Tuesday, May 26

Tickets are required for all pre-conference workshop offerings, which are open to all registered meeting attendees (excluding spouses/partners). See Meeting Registration Form.

9:00 AM – 12:00 PM

120. PRE-CONFERENCE WORKSHOP: Achieving AAAHC Accreditation

Primary Presenter: Joy Himmel, PsyD, PMHCNS-BC, LPC (The Pennsylvania State University, Altoona, retired)

College health professionals are committed to providing the highest quality services possible to the students they serve. Achieving accreditation is one way to demonstrate compliance with broadly accepted industry standards. This presentation will cover the reasons to seek accreditation and will present practical information on how to be successful and achieve accreditation. Quality and process improvement and essential components of accreditation will be discussed in detail with examples of exemplary quality improvement efforts. In addition, new and updated standards in infection prevention and control, patient centered medical home, and meaningful use will be reviewed.

169. PRE-CONFERENCE WORKSHOP: Holistic Trans* Health Care in a University Setting: An Interdisciplinary Collaborative Model at the University of Wisconsin-Madison

Primary Presenter: Bonnie Benson, PhD (University of Wisconsin-Madison)

Health equity for all students must address transgender/non-binary (trans*) gender identities. At UW-Madison, an interdisciplinary team formalized a process by which competent and inclusive medical services, mental health care, and cross-campus experiences can be facilitated for trans* students. Presenters will share how they developed preferred name and pronoun processes, electronic templates, letters and prescriptions for hormones, and staff training. Presenters will guide discussion of practice gaps and capacity-building for trans* health services on participants’ campuses.
282. PRE-CONFERENCE WORKSHOP: Student Health Center Billing 101: How to Get Started

Primary Presenter: Ellen Reynolds, BS, MS (University of Rhode Island)

This presentation will guide college health center professionals in the steps to consider for billing third-party insurers for the medical, laboratory, pharmacy, and diagnostic imaging services they render. The participants will be able to identify the key steps in assessing readiness to begin a billing program, including assessment of population, insurance coverage, health information documentation, credentialing of providers, coding of medical care, and identifying staff needs including hiring and/or training. Participants will learn the factors which contribute to overall revenue projections from third-party billing.


Primary Presenter: Beverly Kloeppel, MD, MBA (University of New Mexico)

The transition from direct care provider to health service director brings new responsibilities and challenges. Many health service directors step into their role without formal management training. This program is designed to provide both new directors as well as providers interested in leadership roles with exposure to key foundational health care management skills. Areas of focus will include communication and leadership, quality and risk management, and finance.

318. PRE-CONFERENCE WORKSHOP: Basic Dysrhythmia Review

Primary Presenter: Paul Desmarais, PhD, RN, CCRN (University of Central Florida)

This course will provide a review of cardiac rhythms and dysrhythmias most commonly encountered when caring for patients in ambulatory settings, to include sinus and atrial rhythms/dysrhythmias, junctional rhythms and blocks, and ventricular rhythms/dysrhythmias. Participants will evaluate rhythms, identify significant symptoms, and discuss treatment options for each dysrhythmia.
Tuesday, May 26

9:00 AM – 12:00 PM (continued)

326. PRE-CONFERENCE WORKSHOP: Understanding and Caring for Patients with Functional Gastrointestinal Disorders: A Biopsychosocial Perspective

Primary Presenter: Douglas Drossman, MD (University of North Carolina at Chapel Hill)

Functional GI disorders including irritable bowel syndrome (IBS) and dyspepsia are the most common GI disorders seen in practice. In the last two decades extensive new research has provided the evidence for these as disorders of brain-gut function. This has implications for understanding and treating patients. This workshop will comprehensively review clinical features, pathophysiology and treatment from a biopsychosocial perspective. Training in communication skills will be included.

1:30 PM – 4:30 PM

138. PRE-CONFERENCE WORKSHOP: “True Strength”: Engaging Men in the Discussion about Interpersonal Violence and Bystander Accountability

Primary Presenter: Corey Ingram, MSW (University of South Carolina)

“True Strength” encourages men to actively denounce interpersonal violence and shows individuals how to create a safer environment where bystander accountability is the norm, not the exception. The presentation will include information about interpersonal violence and illustrate how males can share their experiences about how interpersonal violence has affected their lives. “True Strength” encourages everyone to unite and stand up, particularly men who have an essential role to play in preventing interpersonal violence.

112. PRE-CONFERENCE WORKSHOP: Ethics in Health Promotion: The Sequel

Primary Presenter: Joleen Nevers, MAEd, CHES, CSE (University of Connecticut)

Health promotion professionals rarely have the opportunity to discuss ethical issues related to health promotion practice. This interactive pre-conference workshop will introduce codes of ethics and ethical principles, challenge participants to examine the genesis of their own ethics, review multiple ethical frameworks applicable to health promotion, and apply these frameworks to relevant critical issues in college health. Upon completion, participants will understand how to apply a variety of frameworks to college health promotion.
Tuesday, May 26

1:30 PM – 4:30 PM (continued)

189. PRE-CONFERENCE WORKSHOP: Eating Disorder Diagnosis and Management in Primary Care: A Team Approach

Primary Presenter: Sara Lee, MD (University Hospitals Case Medical Center; Rainbow Babies and Children's Hospital)

Working with students with eating disorders (ED) is challenging, both because of the medical risks of the illness and the unusual dynamic of the visit. Students with eating disorders often shape the visit to avoid talking about the disease, obscuring the diagnosis and complicating treatment. This workshop – led by physicians, a psychologist, and a nutritionist – will present key tasks in ED treatment and concrete guidance on forming a treatment team and developing a treatment plan, including motivational interviewing techniques.


Primary Presenter: Beverly Kloeppel, MD, MBA (University of New Mexico)

The transition from direct care provider to health service director brings new responsibilities and challenges. Many health service directors step into their role without formal management training. This program is designed to provide both new directors as well as providers interested in leadership roles with exposure to key foundational health care management skills. Areas of focus will include budget analysis and projections, resource allocation, expenditure tracking, and determining cost of services. Also, participant submitted cases/management problems will be discussed.

317. PRE-CONFERENCE WORKSHOP: Moving Towards Collaborative Care: Concepts and Strategies for Primary Care and Mental Health

Primary Presenter: Keith Anderson, PhD (Rensselaer Polytechnic Institute)

This program is designed to provide attendees with a thorough review of the benefits and challenges of providing collaborative primary care and mental health services on campus. Attendees will better understand the benefits and challenges of collaborative care models and learn strategies to assist those contemplating or experiencing this change. Breakout groups will be used to broaden discussions related to lecture topics.
319. PRE-CONFERENCE WORKSHOP: Musculoskeletal Exam Refresher Course

Primary Presenter: Jessica Higgs, MD, CAQ (Bradley University)

Practitioners who do not do musculoskeletal exams routinely often feel uncomfortable when evaluating a student for an injury. This presentation is designed to give a systematic approach that can be used for all joints. In addition, special focus will be given to the shoulder, knee, ankle, wrist, and spine to review special testing and concerns regarding these joints. The presentation will be both didactic and hands-on.
Wednesday, May 27

8:00 AM – 9:30 AM

329. Continuing Education Workshop for Program Planners (Affiliate and Institutional)

*Primary Presenter: Eleanor Davidson, MD (Case Western Reserve University)*

Program planners for affiliate and institutional meetings need support from the CE Committee of ACHA in order to fulfill their role and obtain maximum continuing education benefits for their attendees. The CE Committee has developed a workshop to increase their knowledge base and skills for this task. It also offers an opportunity to ask questions of the chairs of the subcommittees for each CE-granting discipline. Important changes to ACHA’s policy on preventing bias will also be reviewed.

10:00 AM – 11:45 AM

325. OPENING GENERAL SESSION: Advancing Health Equity for College Students: Addressing the Links between Emotional Wellness, Physical Health and Social Determinants

*Primary Presenter: Henry Chung, MD (Montefiore Care Management Organization)*

Despite the increasing awareness that significant associations have been found between social determinants of health, emotional wellbeing, and physical health, there are relatively few systematic efforts to fully integrate this knowledge in the delivery of health services. This presentation will review the literature and cite innovative models that are being used to advance health equity and reduce health disparities. Colleges and health services have an important opportunity to lead, disseminate, and create these innovations for the betterment of national and global health.
111. Beyond the Alphabet Soup: The Fluidity of Sexual Orientation and Gender Identity of College Students

Primary Presenter: Sara Oswalt, MPH, PhD (University of Texas at San Antonio)

Pansexual? Gender non-conforming? Asexual? Ever heard of these terms and wondered what they mean? Many college students are no longer using basic terms like gay, lesbian, bisexual, or even transgender to self-identify. This session will explore the emerging identities used by college students, how these identities interact with the health and wellbeing of the student, and how these terms and the fluidity of sexual orientation and gender expression/identity impact the work of college health professionals.

126. Stress, Sleep, and Resiliency – Holistic, Strategic, and Multicultural Mental Health Prevention

Primary Presenter: Lynn Schoenberg, EdS (Stetson University)

College students struggle with sleep, stress, and resiliency in regards to student success according to the National College Health Assessment. Utilizing a holistic wellness, socioecological perspective, Stetson University targets this through a public health model of collaboration. Preventative outreach improves access to mental health care, by meeting students where they are. This interactive presentation will focus on sleep, stress and resiliency research, as well as translation of multicultural public health models to mental health outreach.

130. The Evolution of a Public Health Social Marketing Approach to STI Prevention: What is Your Role?

Primary Presenter: Melissa Habel, MPH (U.S. Centers for Disease Control and Prevention)

Since 2009, the American College Health Association has partnered on the national GYT: Get Yourself Tested campaign, which targets youth and young adults and aims to: raise awareness of STIs; encourage STI testing; encourage talking with sex partners and health care providers about STIs and STI testing. Presenters will share campaign evaluation data, both national and institutional-level (e.g. college campuses), and facilitate a discussion around adaption of the campaign and future plans for implementation.
149. Using Alcohol-Related Policy Violations and Emergency Calls to Develop a Predictive Framework and Focus Primary Prevention

Primary Presenter: Michael McNeil, EdD, MS, CHES, FACHA (Columbia University)

Many institutions have theories and stories of the days of the week, times of day, and times of year when most alcohol consumption occurs. Columbia University is utilizing alcohol-related policy violations and ER transports to develop a predictive framework to determine when and where the majority of higher risk consumption occurs which assists in the allocation of staffing and other resources. Please join us to learn what has been discovered and how you can develop a predictive framework for your campus.

155. PAUSE (Prevention Awareness Uniting Students with Empowerment)

Primary Presenter: Linda Pena, MA, MS, CADC, MFTI (California State University, Long Beach)

PAUSE uses a community of responsibility model to teach students bystander intervention techniques to intervene safely and effectively in cases where sexual violence or alcohol poisoning may be occurring or where there may be risk. Through an interactive peer-educator presented bystander training, both males and females can explore their definition and understanding of sexual violence as defined in the Executive Order 1095 and their knowledge base for awareness of the signs of alcohol poisoning.

187. The Choosing Wisely Campaign: Promoting Physician-Patient Conversation about Appropriate Care

Primary Presenter: Timothy Lynch, JD (ABIM Foundation)

The Choosing Wisely campaign features recommendations from specialty societies across medicine about tests and treatments that are performed too frequently. This presentation will describe how the campaign was created and its goals of promoting patient-physician conversation and reducing overuse. It will also offer examples of interventions that the societies have highlighted as unnecessary.
211. Implementing a Sexual Violence Prevention and Continuum of Care Plan

*Primary Presenter: Amy Magnuson, PhD, RD (Florida State University)*

This presentation will include a discussion of how one campus is responding to the needs of students through a sexual violence prevention continuum of care plan. We will include a description of our comprehensive prevention plan, how the plan was put into action, and how the needs of survivors continue to be a priority. The discussion will expand to incorporate best practices and efforts of other universities in preventing violence and caring for survivors.

255. An Eight-Year Review of Counseling and Health Service Collaboration Trends: Methods, Models, and Future Directions

*Primary Presenter: David Reetz, PhD (Aurora University)*

With the advent of the Association for University and College Counseling Centers Directors (AUCCCD) Annual Survey in 2006, collegiate mental health leadership has been tracking the prevalence and quality of collaborative practice trends between counseling and health services. This session will present survey items and results spanning the past eight years. Discussion will focus on degrees of collaboration, integration, and future survey directions.

274. Update on Eating Disorders in the College Student

*Primary Presenter: Melanie Trost, MD (Duke University Center for Eating Disorders)*

Familiarize yourself with updated DSMV diagnostic criteria for the spectrum of eating disorders. Review strategies for multidisciplinary assessment with emphasis on medical assessment. Discuss ways to encourage patient engagement in care. Update yourself on the current medication management strategies for the disordered eating spectrum and frequently comorbid conditions.
286. CDC Immunization Update 2015

*Primary Presenter: Donna Weaver, ADN, BSN, MN (U.S. Centers for Disease Control and Prevention)*

This presentation will provide participants with an update on CDC’s Advisory Committee on Immunization Practice (ACIP) recommendations across the lifespan and related resources.

312. Healthcare Informatics: Staffing for Success

*Primary Presenter: Judd Moody, BS (Texas A&M University)*

By recognizing needs and specialization within health information technology, college health centers can benefit from being strategic in how they staff HIT roles. Purposeful staffing and job duties can improve your interaction with campus IT, system vendors, and significantly advance internal initiatives and projects. As campuses consider centralized or outsourced models for IT support, defining and focusing on the health care-centric aspects of your HIT staff can be instrumental in retaining the resources you need.

125. “Facebook Official,” “Hooking Up,” “Friends with Benefits”: Decoding the Terminology, Relationship Status, and Sexual Behaviors of Female College Students to Best Target Health Needs

*Primary Presenter: Monica Webb, PhD, MPH (East Carolina University)*

Current literature presents discrepancies between clinical assessment of sexual behavior and terminology employed by college students. This presentation aims to assist college health care providers with patient communication by examining the relationship terminology commonly used by female college students. Four focus groups were conducted across two southeastern universities in the United States (n=16). Results provide four overarching relationship themes describing terminology, sexual behaviors, and relevant protective and risk factors. Suggestions for clinical application will be discussed.
132. Long-Acting Reversible Contraception (LARC): Knowledge, Perceptions, and Barriers to Use by College Women, PLUS Innovative Ways to Increase LARC Uptake

Primary Presenter: Susan Ernst, MD (University of Michigan)

A small percentage of college women use IUDs or implants for contraception despite their superior efficacy. We will present new data from our recent survey of approximately 2000 undergraduate women to outline current knowledge about LARC methods as well as barriers to using LARC methods. We will discuss ways to increase LARC uptake on college campuses. We will describe a study at the University of Wisconsin which successfully increased LARC uptake on their campus.

156. Flu Season – It’s Back! Impact of Social Media Marketing Campaign on Student Flu Vaccination Rates

Primary Presenter: Tammy Ostroski, MSN, APRN-BC (Arizona State University)

Each year college health centers see a significant number of students with viral illnesses caused by influenza. Annual vaccination is the most effective prevention strategy, yet rates are far below desired in college students. Social media platforms may inform students about the importance of vaccination. This presentation reviews social media marketing strategies, clinic protocols, EMR tracking of vaccine status, and evaluation of outcomes from a multifaceted Influenza vaccine campaign implemented during the 2014-2015 flu season.

172. Cardiac Grand Rounds

Primary Presenter: Victoria Judd, MD, MBA (University of Utah)

Providers in student health will take care of patients with hypertension, hyperlipidemia, syncope, chest pain, palpitations, and other cardiac complaints. Hypertension and hyperlipidemia have new guidelines. Syncope, chest pain, and palpitations are very common. This presentation will present cases to discuss and learn from.
184. Tailoring Evidence-Based Interventions and Implementation Research: The Uchicago Body Project

*Primary Presenter: Martha Burla, MPH, CHES (University of Chicago)*

In randomized clinical trials, The Body Project (Becker, Stice, Rhode & Shaw) has been found to improve body image and reduce eating disorder symptoms. However, it is sometimes necessary to alter evidence-based programs to meet a population’s needs, which may impact their effectiveness. During this program we’ll discuss implementing The Body Project, decisions we made to tailor the program based on student feedback, and the results from an implementation study measuring the tailored program’s effectiveness.

193. LGB Health – An Evidence-Based Review

*Primary Presenter: David Reitman, MD, MBA (American University)*

While LGB adolescents and young adults have many of the same health concerns and personal struggles as their non-LGB peers, they sometimes present with concerns specific to this population. This presentation will examine the medical literature as it relates to LGB health issues so that health practitioners can provide this community with the most updated practices. STI screening, mental health concerns, and drug use will be included in this discussion.

239. Behavioral Health Consultation Model: A Vehicle for Improving Access and Services to Underrepresented Groups

*Primary Presenter: Marta Guzman, PsyD (Cornell University)*

Behavioral health emphasizes access and empowerment of the patient population. Thus, social justice and multicultural awareness are at the core of its practice. This presentation will examine variables in the delivery of effective behavioral health services, and provide evidence of utilization by underrepresented groups within the college population. Additional areas to be explored include: challenges in the implementation of the model, its impact as an outreach vehicle, cultural considerations, and collaborative approach among disciplines.
269. Behavioral Economic Strategies to Reduce Substance Misuse  

*Primary Presenter: Jalie Tucker, PhD (University of Florida)*  

Behavioral economic research has demonstrated robustly that investment activities in humans and animals are vulnerable to delay discounting and a range of other normative choice biases. Such biases are accentuated among persons engaged in substance misuse and other addictive behaviors, the hallmark of which is chronic preference for short-term rewards that are associated with delayed negative consequences. This presentation will summarize conceptual work and research findings and will discuss implications for behavior change strategies.

280. Diversity 365: Strategies to Engage Student Health Staff in Supporting the Health and Wellness of an ethnically diverse student population  

*Primary Presenter: Jada Hamilton, MD (Cornell University)*  

The advancement of health equity allows the attainment of the highest level of health for all people. By 2020, approximately 36% of the U.S. population will identify themselves as a member of an ethnic or racial group. By 2050, the ratio will approach 50%. Similarly, as institutions of higher learning become more ethnically diverse, student health professionals can take the lead to ensure all students receive an inclusive, engaged and culturally aware experience.

287. Immunization Best Practices  

*Primary Presenter: Donna Weaver, ADN, BSN, MN (U.S. Centers for Disease Control and Prevention)*  

This presentation will provide participants with an update on CDC’s recommendations for best practice standards for the storage, handling, and administration of vaccines and related resources.

313. HIPAA, FERPA, and the Campus Health Center  

*Primary Presenter: Robert Reed, BA (The University of Texas at Austin)*  

Should your health center be HIPAA or remain FERPA only? In this session, we will explore the considerations for why a college health center might want to follow HIPAA regulations, how to navigate the HIPAA/FERPA landscape, and what will operating as a HIPAA entity entail.
Wednesday, May 27

4:45 PM – 5:45 PM

135. College Students in Psychiatric Crisis and Inpatient Hospitalization: Special Considerations in Communication Between Hospital and College Settings

Primary Presenter: Laura Braider, PhD (North Shore - LIJ Health System)

Discussants will present components of a unique hospital-based community service program that works closely with 36+ affiliated colleges to address behavioral health issues impacting students in psychiatric crisis. New protocols and methodology for collaborative communication between a hospital and college, discreet transporting of students, and specialized inpatient psychiatric treatment of college students will be described in detail. Recent and unique descriptive data and clinical information characterizing psychiatrally hospitalized college students will be shared.

153. The Health and Wellness Link to Living Learning Communities on a HBCU Campus

Primary Presenter: Cynthia Burwell, EdD, MCHES (Norfolk State University)

Living Learning Communities (LLC) provide an opportunity to become part of a unique experience with programs to advance the interests of the community members. Each LLC is connected with a specific academic unit or department that provides the residents direction for developmental activities. This program will describe how health promotion links together three such communities on a HBCU campus. These LLC’s foster wellness, promote health and safety, and supports academic success.

157. Protecting Students from Sexual Assault Task Force: A Year in Review

Primary Presenter: Mary Wyandt-Hiebert, PhD (University of Arkansas)

The efforts of the inaugural year of the ACHA Protecting Students from Sexual Assault Task Force will be presented along with plans for the future. Overview of legislature in relation to requirements for addressing sexual assault on campuses, challenges, and strategies for addressing sexual assault on campuses will be discussed.
179. Evaluation and Management of Concussions in the Student Health Center

Primary Presenter: Mary Agnes Ostick, DNPC, CRNP (Villanova University)

Mild traumatic brain injuries (mTBI) or concussions can affect student participation in activities of daily living including academic success. Despite abundant literature on the subject, there persists a knowledge gap and inconsistent practice in the clinical setting. Early recognition and identification is necessary to aid in prompt treatment and management. College health nurses may be the first professionals to assess the student who sustains a head injury. Utilizing a standardized assessment tool and evidence-based clinical practice guidelines can guide the care of the patient. The objective of this evidence-based project was to increase college health nurses’ knowledge and confidence in treating the student with a mild traumatic brain injury by implementing an assessment tool and clinical practice guidelines in the student health center.

186. Successful Collaboration of Counseling, Health, and Health Promotion Under One Roof

Primary Presenter: Victoria Beltran, MPH, CHES (University of South Florida St. Petersburg)

Prior to 2012, the University of South Florida St. Petersburg provided limited counseling and psychological services to students. With the support of key stakeholders, an enhanced fee structure, and contracted services, an integrated Wellness Center was created to promote holistic wellness through counseling, health, and health promotion services. Now in its second year of operation, the Center has embarked on a strategic planning process to further define itself as an all-in-one health and wellness provider.

220. Immunizations Records Management: A New Approach

Primary Presenter: Joan Holden, APN, ANP-BC (Loyola University Chicago)

State immunization requirements challenge colleges and universities. Student non-compliance promotes risk of disease outbreak and also leads to inability to register for classes burdening college health centers with unexpected last minute immunization visits. A self-service online immunization module developed at Loyola Chicago allows students to input their immunization data directly into a module, facilitating transfer of information and improving compliance. The module promotes the student learning outcome of promoting responsibility in developing health literacy.
224. Postvention: A Guide for Response to Suicide (and Disasters) on College Campuses

*Primary Presenter: John Kolligian, PhD (Princeton University)*

In recent years the importance of postvention following critical incidents on university campuses has been underscored. Attention has focused on the different ways in which universities engage in institution-level responses to such events. These responses often occur with little or no notice and require a high level of coordination and integration of services across within, and across departments. This program will present a guide to campus postvention. Created by the Higher Education Mental Health Alliance (HEMHA), this guide represents a roadmap for postvention planning.

258. Collective Impact and the Power of Student Organizations: A Novel Strategy for Health Promotion

*Primary Presenter: Max Glover, (The University of Texas at Austin)*

This presentation discusses the effectiveness of using a collective impact model and collaborating with student organizations to implement positive health behavior changes at a university. Findings are based on the analysis of a University of Texas at Austin healthy campus initiative shaped around these techniques to increase physical activity and healthy nutrition among members of student organizations. Original research conducted as part of this project will determine the outcomes and provide insight into the benefits and barriers of this novel organizational-level approach to campus health promotion.

273. Pulmonary Embolism in the College Student

*Primary Presenter: Cheryl Hug-English, MD, MPH (University of Nevada, Reno)*

Are we missing pulmonary emboli in our patients? Pulmonary emboli can be difficult to recognize and can often be fatal. Although commonly associated with advanced age and prolonged hospitalization, pulmonary emboli can and do occur in young, healthy individuals. This presentation focuses on pulmonary embolism in the college-aged population with a review of signs and symptoms, risk factors, and treatment options illustrated with specific case discussions.
290. Medical Marijuana on the College Campus

Primary Presenter: Matthew Seamon, PharmD, Esq (Nova Southeastern University College of Pharmacy)

This presentation will look at the issues of medical marijuana on the college campus. Consideration will be given to the professional, practical, legal, and ethical considerations involved.

311. Data and Dashboards: A Look at Princeton’s First Business Intelligence System

Primary Presenter: Judith Oakley (Princeton University)

This session provides an introduction to the concept of Business Intelligence (BI) systems and shares Princeton’s experience in creating their first BI system in health services. Attendees will have the opportunity to view dashboards of encounter, diagnosis, and other aggregate data that allow data analysis by a set of prescribed patient demographic dimensions.
106. Strategic Planning: Linking Your Goals to Implementation

*Primary Presenter: Diane Zanto, MSN (University of South Florida)*

This presentation will guide participants through a practical process of developing, implementing, and monitoring a five-year strategic plan that aligns with their universities strategic plan, with emphasis on implementation and monitoring progress. Core goals for student health organizations will be identified and methods to develop measureable team strategies will be reviewed. Tools to link plans to organizational goals, and monitor implementation will be reviewed. The last half of the session, participants will work within small groups to brainstorm strategies to move toward identified goals and develop a timeline to measure their progress.

118. Leadership and Successful Management of Peer Education Programs

*Primary Presenter: Jon Fritsch, BS, MS (Virginia Tech)*

Would you like to have a peer education program with over a hundred applicants for 24 positions? Where you only recruit every two years and have two- and three-year retention rates? With highly dedicated, fun, and effective program facilitators? Who are all volunteers? Laurie and Jon Fritsch have decades of experience managing peer education and public health programs, and will discuss methods that can help you improve yours.

122. Supporting Healthy Bodies on Campus: Navigating Obesity, Eating Disorders, and Weight Bias

*Primary Presenter: Antonia Hartley, MPH, RD, LDN (University of North Carolina at Chapel Hill)*

This program compares two methods of working within clinical care and health promotion: the body normative approach (emphasizing weight, weight loss, and appearance) and the weight-inclusive approach (emphasizing health and well-being). Participants will review data on effectiveness of these two approaches including impact on physical, behavioral, and mental health. Participants will leave with clear guidelines for developing sustainable healthy behaviors during one-on-one interactions, as well as in physical activity and nutrition promotion initiatives.
185. Leveraging the Power of the Arts for Public Health Messaging, Health Enhancement, and the Transformation of Healing Environments on Campus

*Primary Presenter: Gary Christenson, MD (University of Minnesota)*

The arts provide unique opportunities for medical education, public health messaging, prescriptive interventions, and enhancement of healthcare environments. Programs implemented by two college student health services and their campus partners will be described that have utilized music, visual arts, spoken word, and the circus arts for health promotion and environmental change. Original evaluation and research results demonstrating the benefits of several of these campus arts programs will be reported.

190. Screening for Intimate Partner Violence in a College Health Clinic

*Primary Presenter: James Schaus, MD (University of Central Florida)*

Intimate Partner Violence (IPV) is a substantial college health problem and the U.S. Preventive Services Task Force (USPTF) recommends routine screening of female patients for IPV. We will present original data that validates the four questions related to IPV in the National College Health Assessment as an effective IPV screening instrument in a college health clinic. Clinicians and counselors will learn appropriate responses to positive screening and ways to connect the patient to community resources and advocacy services.

201. Bystander Education: One Size Does Not Fit All

*Primary Presenter: Jessica Greher Traue, EdM (Bentley University)*

With so many bystander education model programs available, how do you know what is the “best fit” for your campus? Four professionals from campuses with unique populations will illustrate their process of adapting existing models to build successful curricula to fit their campuses’ needs, while still following best practices and meeting federal mandates. From assessment, implementation, evaluation, and challenges overcome, participants learn how effective programs are built, when one size does not fit all.
212. 2015 ACHA Advocacy Update

*Primary Presenter: Sarah Van Orman, MD, MMM (University of Wisconsin-Madison)*

ACHA leadership remains focused on key national advocacy issues, with the intention of expanding advocacy efforts related to college health. ACHA further seeks to provide resources to membership to enable engagement in local and state-level advocacy efforts. This past year, with the assistance of outside council, ACHA has continued to monitor the Affordable Care Act (ACA) how it impacts college health programs as well as federal developments in addressing sexual violence on campus. This session will review ACHA activities to date and discuss plans for the future.

214. Wellness-Based Mental Health Services to Reduce Early Treatment Dropout Among Underserved College Students

*Primary Presenter: Lindsey Mortenson, MD (University of Michigan)*

Medical and mental health professionals (MD, DO, NP, PhD, PsyD, MSW) vary in the extent to which they address wellness dimensions – emotional, physical, social, environmental, spiritual, intellectual, financial, occupational – in the outpatient setting. A wellness-based approach to evaluation and treatment planning that goes beyond pharmacotherapy, psychotherapy, and behavior change has the potential to positively impact the health of college students, particularly given the high rate of early treatment dropout in young (age 15-25), non-white individuals.

285. Helping Patients Understand and Manage Risks Associated with Medications

*Primary Presenter: Donna Horn, RPh, DPh (Institute for Safe Medication Practices)*

Helping patients understand risks associated with medications involves educating patients about the potential adverse effects associated with medications, including the expected course of the adverse events, strategies to manage them, and when medical attention is needed. As a medication expert, the role of the pharmacist is to ensure that patients receive safe and effective medication therapy, get the most benefit from the medication that is prescribed, and achieve optimal outcomes related to their medication therapy.
304. Promoting Psychological Resiliency in our Military Student Veterans

*Primary Presenter: Alan Peterson, PhD, ABPP (University of Texas Health Science Center at San Antonio)*

The recent wars in Iraq and Afghanistan have stimulated a significant increase in clinical and research interest in "Psychological Resiliency." Deploying to a combat zone or moving away from home for the first time to start college requires significant distress tolerance and psychological resiliency. This presentation will review the constructs of psychological risk and resiliency as they apply specifically to veteran student warriors and more broadly to college students in general.

310. Mumps Outbreak on a College Campus: Identification, Control, and Public Health Management

*Primary Presenter: Alene Waller, MD, BSN (University of Richmond)*

Outbreaks of vaccine preventable diseases are becoming more common on college campuses. Student health center response to these outbreaks is vital to monitoring and containment. Both University of Richmond and Fordham University identified outbreaks and implemented infectious disease control protocols. The medical, public health, and emergency preparedness response to these outbreaks provides a strong foundation for all student health centers, and provides opportunity for planning to manage and contain vaccine-‐preventable disease outbreaks on campuses.

323. Telemedicine: Improving Student Access to Healthcare

*Primary Presenter: Elizabeth A. Krupinski, PhD (University of Arizona)*

Telemedicine is the use of medical information exchanged from one site to another via electronic communications to improve a patient’s clinical health status. It can be used in many environments including college campuses, providing specialty care to anyone, anytime. The AZ Telemedicine Program has nearly 20 years of experience in telemedicine. This talk will review the basics of telemedicine, provide tips on how to implement and sustain a successful program, and provide resources for healthcare providers interested in this rapidly growing way of providing care.
119. The Current State of Faculty and Staff Health and Wellness Programs: Results from 2014 ACHA Survey

*Primary Presenter: James Almeda, MS, CHES (Illinois State University)*

As the interdependence of all members of campus communities becomes widely recognized, college health professionals are increasingly addressing the health and wellness of faculty and staff as well as students. This session will highlight results from a national survey of ACHA member institutions conducted by the Faculty and Staff Health and Wellness Coalition regarding the provision of health and wellness services for faculty and staff and how ACHA can support these endeavors in the future.

143. The Present and Future Framework of Student Health Centers Across the United States: A Student Health Director’s Perspective

*Primary Presenter: Andra Prum, DO (Florida State University)*

In this presentation, we will review the results of a benchmark survey that has been created for student health center directors nationwide. In this survey the following topics are addressed: current leadership structures, funding sources, student health insurance programs, medical services offered, medical record systems utilized, and patient satisfaction as based on the information provided by colleges and universities nationwide who participate. Our goal is to discuss the current trends in structure and function of student health centers and offer potential solutions to problems and challenges facing student health centers nationwide in a group discussion format.

152. Marijuana Update 2015

*Primary Presenter: Donald Misch, MD (University of Colorado Boulder)*

Data support the notion that marijuana is less dangerous than alcohol or other drugs, but that does not mean that its use is entirely benign. Given the national trend towards medicalization and commercialization, it is important to have current information about marijuana, including its biology, pharmacology, effects on brain development, and physical and mental health risks, in addition to issues related to synthetic marijuana. Mechanisms for decreasing marijuana abuse among college students will also be addressed.
171. Evidence-Based Solutions to Common Contraception Problems in College Health

*Primary Presenter: Sara Lee, MD (University Hospitals Case Medical Center, Rainbow Babies and Children’s Hospital)*

College health providers know that college-aged women have unique contraceptive needs requiring tailored approaches to common and uncommon contraceptive problems including breakthrough bleeding, late/missed doses, and unwanted side effects that may lead to discontinuation of contraception and pregnancy. In 2013, the CDC published the U.S. Selected Practice Recommendations for Contraceptive Use (US SPR), offering evidence-based solutions to manage contraceptive problems. This case-based presentation will review the US SPR and discuss its specific application to solving contraceptive problems in college health.

223. 2015 ACHA National College Health Assessment Update

*Primary Presenter: Mary Hoban, PhD (American College Health Association)*

The ACHA National College Health Assessment is used to assess needs, develop and evaluate programs, and allocate resources at more than 600 campuses across the country. The purpose of this program is to share results from the latest ACHA-NCHA and to discuss related issues in data collection and survey methodology.

277. Core Values of Effective Collaborative Care: Understanding Professional Values, Beliefs, and Practices of Mental Health and Primary Care

*Primary Presenter: Gregory Eells, PhD (Cornell University)*

There is considerable attention given to the effective integration of mental health services and primary care. Much of this attention focuses on the real benefits in the care provided to students. Nonetheless, integration is a blending of two distinct cultures with varying values and practices. This presentation will examine how most effectively to blend these cultures through the construct of a multicultural dialogue. This will include exploring varying professional values, ethics and values around sharing information, and incorporating novel clinical interventions.
299. Infection Prevention Program Development, Implementation, and Management: A Panel Perspective from Accredited Health Centers

*Primary Presenter:* Davelle Pursner, BSN, RN, CCRN (University of Georgia)

A systematic infection prevention program that is reasonable, practical, and current is an effective means of protecting and improving the overall health of any campus. A panel of infection prevention practitioners will provide insight, knowledge, and practical tips for developing and implementing an effective infection prevention program. They will discuss current trends in infection prevention in college health settings and will highlight the nuts and bolts of infection prevention programs in four accredited health centers. Panelists will identify key principles and tools to guide the development of an program, and will address current topics, risks on campuses, regulatory/accreditation compliance, surveillance, performance improvement, isolation, and employee health and safety.


*Primary Presenter:* Allis Gilbert, MHA (Colorado State University)

To empower staff at all levels, it is critical for you to identify and communicate your organization's common purpose. It is critical to involve staff at all levels in identifying their role to support this purpose. This session will explore tools that empower staff, explain the use of satisfaction data to support the purpose, and coach how to utilize front line staff for the maximum gains.

316. Below the Belt: Male Reproductive Health Issues

*Primary Presenter:* David Reitman, MD, MBA (American University)

College-age males frequently present with a variety of genitourinary complaints. This interactive, case-based session will present attendees with some of the more common complaints encountered in a college health setting and will present practical advice on managing these complaints. Topics will include a review of male GU anatomy, benign anatomical issues, sexual functioning issues, and testicular cancer.
Thursday, May 28

10:00 AM – 11:30 AM (continued)

320. The National Tobacco-Free College Campus Initiative: Continued Progress in Making the Case for Your Campus Going Tobacco-Free

Primary Presenter: Cliff Douglas, JD (University of Michigan School of Law)

This session will describe the national Tobacco-Free College Campus Initiative, which is a formal collaboration of ACHA, the U.S. Surgeon General and Department of Health and Human Services, and the University of Michigan. Attendees will learn about the rapid growth in adoption of 100% smoke- and tobacco-free campus policies nationwide, why institutions of higher learning benefit from such policies, address the hot topic of e-cigarette use and marketing, and inspire participants to take action.

321. Hot Topics: The 5Ws of Evidence-Based Practice for Health Promotion Professionals

Primary Presenter: Jason Kilmer, PhD (University of Washington)

The Hot Topics session features a subject of great importance to health promotion professionals with an expert presenter. This presentation will discuss the 5 W’s of evidence-based practice. In particular, it will help participants to understand what evidence-based practice is, why it is essential, and how to create evidence-based programming. A step-by-step process, specific campus examples, and strategies for overcoming potential challenges will be shared.

322. Trauma-Informed Care for the College Health Population

Primary Presenter: Amy Hoch, PsyD (Rowan University)

This presentation is designed to provide an overview of Trauma-Informed Care as it relates to various disciplines within college health. As more students come to campuses seeking higher education, we are seeing more students who come with various past traumas. Also, with more students on campuses, there is great potential for students to experience trauma while attending college. This session serves to provide providers and educators within college health a foundation from which to build better trauma-informed care and services for students.
102. Taking Care of Yourself So You Can Take Care of Others: Cultivating Resilience Among Counseling and Health Service Staff

Primary Presenter: Gregory Eells, PhD (Cornell University)

This session will explore the stressful nature of health service work within higher education, its impact on staff, and strategies to respond effectively. We must take care of ourselves first in order to be at our best to help others. This presentation will examine some of the broader philosophical issues that contribute to this stress, consider the value of focusing on our personal needs not just meeting our students’ needs, establishing boundaries, and learning how to create resilience within a health service context.

164. What Does Health Equity Have to Do with Well Students?

Primary Presenter: Claire Berezowitz, EdM (University of Wisconsin-Madison)

This workshop will share efforts to address health equity on a college campus, paying particular attention to why health equity matters when working with well students. Presenters will share an integrated approach to prevention at the University of Wisconsin-Madison that addresses issues of diversity, inclusion, and civic and academic engagement and is rooted in the social determinants of health public health model. Participants will engage in dialogue related to health equity in their work.

167. ADHD at the University of Rochester: Where We Are and How We Got Here

Primary Presenter: Alan Lorenz, MD (University of Rochester)

According to recent data, approximately 10% of college students are diagnosed with ADHD. The diagnosis of this disorder is complex and fraught with complications. Treatment, especially with stimulants, further complicates the issue in part because of the potential for abuse or diversion. Despite the frequency, there is considerable variation among individual providers and from school to school. This presentation includes our current policy, controlled medication contract, required psychological testing, and considerations about stimulant medications.
174. An Evaluation Toolkit: How to Measure the Success of Your College Health Program

Primary Presenter: Alyssa Lederer, MPH, CHES (Indiana University School of Public Health-Bloomington)

Evaluation is essential for college health professionals to understand if programs and policies have successfully met their goals. This session will provide participants with the evaluation toolkit needed to effectively evaluate a diverse array of college health efforts. The session will include a step-by-step guide to program evaluation, including types of evaluation, strategies for designing evaluation questions and instruments, and applying and disseminating results. Real-world examples of evaluation challenges and successes will be shared.

176. 2013 ACC/AHA Guideline on the Treatment of Blood Cholesterol to Reduce Atherosclerotic Cardiovascular Risk in Adults: Review and Clinical Application

Primary Presenter: Donald Kreuz, MD, FACC (Columbia University in the City of New York)

The latest, evidence-based, guideline on the treatment of lipids to reduce atherosclerotic cardiovascular risk will be reviewed as they apply to the college health population. A case-based approach will be utilized to apply the guideline to estimate risk, review work up, treatment indications and plans, follow-up and safety issues.

235. The Choke Point: How Colleges Can Help Mitigate Homelessness Among Student Veterans

Primary Presenter: Kevin Hagedorn, (University of California Santa Barbara)

Currently, veteran’s ages 18 to 30 are more than twice as likely to be homeless compared with non-veterans of the same age. Veterans often struggle financially and face food and housing insecurities which impact their health and academic success. This presentation will discuss psychological and cultural issues that can contribute to and are exacerbated by housing and financial difficulties and how to best implement practices on campus that holistically address the needs of student veterans.
252. Common Orthopedic Evaluation Techniques for the Knee

Primary Presenter: Kyle Momsen, EdD (Gustavus Adolphus College)

This presentation will provide an overview of the evaluation process for the most common orthopedic injuries of the lower extremity. Injuries with the highest incidence will be introduced and etiology, signs/symptoms, and special tests will be covered. When possible clinical prediction rules, such as the Ottawa Ankle Rules, will be discussed.

275. Update on Meningococcal B Vaccines and Outbreak Guidance

Primary Presenter: Manisha Patel, MD, MPH (U.S. Centers for Disease Control and Prevention)

College students are at increased for meningococcal disease and, while cases have decreased steadily with the widespread use of the quadrivalent A, C, W, and Y meningococcal vaccine, there is currently no licensed vaccine against serogroup B meningococcal (MenB) disease. With pending licensure of MenB vaccines, this presentation will provide an update on meningococcal B epidemiology, the new vaccines, recommendations for their use and guidance for management of serogroup B outbreaks, such as have occurred on several campuses across the country.

305. Hot Topics for APC’s: Practice Guidelines for Women’s Health, Quality Improvement, and DNP Capstone/scholarly project

Primary Presenter: Deborah Mathis, BSN, MSN (University of Pennsylvania)

This presentation will address several hot topics for Advanced Practice Clinicians. 1) Women’s health: will address the latest recommendation for routine gynecologic care of young women. The guidelines have changed again this year. Information on the Affordable Care Act (ACA) and how it affects prescribing will be discussed. New contraceptive products are in clinical trials, some expected to be available this year, and several have recently become available. 2) QI projects involving original research utilizing tools in electronic health records (EHR) including: follow-up and management of abnormal pap smear results and depression screening. Will discuss the use of models for improvement such as the Plan-Do-Study-Act cycle. 3) Asthma self-management in college students: original research stemming from a DNP capstone/scholarly project involving an asthma intervention among graduate and undergraduate students with asthma.
307. Administration Hot Topics: Are We Ready to Defend College Health?

Primary Presenter: Katrin Wesner, MS (University of North Carolina Wilmington)

Directors across the country are being asked questions by their administration about why we need a health center, why is there a health fee if the students have insurance, etc. These requests for information usually have a short turnaround time, so we reach out to the listserv for assistance. During this session we will create a set of talking points that can be tailored to each campus’ needs. We will also discuss strategies for health centers to be proactive in their positioning and education of others so that they are less of a target. Bring your ideas and let’s work together.


Primary Presenter: Christopher Hanes, PhD (University of Central Florida)

Innovations in mental health practices are increasingly debating the role of animal assistance in service provision. This presentation covers two key areas including animal assisted therapy practices and the "prescribing" of emotional support animals. We will include survey data regarding our innovative practices called "Pawsatively" events in creating positive human-animal interactions and destigmatizing counseling services. We will also provide a critical review and guidelines regarding "prescribing" emotional support animals to students and the implications for this to college counseling centers and their campus partners.

327. Sexual Problems in Young Men: Integrating Psychotherapy and Pharmacologic Treatments

Primary Presenter: Stanley Althof, PhD (Center for Marital and Sexual Health of South Florida)

College-aged men confront multiple developmental challenges, with a very important set having to do with sexual development. They may find unattainable, unrealistic role models in media. They may lack evidence-based information from adults. They may be fearful of close relationships. Although college health professionals may not have had enough training and experience to feel competent treating young men with sexual issues, these same professionals are often uniquely positioned to work collaboratively to develop treatment models that weave techniques from psychotherapy and pharmacology into evidence based approaches.
291. SPECIAL PLENARY SESSION: Embracing the Spirit of Title IX: The ‘Four Corners of Title IX’ and an Education-Based, Public Health-Oriented Approach to Regulatory Compliance

Primary Presenter: Peter Lake, JD (Stetson University College of Law)

Title IX compliance may be the most complicated regulatory mandate colleges must comply with. Effective Title IX efforts will require more than just technical legal compliance. The Four Corners of Title IX Regulatory Compliance provide a model for a well-ordered Title IX response system that is educationally focused and public health oriented.
Friday, May 29
8:00 AM – 9:30 AM

137. Knowledge, Rationale, and Strategies for Building and Sustaining Your Collegiate Recovery Program

*Primary Presenter: Victor Chang, MA (Southern Oregon University)*

Participants will learn about the importance of collegiate recovery programs (CRPs) and effective strategies to establishing one. Collegiate recovery is a growing movement and successful CRPs differ widely. CORE, the CRP at Southern Oregon University will serve as an example of how to: build and sustain a successful CRP on a modest budget; enhance student recovery, academic success, and connectedness; contribute meaningfully to the campus dialogue on addiction and recovery, and improve overall student wellness.

146. Healing Your Health Service

*Primary Presenter: Ferdinand Schlapper, MS, BBA (University of Minnesota)*

Creating a healthy campus environment where student learning can thrive is dependent upon creating vibrant and healthy work environments. Inspired and engaged teams and staff are more satisfied, productive, and better aligned with the aspirational objectives of the Institution. This program will outline those efforts at two universities, including framing the vision, creating a safe environment for engagement and commitment, establishing expectations and accountability, identifying metrics of success, and conducting evaluative assessments.

161. Buckeyes Got Your Back: Development, Implementation, and Evaluation of a Bystander Intervention Program

*Primary Presenter: Michelle Bangen, MPH, CHES (The Ohio State University)*

This session will engage the audience in steps taken to create, implement and evaluate “Buckeyes Got Your Back,” a bystander intervention program at The Ohio State University. This program, including a train-the-trainer curriculum for peer facilitators, has been developed and customized for specific student populations. Research on the program’s efficacy illustrates changes in participants’ knowledge, attitudes, and bystander behaviors.
163. University Response to Novel Viruses and Emerging Biological Threats: Lessons Learned

Primary Presenter: Michael Huey, MD (Emory University)

All colleges and universities face common issues and problems while planning their campus response to novel viruses and emerging biological threats. Recent examples include efforts to prepare for Avian Influenza, SARS, H1N1, MERS-CoV, and Ebola. The speaker will review the sentinel monitoring function of the college health service and “lessons learned” during planning/response efforts at his university, focusing on approaches likely to be helpful at both institutions with and without an academic medical center.

203. Peer Education in College Health Reconsidered: Weighing the Benefits and Costs

Primary Presenter: M. Dolores Cimini, PhD (University at Albany, SUNY)

While evidence-based peer education programs can be an effective component of a comprehensive campus strategy addressing college health within areas such as alcohol, other drug abuse, violence, and physical and mental health, it is critical to consider the foundations and infrastructures on which these programs are developed, implemented, and evaluated. This workshop will engage participants in a frank examination of the benefits and costs of making the decision to integrate a peer education program into a comprehensive campus prevention and intervention strategy. Facilitators, barriers, and ethical concerns in the areas of program scope, training, supervision, evaluation, and liability will be explored.

221. Improving Access by Decreasing Stigma and Promoting Multiculturalism in College Mental Health

Primary Presenter: Denise Deschenes, MD, MS (The Ohio State University)

A strong multicultural focus in college mental health can enhance access for a diverse student population. Minority and culturally diverse students face more mental health stigma as well as cultural bias. This presentation will describe the ongoing process of increasing multicultural awareness for counseling center staff, both administrative and clinical, at a Big Ten counseling center. The development of culturally appropriate outreach materials for specific student populations will also be presented.
241. Healthy Campus 2020: Sharing Implementation Strategies  

*Primary Presenter: Allison Smith, MPA (New York University)*

The Healthy Campus 2020 framework, with national 10-year objectives and an evidence-based action model, provides a roadmap for improving the health of all students, staff, and faculty on your campus and campuses nationwide. This session will feature campus examples to demonstrate practical applications and innovations in the use of the Healthy Campus framework to improve health outcomes.

244. Fracture Management for Primary Care  

*Primary Presenter: Jessica Higgs, MD (Bradley University)*

Fractures can be a common occurrence in the college-age population. The ability for clinicians to address these injuries is an important skill in the college setting. This program will address some of the more common fractures seen in this age group and discuss how to diagnose, manage, treat, and when a referral is needed. Splinting techniques will also be discussed and demonstrated.

260. Strategic Planning in College Health: Key to Managing Change  

*Primary Presenter: Ellen Gold, MBA, MSEd (Eastern Michigan University)*

Strategic planning provides a long-term road map to identify the desired future of an organization and the means by which an organization will achieve its mission, goals, and objectives. Too often strategic planning is viewed as a tedious task that has to be done with little benefit to the organization. This session will focus on describing the elements needed to create a strong strategic plan, the steps involved in the strategic planning cycle, how to create a plan that ties into the university's strategic priorities, and how to establish necessary buy-in and support by your staff for change and action.
300. Sleep and the Student: Treating Sleep Disorders and Promoting Healthy Sleep

*Primary Presenter: Shelley Hershner, MD (University of Michigan)*

Sleep issues among college students have distinct characterizations: the student with a sleep disorder and the student who does not prioritize sleep. Each requires individualized management skills. This session demonstrates how to evaluate and treat common sleep disorders. For the sleep-resistant student, two interventions: Sleep to Stay Awake, an online module, and The Step-Wise Assessment of Student’s Sleep, a guided sleep questionnaire, can provide education and individualized sleep recommendations both for individual students and campus-wide.

308. College Student Health Literacy: Measuring the Issue and Changing Practice

*Primary Presenter: Christina Athas, MPH, CHES (The Ohio State University)*

Most health literacy research has been conducted among at-risk populations; few studies explore college student health literacy although students deal with a plethora of health information and must make health-related decisions. This session will describe two approaches to measuring student health literacy: (1) the development and administration of a new health literacy survey instrument; and, (2) the novel use of an existing scale. Results from both approaches will be shared as well as campus efforts to address issues illustrated in the data. Discussion with session participants will help identify implications for practice and future efforts to address health literacy.

101. HIV Pre- and Post-Exposure Prophylaxis: Transforming HIV Prevention

*Primary Presenter: Margaret Higham, MD (Tufts University)*

New HIV cases are rising among college-age men. HIV anti-viral medication is emerging as a powerful tool in HIV prevention. Recent research has shown that taking anti-retrovirals daily reduces the rate of HIV transmission. We will review the research, efficacy, side effects, and application of both Pre- and Post-Exposure Prophylaxis (PrEP, and PEP) in clinical practice. It easier than you think, and well within the scope of practice for college health providers.
131. Bridging the Gap of Transgender Healthcare

*Primary Presenter: Rebecca Morgan, MD (University of Tennessee-Knoxville)*

Transgender and gender non-conforming people typically have a profound disparity in health care. As many as 30% of these individuals will postpone accessing medical care due to discrimination in health care facilities. Most student health and counseling centers have the necessary resources to provide care for this population. Through education of existing staff and implementation of inclusive language on forms and information resources, a student health/counseling center can build a welcoming environment for the care of transgender and gender non-conforming students.

141. Spit for Science: Genetic and Environmental Influences on Substance Use and Mental Health in College Students

*Primary Presenter: Danielle Dick, PhD (Virginia Commonwealth University)*

We describe an innovative, interdisciplinary effort to integrate basic research with prevention/intervention programming to address substance use and mental health at a large, diverse urban university. We implemented a university-wide research study on genetic and environmental influences on substance use outcomes (“Spit for Science”), with over 7000 students. Original research findings are used to inform prevention and intervention programming, bringing together campus partners to improve health and advance the mission of the University.

158. Campus Safety and Violence Coalition: Today's Concerns

*Primary Presenter: Mary Wyandt-Hiebert, PhD (University of Arkansas)*

Current challenges and matters related to campus safety and violence will be presented by a panel of Coalition members.
Friday, May 29
10:00 AM – 11:30 AM (continued)

188. Peer Education, Social Justice, and Theater: A Framework for Sexual Health Education on College Campus

Primary Presenter: A. Tommy Thompson, MPH (University of Massachusetts Amhest)

The Not Ready for Bedtime Players, the peer health theater troupe at UMass Amherst, utilizes comedy to demonstrate the importance of sexual health and social justice education on a college campus. This presentation will focus on the benefits of peer health theater education as a method of improving campus climate and stigmas associated with sexual health.

198. The CARE Net Program: Development and Implementation of a Collaborative Campus Response to Residential Students who Present with Suicide Risk

Primary Presenter: M. Dolores Cimini, PhD (University at Albany, SUNY)

To address risk for suicide among college students through targeted early intervention strategies, the CARE Net (Consultation and Resource Evaluation) Program was designed to provide a mechanism for staff members within the department of residential life at a large Northeastern public university to intervene in a timely manner with students who either threaten or attempt suicide, as well as with their parents, and, as appropriate, their roommates or suitemates. This workshop will explore the development, implementation, and evaluation of the CARE Net program, demonstrating how program implementation has been both timely and responsive to student needs and illustrating the critical role of interdepartmental collaboration in the success of the program and the academic and personal success of referred students. The workshop will discuss the benefits associated with a university’s decision to support student engagement through early intervention programs in lieu of involuntary removal from the college environment subsequent to a suicide risk-related incident.

206. Ebola Viral Disease

Primary Presenter: Robert Palinkas, MD (University of Illinois at Urbana-Champaign)

This presentation describes the Ebola outbreak in Western Africa and explores some of its implications to college health staff. It includes a description of the disease and seeks to explain how the disease is spread. It also reviews infection control measures employed to reduce person-to-person transmission, how to recognize early illness and how to develop a strategy to address issues which may emerge on a college campus.
227. The Three Ts of College Health Nursing: Triage, Treat, or Transport

Primary Presenter: Chris Rooney, BSN, RN-BC (Millersville University)

Clinical Triage, assessment, and decision making in college health centers requires specific skills and knowledge. Guided discussion and analysis of challenging case studies to demonstrate basic principles of nursing triage that determine the course of treatment. Clinical providers, MD, PA, APN, RN, LPN, MA, all contribute to the quality of care provided in health services. Collaboration among all levels of providers are integral to nursing triage, assessment, and decision making.

247. Interprofessional Healthcare Teams: Keys to High Performance

Primary Presenter: Laura Boyko, BA, MSW, RSW (University of Toronto)

Leading large, interprofessional healthcare teams can be challenging. With a variety of health disciplines also comes differing perspectives on how things should, and could, be done. The interpersonal dynamics can also get in the way of doing our everyday work. Learn how to build a strong team foundation and identify team development. Be able to intervene when things don’t go well. Coach your team to a higher performance in healthcare provision.

297. Reducing Health Disparities and Promoting Educational Equity in Higher Education: The Role of Health Promotion

Primary Presenter: Luoluo Hong, PhD, MPH (San Francisco State University)

The same dynamics which underlie disparities in educational achievement similarly drive health disparities. We also know that engaged students must first be healthy students. Health promotion professionals serve an important role in enhancing student outcomes in terms of both wellness and learning. The speaker will share her perspective on these issues through the lens of a health promotion specialist who now serves as a senior student affairs officer.
324. Hot Topics in Pharmacy

*Primary Presenter: Amy Sauls, PharmD, BCACP, CPP (University of North Carolina at Chapel Hill)*

This will be a discussion of challenging issues faced by college health pharmacists. Three planned topics of discussion are: 1) disaster relief preparation, 2) the “minute clinic” model – is it a good fit for your campus, and 3) pharmacy design and workflow. We will also have an open discussion of other challenges in college health pharmacy and share ideas for successfully managing these challenges.

279. DOROSIN MEMORIAL LECTURE: Understanding College Student Mental Health – Trends, Challenges, and Next Steps

*Primary Presenter: Benjamin Locke, PhD (The Pennsylvania State University)*

This presentation will discuss recent developments in mental health within higher education and then review data from more than 350,000 college students, seeking mental health treatment, gathered via the Center for Collegiate Mental Health (CCMH). CCMH is a practice-research network of more than 275 college and university counseling centers that gather and pool standardized data from routine clinical service. Trends in mental health concerns, treatment effectiveness, and implications for service, funding, staffing, and campus-level coordination will be discussed.
147. More Than Just a Survey: Conducting an Environmental and Cultural Assessment of a Health Issue on Your Campus

Primary Presenter: Jodi Fisler, PhD (The College of William and Mary)

This program will help participants understand and apply the process for conducting an in-depth assessment of a complex health issue on their campus. Using a recent example from the College of William and Mary, the presenters will guide participants through the steps of designing and implementing a comprehensive environmental and cultural scan. Topics will include framing study questions, identifying data sources and methods of assessment, and using results to inform programming, policy, and practice.

159. Development, Implementation, and Evaluation of a Student Health Center-Based Stress Reduction Lab

Primary Presenter: Dawn Null, PhD, RD, LDN (Southern Illinois University Carbondale)

It is well documented stress is common among college students and can be detrimental to academic and personal success. Through a UnitedHealthcare StudentResources award, SIU designed the Healthy Salukis Dawg Lounge incorporating evidence-informed programming to reduce stress and promote health including biofeedback, progressive muscle relaxation, cognitive behavioral therapy, and mindfulness stress reduction. These efforts are intended to decrease student perceived stress and increase positive mental health, thus enabling students to reach their maximum academic ability.

175. Primary Care for Transgender and Gender Nonconforming Patients

Primary Presenter: Sharon Glezen, MD, FACP (University of Rochester)

Transgender and gender nonconforming patients are often unable to access culturally-competent medical care. This presentation will outline several health care disparities faced by transgender and gender nonconforming patients. From a primary care physician’s perspective, it will also discuss the provision of appropriate primary care, including the initiation of gender-affirming hormonal therapy as part of medically necessary treatment for those with gender dysphoria. Resources for providing such care will be provided.
178. Common Skin Conditions in Young Adults

Primary Presenter: Nancy Codori, MD, MPH (Johns Hopkins University School of Medicine)

In the United States, some prevalence studies reveal that skin conditions account for 40% of outpatient non-acute visits to medical providers. Most college and university health centers are staffed by generalists with little immediate access to dermatologists. Evaluation and treatment of common skin conditions in young adults is essential knowledge for student health center clinical providers. This presentation addresses acne, genital skin lesions, atopic dermatitis, skin concerns in people of color, the unknown rash, topical steroid selection, and skin cancer in young adults.

208. Incorporating New Quality Improvement Approaches on Transition from Pediatric to Adult Health Care into College Health Services for Young Adults With and Without Disabilities

Primary Presenter: Margaret McManus, MHS (The National Alliance to Advance Adolescent Health)

This presentation will review new transition clinical tools for pediatric to adult transition, “Six Core Elements of Health Care Transition,” which are aligned with the AAP/AAFP/ACP Clinical Report on Transition. They provide a planned, sequential approach and measurement strategies that can be incorporated into college health settings for young adults with and without disabilities. The presentation will emphasize quality improvement strategies and lessons learned from a multi-site medical practice learning collaborative.

216. Engaging Emerging Adults Using Peer Nutrition Navigators and Well-Being Coaches

Primary Presenter: Katrina Kaufman, MEd (University of Louisville)

During this session, attendees will learn about the U-Fit and Nutrition Navigators at the University of Louisville and how they are used to assist students in making smarter decisions about health behaviors while on campus and throughout their lives. Presenters will explain how to implement a well-being coaching model to aid students in setting their own goals and developing a plan to reach their desired outcomes. Presenters will demonstrate how, through peer education, emerging adults will be taught healthy life practices and behaviors that they will bring with them into their communities.
226. The ACA Turns Five: Current and Future Issues for Student Health Plans

*Primary Presenter: Richard Simpson (University of Wisconsin-Madison)*

The Affordable Care Act (ACA) passed five years ago, and most of the major components of the law have gone into effect. Are you still paying attention to how Obamacare is affecting your student health plan? The student health insurance market is evolving as rapidly as ever. We’ll share insights from institutions and carriers across the nation and talk about what you can do to control the future of your school’s student health plan.

232. A Report from the National College Depression Partnership (NCDP) Advisory Committee: Expanding the Use of a Quality Improvement Paradigm

*Primary Presenter: Carlo Ciotoli, MD, MPA (New York University)*

The National College Depression Partnership (NCDP) is a consortium focused on supporting college health systems and clinicians in providing optimal depression care through the use of outcomes measurement and collaborative learning. This presentation will explore the applicability of key learnings from NCDP to other improvement efforts in college health and will place the work of NCDP in the broader context of national policy directions and recommendations for quality measurement and improvement.

246. Data Rich and Information Poor: Converting Data into Knowledge

*Primary Presenter: Yama Afshar, MPH (University of California, Los Angeles)*

Electronic health records have resulted in the increased availability of clinical data. However, successfully navigating the data can be daunting. This presentation will demonstrate data-driven decision making in an area relevant to college health: the UCLA Student Health Center compiled a database to identify trends in STI positivity by age, sex, and ethnicity. The results of our analysis were then utilized to develop sexual health and clinical care initiatives unique to our diverse student population.
249. Exploring Biases and Barriers to Prescribing IUDs and Implants

*Primary Presenter: Roseann Neuberg, MSN, FNP-C (Columbia University)*

Compared to other contraceptives, long-acting reversible contraceptive (LARC) use results in lower pregnancy rates and higher continuation rates. IUD’s are the most commonly used LARC in the world, but use has lagged in the U.S. Recent research findings debunked fears of IUD associated infertility and infections and newer devices have been developed. ACOG, WHO have altered recommendations around LARC use, supporting their use in nulliparous women. However, providers and patients are still reluctant to prescribe or initiate these methods, opting instead for oral contraception in women who are not planning pregnancy for more than five years.

261. Sickle Cell Disease Pain Management in Adolescents

*Primary Presenter: Bridget Wilson, PhD, MSN, RN (Virginia State University)*

Sickle cell disease (SCD) pain continues to emerge in adolescents. More than 98,000 individuals are believed to have SCD in the United States. In fact, 1 in 500 Black infants will be affected by SCD. Identifying standards of care for this unique population can improve pain management and treatment. A significant effect of vaso-occlusive crisis is a decrease in the quality of life in children. Therefore, pain management is multidimensional and includes pharmacologic, physical, and psychological strategies.

303. Improving Prevention and Response to Sexual Misconduct on Campus: How the Data Helps Us

*Primary Presenter: Eleanor Davidson, MD (Case Western Reserve University)*

Despite widespread awareness that universities need to improve their approach to sexual misconduct, we vary in our understanding of who this is happening to, when, and why. Specific data from campuses must guide prevention strategies, as well as measure whether we are reaching all individuals affected by sexual misconduct. One presenter’s data on sexual assault of deaf and hard of hearing college students will highlight why data is so important in shaping our strategies.
110. Meeting the Challenge of Tuberculosis in College Health – The Evolution of Testing at Texas A&M University

*Primary Presenter: Barbara Tyler, MD, MPH (Texas A&M University)*

Treating latent TB aggressively can prevent the progression to active TB. With large numbers of international students from high risk countries, universities must have a comprehensive TB screening, testing, and treatment program. Various types of tests are available to test for latent TB. International students, many of whom have had BCG, are often reluctant to take INH treatment based on a positive skin test. The Texas A&M program has evolved over the years from skin testing to T-spot testing with the result of decreasing the number of chest x-rays done for positive tests and increasing the percentage of students agreeing to and completing INH treatment. After discussing the pathophysiology of TB, the need for testing and the types of tests available, this program will discuss the past 10-year evolution of TB testing at Texas A&M University.

116. Anxiety Management Workshops: A Ready-to-Use, Research-Based Workshop to Increase Students’ Coping Skills

*Primary Presenter: Eunie Alsaker, MSSW (Winona State University)*

Anxiety is the primary presenting concern at college counseling centers and is a frequent complaint at student health services. Practitioners in both areas see a need for students to utilize better coping skills and to learn lifestyle strategies for managing anxiety. A ready-to-use four-week curriculum for psychoeducational workshops will be presented and shared. This research based, comprehensive curriculum includes cognitive, physical, and behavioral interventions and can also serve as a model for individual counseling.

127. Creating a Psychologist Position Within Primary Care: The Rationale, the Process, and the Practice

*Primary Presenter: Dorje Jennette, PsyD (University of California, Santa Cruz)*

Embedding a psychologist within primary care is a win-win-win opportunity, regardless of the existing degree medical and counseling service integration or co-location. (1) Students who access medical services—including those who are underserved by counseling services—benefit from “warm hand-offs” to the mental health care they need. (2) Medical providers benefit from on-demand psychological consultation/ triage availability. (3) Counseling providers benefit from having a colleague who is a well-informed liaison to primary care services.
133. Unveiling Vision Into Action: Animating the Standards of Practice for Health Promotion in Higher Education

*Primary Presenter: Polly Paulson, MPH, MA, MCHES (University of California, Davis)*

The Health Promotion Section, with support from ACHA, has published the revised Vision Into Action comprehensive online portal detailing resources, tools, case studies, and more to bring the *Standards of Practice for Health Promotion in Higher Education* to life. This session will walk participants through the new website, explain how to use individual and department level assessments, and share testimonials addressing how health promotion practitioners and other college health professionals can successfully apply the Standards.

140. Why Student Health Advisory Boards Matter: Including Student Voices in College Health Policy Development

*Primary Presenter: Cody Graham (Portland State University)*

Student advisory groups can be an invaluable asset for the development of effective college policies, yet these groups are still underused. Our advisory group model aims to improve access to and quality of health care needed by a diverse student body while increasing student involvement in health policy. This presentation proposes strategies for recruiting, engaging, and retaining outstanding members who will continue to act as representative advisors as colleges implement and develop student health policies.

160. E-Cigarette Use Among Adolescents and Young Adults: Addressing the ENDS Trend on College Campuses

*Primary Presenter: Kristen Scholly, PhD, MSW (University of Hawaii at Manoa)*

This presentation will examine the growing trend of Electronic Nicotine Delivery Systems (ENDS) products among the young adult population and on college campuses. It will highlight current research and explore the rise in e-cigarette usage, despite emerging evidence of the negative health effects of ENDS. Topics discussed will include implementing effective campus-wide educational campaigns, heightening awareness while decreasing rates of e-cigarette use and secondhand exposure, as well as tools for expanding campus tobacco policy efforts.

Primary Presenter: Mayumi Yamamoto, MD, PhD, MBA (Gifu University)

Japan University Health Association (JUHA) is providing this session. Objectives and methods of occupational health management taking care of staff and teachers, mental health topics in Japanese students including “Hikikomori (school withdrawal)” and mental health screening, and health enlightenment for students will be introduced. Health management on campus in Japan is regulated under the Act of Industrial Safety and Health and the Act of School Health and Safety.

233. Acute Use of Glucocorticoids in Primary and Urgent Care

Primary Presenter: James Jacobs, MD, PhD (University of Southern California)

The purpose of this presentation is to review the basic pharmacology and clinical application of oral, parenteral, and topical glucocorticoids for acute indications. Two mechanisms of action and evidence discounting elegant dosing regimens will be presented. Common clinical indications include asthma exacerbation, allergic reactions, contact dermatitis, anaphylaxis, and pruritic skin lesions. Evidence for use in tonsillitis, zoster, Bell's palsy, and back pain will receive special attention. Adverse effects and steps for mitigating them will be reviewed.

293. Polycystic Ovarian Syndrome in Young Adults

Primary Presenter: Tanya Anim, MD (University of Florida)

We will use a clinical case example to review the diagnosis and management of PCOS. We will review common concerns among young women with PCOS such as hirsutism, abnormal periods, acne, and abnormal weight.
298. Closing the Gap Between Health Disparity and Quality Care: Applying the Patient-Centered Medical Home Principles to the Unique Culture of the Rural Community College Campus

Primary Presenter: Paula Snyder, BSN, RN (Jamestown Community College)

The diversity of students found on the community college campus poses a challenge in providing health care. Financial barriers, family status, housing, food security, and other social determinates can decrease access to quality care. Consistent care may not have been a part of their past. How do you provide quality healthcare to students with such hurdles to overcome? One answer goes back to tradition – by being a Patient Centered Medical Home.

121. Hepatitis C Treatment Update 2015

Primary Presenter: Lindsey Childs-Kean, PharmD, MPH, BCPS (University of Florida College of Pharmacy)

Treatment of Hepatitis C is rapidly evolving, with new treatments having shorter courses, the possibility of all-oral regimens, and the likelihood of fewer side effects. This session will review the latest developments in the treatment of Hepatitis C and how those developments apply to different patient populations.

134. Care of College Student with Cystic Fibrosis

Primary Presenter: Sherry Patton, BSN (Slippery Rock University)

Cystic Fibrosis (CF) people are living longer due to medications and new treatments. CF students present with many challenges of their own, including respiratory, gastrointestinal, and daily life management. The care of the CF student may be just wellness exams to general illness that can be managed in a college setting, despite their diagnosis and treatment. Providing care to these students ensure they have positive college experience.
177. Getting Your Campus in “The Know” about Student Health: Advancing Your Efforts in Data Dissemination

*Primary Presenter: Kimberly Chestnut, PhD (Temple University)*

The *Standards of Practice for Health Promotion in Higher Education* identifies dissemination of program evaluation results to campus and community stakeholders as a primary standard of practice. In this session, a diverse panel, representing four distinct institutions in size, location, and student population, will address health data collection and dissemination with campus stakeholders. A variety of dissemination strategies will be reviewed. Participants will have the opportunity to strategize and problem solve next steps for their institution. This session addresses one of the top five needs of health promotion specialists, “specific skills for health promotion managers/director,” as determined in the 2014 health promotion needs assessment.

229. Benchmarking Our Way to Better Outcomes: A Report from the ACHA Benchmarking Committee

*Primary Presenter: Carlo Ciotoli, MD, MPA (New York University)*

This session will discuss opportunities to leverage ACHA benchmarking tools to support college health professionals in assessing system performance and achieving your institution’s goals. Data from the most recent Clinical Benchmarking Survey and Utilization Survey will be presented. The efforts of college health benchmarking will be contextualized within the national landscape. Session attendees will be encouraged to provide feedback on future projects of the ACHA Benchmarking Committee.

259. Feeding Minds, Fighting Hunger at Florida A&M University

*Primary Presenter: Tanya Tatum, MHA (Florida A&M University)*

As college students contend with high costs of education and increasing restrictions on financial aid resources, we are seeing greater food insecurity among our students. It is well documented that hunger is harmful to health and is detrimental to academic success. At FAMU we are employing a number of strategies to address issues of food insecurity among students. Our programming includes campus food distributions, nutrition education, community gardens, couponing, sharing recipes, and a demonstration kitchen.
265. The Case for Exrogenital Screening of Gonorrhea and Chlamydia in the College-Aged Population

*Primary Presenter: Lauren Drinkard, MPH (University of Pennsylvania)*

In March 2014, the CDC updated recommendations for chlamydia and gonorrhea screening based on improved nucleic acid amplification tests (NAATs). Routine annual screening of extragenital sites in MSM is recommended; no recommendations exist for screening extragenital sites in women. The University of Pennsylvania implemented extragenital screening of chlamydia and gonorrhea among MSM and saw an increase of positive tests from the multi-site testing that were negative in urine tests.

266. LEAN Process Improvement: Streamlining the University of Washington’s Health Sciences Immunization Program

*Primary Presenter: Natalie Conner, MS, RN-BC (University of Washington)*

The Health Sciences Immunization Program (HSIP) at the University of Washington tracks compliance status for over 4,500 students annually. In March 2013 we initiated a LEAN process improvement effort. We identified key program areas requiring improvement, and we developed and implemented numerous changes to our administrative processes. These changes allow HSIP staff to better anticipate student needs, function more efficiently, and communicate more effectively with our customers. HSIP continues to collaboratively generate and implement new improvement ideas.

270. Transitioning from College Counseling Centers: Where Should Our Responsibility End?

*Primary Presenter: Susan Kimmel, MD (Case Western Reserve University)*

There are multiple issues to consider when a student leaves a university counseling center and transitions to the community. This presentation will address past legal cases around liability and clinician duty with respect to ensuring students have follow-up care. In addition, whether or not to provide "bridge" prescriptions will also be discussed, and how to handle phone calls from a former student who is no longer under care, but has not yet established care with a new provider.
289. Food Allergy as it Relates to Chronic Gastrointestinal (GI) Symptoms

Primary Presenter: Devendra Mehta, MD, MSc, MRCP (OrlandoHealth)

Food allergy is a common cause of chronic gastrointestinal disorders. Up to 4% of adults may have food allergies with GI manifestations. These may be immediate, IGE mediated, or delayed cell mediated. Symptoms relate to site affected, for example oral allergy syndrome results in oral aversion, while eosinophilic esophagitis results in food impaction. Typical offending foods include milk, Hens egg, wheat, soy, peanuts, tree nuts, and sea food. Diagnosis can be challenging especially for cell mediated mechanisms.

294. Recognizing and Preventing Emerging Infectious Diseases: A Toolkit for the Provider

Primary Presenter: Vincent Hsu, MD, MPH, FACP (Florida Hospital)

Emerging infectious diseases (EID) continue to threaten the United States and include respiratory, vector-borne, and drug-resistant infections. Although not typically thought of as at-risk, college students also are susceptible. This presentation discusses how providers can reduce the risk of EID by educating students to modify at-risk behaviors at home, ensuring immunizations are up-to-date, preparing for international travel, and recognizing and reporting potential EID to public health.
103. The Tired Student - Fatigue and Sleep disorders in College Students

*Primary Presenter: David Reitman, MD, MBA (American University)*

Busy college students frequently demonstrate sub-optimal sleeping habits. However, the clinician needs to be able to differentiate between poor sleep hygiene from a true sleep disorder. This interactive presentation will provide an overview of the most common disordered sleep diagnoses seen in older adolescents and young adults. Attendees will be able to develop a differential between normal sleep variations and sleep abnormalities. The use of psychpharmacology to treat specific sleep disorders will be discussed.

115. Brief Mindfulness-Based Intervention in a College Health Clinic

*Primary Presenter: Susan Nierenberg, DNP, FNP-C, RN (SUNY at Buffalo)*

Multiple stressors arise for students in the collegiate environment, with stress and stress-related illnesses a major obstacle in completing a degree program. The ACHA-NCHA II Reference Group Executive Summary Spring 2012 survey of 27,750 respondents measured factors that affected academic performance. These included anxiety-20.2%, depression-12.4%, and stress-29.0%. Providing a four week, 1.5 hour Mindfulness-Based Intervention (MBI) based on the work of Jon Kabat-Zinn can provide effective tools to reduce stress and improve depressive symptoms.

129. Combating HIV/AIDS Complacency: From Research to Practice

*Primary Presenter: Dianne Kerr, BS, MEd, MA, PhD (Kent State University)*

The advent of effective drug treatment for HIV in the U.S. has caused an increase in “HIV/AIDS complacency” as evidenced by the decline in published articles on HIV/AIDS in selected health education journals. This “HIV/AIDS complacency” threatens the health of college students. Session participants will view a content analysis of AIDS in professional journals and will be provided resources and techniques that may be used to provide much-needed contemporary HIV/AIDS education on the college campus.
170. Cardiac Screening of Collegiate Athletes

*Primary Presenter: Victoria Judd, MD, MBA (University of Utah School of Medicine)*

Sudden Cardiac Death (SCD) is the leading medical cause of death and death during exercise in NCAA student-athletes. Current guidelines for preparticipation screening of competitive athletes in the U.S. include a comprehensive history and physical examination. Unfortunately, there is still a debate about how to optimize cardiovascular preparticipation screening. Many NCAA schools include electrocardiogram (ECG) screening to optimize the detection of NCAA athletes at risk. This presentation will review current guidelines.

181. Cultural Competence: Essential Ingredients for Treating Body Image and Disordered Eating Concerns Among Culturally Diverse College Students

*Primary Presenter: Yu-Ping Huang, PhD (San Jose State University)*

The general session focuses on how to promote culturally competent care for body image and disordered eating concerns among diverse college students. Three sub-themes will be reviewed and discussed, including utilizing an interdisciplinary approach, developing active outreach programs, and meeting the needs of diverse students. It is hoped that through the general session participants will be able to broaden their awareness, knowledge, and skills in providing culturally competent care for culturally diverse clients.

195. Thinking Outside the Patient Satisfaction Box: Strategic Assessments to Support Quality, Patient-Centered Care and Communications

*Primary Presenter: Susan Hochman, MPH (The University of Texas at Austin)*

A robust and strategic assessment plan is critical to support decision making and optimize patient-centered care. Assessment is also an important step in identifying salient talking points to effectively communicate with key stakeholders. This session widens the assessment lens beyond measuring patient satisfaction to better understand patients’ expectations prior to the appointment, their healthcare decision making process and what impacts it, and other ways to gather insights into your services and the students you serve.
231. Clinical Pearls: A Summary of Relevant Medical Literature of the Last Year

*Primary Presenter: Cheryl Flynn, MD, MS, MA (University of Vermont)*

Let someone else do the work! The volume of medical literature published can be overwhelming to any primary care provider. Further, the work to review and validate relevant studies can be confusing and daunting. In this presentation, the top “evidence pearls” of the last year for college health medical providers will be presented inclusive of the relevance, validity, summary of findings, and bottom line applicability in practice.

264. Reducing Risk Around Alcohol, Consent, and Sex: Evidence of an Effective Educational Model

*Primary Presenter: Diane ‘Dani’ Smith, EdD, MFT (Chapman University)*

Sexual assault and high risk sexual behavior are more likely to occur in the presence of excessive alcohol use. This program presents data demonstrating the effectiveness of an educational model that integrates the three topics. Program participants reported less risky behavior than non-participants. Risk related to all three behaviors decreased for all participating students. Risk for athletes and students planning to rush a fraternity or sorority decreased more than for other groups. N = 1487

295. The New CDC STD Treatment Guidelines in Action: A Case-Based Approach to STD Management in Young Adults

*Primary Presenter: Katherine Hsu, MD, MPH (Massachusetts Department of Public Health)*

Updated CDC STD treatment guidelines will be presented in an interactive case-based session using an audience response system provided by speakers. Newer STD/HIV tests and test algorithms, including office-based, CLIA-waived tests that can be routinely offered in clinical care, will be highlighted. Content may include but not be limited to teaching cases illustrating management of the following: 1. HSV, 2. Acute HIV diagnosis and subsequent management, 3. Vaginitis (bacterial vaginosis, yeast, and trichomoniasis), 4. Recurrent HPV, 5. Gonorrhea and chlamydia infection and partner management, including rescreening guidelines, 6. Proctitis, 7. STD/HIV screening in young adults (special focus on guidelines for screening in MSM), and 8. Reverse sequence syphilis screening conundrums (e.g. use of newer CIA or EIA assays before the RPR is performed).
296. Harnessing Participatory Methods for Social Change and Health Equity on College Campuses

Primary Presenter: Megan McKendry, MPH (The University of Arizona)

Participatory research methods, i.e., Community Based Participatory Research (CBPR) and Participatory Action Research (PAR), offer both a means of collecting data and a vehicle for social change that center the knowledge and lived experiences of individuals. This session will present case studies on the application of these methods in college settings—specifically to inform and shape policy around sexual assault and relationship violence and as a tool to help transform student and community health outcomes.

301. Merging Student Health Insurance Plans Across Campuses: Lessons Learned – Tales from Two Universities

Primary Presenter: Michael P. McNeil, EdD, MS, CHES, FACHA (Columbia University)

This multiple case study presentation addresses the successes and lessons learned from merging multiple campuses into single ACA-compliant student health insurance plans. The session will review motivations for merging, challenges, and benefits. We will also address competing priorities on different campuses and the need to protect student plans from loss of enrollees to marketplace and employer-sponsored plans. Participants will be able to reflect on opportunities and concerns when considering combining plans. Case studies from Columbia University and the University of Nebraska will be presented.
Saturday, May 30

10:00 AM – 11:30 AM

328. CLOSING PRESIDENTIAL SESSION: Public Health and Higher Education – Navigating the Crossroads and Complexity from a Social Justice Perspective

*Primary Presenter: Luoluo Hong, PhD, MPH (San Francisco State University)*

Faced with significant changes in student demographics in the coming years, as well as a growing level of awareness and engagement at the federal level on issues of public health, institutions of higher learning must grapple with how to adapt, respond and innovate to effectively meet these shifts. Attendees will explore their individual, institutional and societal responsibilities for closing both the gap in educational achievement and the gap in health status by embracing a social justice paradigm with courage and conviction.