever had any broken or fractured		
bones or dislocated joints?		
Have you ever had an injury that required x-		
rays, MRI, CT scan, injections, therapy, a brace,		
a cast, or crutches?		
Have you ever had a stress fracture?		
Have you ever been told that you have or told		
you require an x-ray for neck instability or		
atlantoaxial instability?		
Do you regularly use a brace, orthotics, or other		
assistive devices?		
Do any of your joints become painful, swollen,		
feel warm, or look red?	<u></u>	
D 1 1'4 C' '1 41'4'		
Do you have a history of juvenile arthritis or		

Print Full Name:		
Directions : If you answered "y	es" to any of the question on the previous page, please	explain to the best of your knowledge below on the
lines provided.		
I hereby state the	at, to the best of my knowledge, my answers to the abov	ve questions are complete and correct.
Date	Student Name (Printed)	Signature of Student

Physical Examin	nation Form							
Print Full Name				(Gender	Age	Date of Birth	
PHYSCIAN REMINDER 1. Consider ac • Do yo • Do yo • Have • Durin • Do yo • Have • Have • Do yo	dditional question on ever feel sad, ho bu feel safe at your you ever tried ciga g the past 30 days, u drink alcohol or you ever taken ana you ever taken any bu wear a seat belt,	ns on more sensi peless, depressed, home or residence rettes, chewing tol did you use chewi use any other drug bolic steroids or us supplements to he use a helmet, and	tive issues or anxious? ?? pacco, snuff, ong tobacco, s gs? sed any other lp you gain or use condoms?	or dip? nuff, or dip? performance su lose weight or i	pplement? mprove your perfo	ormance?		
Height:	Weight:		□ Male □ l	Female				
BP (/) HR:	weight.	Vision R 20/	L 20/		Corrected Y	N		
MEDICAL		V 151011 IX 20/	L 20/	NORMAL	ABNORMAL FI		MENTS	
Appearance • Marfan stigmata (kyphoscol arachnodetyly, arm span > h insufficiency)			ım,					
Eyes/ears/nose/throat								
Lymph Nodes								
Heart • Murmurs (auscultation stand • Location of point of maxima		salva)						
Pulse • Simultaneous femoral a	nd radial nulses							
Lungs	na radiai puises							
Abdomen								
Genitourinary(males only)								
Skin • HSV, lesions suggestive of	MRSA, tinea corpor	ris						
Neurologic								
MUSCULOSKELETAL								
Neck								
Back								
Shoulder/arm								
Elbow/forearm								
Wrist/hand/fingers								
Hip/thigh					1			

- $\bullet \ \ Consider \ EKG, echocardiogram, and \ referral \ to \ cardiology \ for \ abnormal \ cardiac, \ history \ of \ exam.$
- Consider GU exam if in private setting. Having third party present is recommended.

Knee
Leg/ankle
Foot/toes
Functional

• Duck-walk, single leg hop

• Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

Signature of physician, APN, PA	<u>. </u>	_ Date of Exam

Physical Evaluation Clearance Form

Print Full Name	Sex	Age	Date of Birth
☐ Cleared for all sports without restriction			
☐ Cleared for all sports without restriction with recommendations for	further evaluation or treatment for		
☐ Not Cleared			
 □ Pending further evaluation □ For any sports □ For certain sports 			
Recommendations			
EMERGENCY INFORAMITON			
Allergies			
Other information			
OFFICE STAMP			
I have examined the above-named student and completed the pre-participation phy and participate in the sport(s) as outlined above. A copy of the physical exam is a conditions arise after the athlete has been cleared for participation, a physician r completely explained to the athlete (and parents/guardians).	on record in my office and can made av	ailable to the school	l at the request of the parents. If
Office Name			
Address	Phone		
Printed name of physician, advance practice nurse (APN), physician assistant(PA)		
Signature of physician, APN, PA	Date of Exam		

SAINT ELIZABETH UNIVERSITY TRADITIONAL UNDERGRADUATE STUDENTS

Name	Class (year)	Date of Birth	//	/

REQUIRED VACCINES

READ ALL INSTRUCTIONS CAREFULLY

Dates Given Saint Elizabeth University		
	and NJ State Requirements	
#1/ #2/ 1 st dose given after 1 st birthday. Minimum of 4 weeks between doses	2 doses or positive titers (must include copy of lab report within five years) Equivocal titers are considered negative Option of combined MMR OR 2 individual vaccine doses of measles, mumps, and rubella vaccines. Single dose vaccines are not manufactured any longer	
#1 / #2 / / OR Positive Titer Date: / / lab report required #1 / / #2 / / OR Positive Titer Date / / lab report required #1 / / #2 / / OR Positive Titer Date: / / lab report required		
#1/ #2// (≥ age 16) □ Menomune □ Menactra □ Menveo	All students ≤ 23 years. All resident students Final dose must be at or after the age of 16 years old AND within five years of entry Further recommendation as per the CDC	
Meningococcal information sheet fill in, sign, date and submit (Form C)	All students must read sign and submit meningococcal information sheet	
#1/ #2/ #3/ OR Positive Titer Date:/ lab report required □ Energrix B □ Recombivax B □ Heplisav B	3 doses or positive titer (must include copy of lab reports) Minimum of 4 weeks between doses 1 and 2 (for2dose series) Minimum of 8 weeks between doses 2 and 3 Minimum of 16 weeks between doses 1 and 3	
Interferon-gamma release assay tests (IGRA) //	Must send copy of Interferon-gamma release assay tests (IGRA) report Result must be in: mm of induration WITHIN ONE YEAR must include planted and read dates Must send copy of Chest X-Ray report	
	#1/ #2/ 1st dose given after 1st birthday. Minimum of 4 weeks between doses #1/ #2// OR Positive Titer Date:/ lab report required #1/ #2// OR Positive Titer Date:/ lab report required #1/ #2// OR Positive Titer Date:/ lab report required #1/ #2// (2 age 16) Menomune Menactra Menveo Meningococcal information sheet fill in, sign, date and submit (Form C) #1/ #2/ #3/ OR Positive Titer Date:/ lab report required Energrix B Recombivax B Heplisav B Interferon-gamma release assay tests (IGRA)	

FORM B (2) IMMUNIZATION RECORD

RECOMMENDED VACCINES	Dates Given	Recommendations
Meningitis Vaccine Serogroup B (Highly Recommended)	#1 / #2 / #3 / / □ Trumenba □ Bexsero	<u>All</u> students ≤ 23 years. Further recommendation as per the CDC
Tdap (Highly Recommended) Td Completed primary series	□Tdap// □Td// □DTP □DT/	Tdap 1 dose required Td or Tdap within 10 years
Polio (Highly Recommended)	Primary series: Oral Injectable Most recent booster://	Primary series
Varicella (Chicken Pox) (Highly Recommended)	#1/ #2// OR Positive Titer Date:// History of disease □No □ Yes Date/	Strong Recommendation 2 doses varicella vaccine or history of disease or positive titer Minimum of 4 weeks between doses if age 13 or older Required by Nutrition, PA, and Nursing Departments
HPV (Highly Recommended)	#1/ #2/ #3/ □Gardasil □Cervarix □Gardasil-9	Strong Recommendation Preventative health care
Flu (Highly Recommended)	//	Seasonal- Highly recommended
COVID (Highly Recommended)	#1/ #2/#3/ □Pfizer □Moderna □Johnson and Johnson □other	Highly Recommended
Hepatitis A	#1/ #2/	As recommended by the CDC 6-12 months between doses 1 and 2

HEALTH CARE PROVIDER

Signature	Print Name		// Date
Address	City	State	Zip
Telephone	Fax		

Send Records by mail, fax or upload to:

https://www.steu.edu/student-life/health-services/secure-file-upload

Saint Elizabeth University Health Services – Founders Hall

2 Convent Road, Morristown, N.J. 07960

PHONE: 973-290-4175 or 4132 **FAX:** 973-290-4182

Any questions, call Immunization Information Line: 973-290-4388 ext 4388 / immunization@steu.edu

REQUIRED FORM # C MENINGITIS INFORMATION SHEET REQUIRED FOR ALL STUDENTS



Meningococcal Disease among College Students (Read about meningitis and the vaccine on the VACCINE INFORMATION STATEMENT)

In accordance with New Jersey State Law and the Saint Elizabeth University, all students must complete and return this form to the address below.

- 1) The college is to provide information about meningococcal meningitis, the disease, its severity, causes, disease prevention, treatment and the availability of the vaccine to prevent disease to all their students prior to matriculation (please see attached Meningococcal Disease Information Statement)
- 2) Meningitis Vaccine recommendations are as per *The Center for Disease Control (CDC)* and *The Advisory Committee on Immunization Practices (ACIP)*. Read this information on the Vaccine Information Statement, "Who should get Meningococcal vaccine and when."
- 3) The college is to document the student's receipt of the meningococcal information and their decision whether or not to receive a meningitis vaccine.

Students may go to their private physician or other healthcare provider for administration of the meningitis vaccine. Arrangements can be made with the College of Saint Elizabeth Health Services for administration of the meningitis vaccine, if needed.

Complete and Sign all indicated below:

Vaccine Information Statement)
cine. See Vaccine Information Statement as
See Vaccine Information Statement as to _/_/_ neningitis disease. I understand the risks gitis. I have decided at this time that I will is disease. I understand that I may choose tis.
Date
ian's signature is required)

This signature shall become part of the student's health record and is being required by New Jersey law, P.L. 2000c.25.

Send or upload this required form to:

https://www.steu.edu/student-life/health-services/secure-file-upload

Saint Elizabeth University
Health Services – Founders Hall
2 Convent Road
Morristown, NJ 07960

PHONE: (973) 290-4132, 4175 **FAX:** (973) 290-4182

Any questions, please call Immunization Information Line: 973-290-4388

Authorization to Release Medical and Immunization Records to Saint Elizabeth University Health Services



Date					
Student Name					
					Address
City	State	Zip Code			
Phone Number					
I request and authorize (High School, University, Healthcare Provider, School Nurse)					
to release (check all those t	hat are indicated)				
☐ Immunization Red	cords				
to Health Services at Saint E	Elizabeth University. Please forward	I my records to:			
Saint Elizabeth University Health Services - Founders 2 Convent Road Morristown, NJ 07960 Attention: Priya Shrestha, C	Hall Coordinator, Medical Records				
	d the information to <u>www.steu.ed</u> se call (973) 290-4132 or 4175.	<u>u/meduploads</u> or fax to (973) 290-4182.			
Signature/Date					
Name of Parent or Guardia	n (if under 18)				
Signature of Parent or Gua	rdian (if under 18)				
Relationship to patient					