Posters Abstract Book

Posters are visual presentations of successful programs on a variety of campuses and will be displayed in the meeting registration area. Poster presenters will be available for discussion and questions during session breaks on Thursday, June 2 and Friday, June 3 from 7:00 AM to 4:00 PM.

P1. Enhancing Sexual Health Through Peer Education to Promote a Sex-positive Culture at a Hispanic Serving Institution (HSI) on the U.S.-Mexico Border

Primary Presenter: Eileen Aguilar, MS (The University of Texas at El Paso)

College students are at high risk for unintended pregnancies, sexually transmitted infections, and sexual violence owing to regional and cultural norms shaping risk behaviors. At The University of Texas at El Paso, students were trained as peer educators to promote a “sex-positive” culture thereby promoting norm changes to enhance sexual and reproductive health. This poster will demonstrate the process and immediate outcomes from training minority students as sexual health peer educators and the peer-driven programming.

P2. Carnegie Mellon University Collegiate Recovery Community

Primary Presenter: Lauren Aikin-Smith, MPH, MSW, LSW, CHES (Carnegie Mellon University)

Students in or seeking recovery from drugs and alcohol are commonplace in the university setting. Often, these students need additional support in locating and using services and resources, additional social support, and a general therapeutic outlet in order to succeed. Evidence based programs have been published in this realm, unfortunately they are also too expensive for the typical college or university. Our goal has been to create a successful Collegiate Recovery Community on a budget.

P3. Healthy Sexuality Education as Primary Prevention

Primary Presenter: Lauren Aikin-Smith, MPH, MSW, LSW, CHES (Carnegie Mellon University)

Many universities have made varying levels of effort to address campus sexual assaults and dating violence. However, very few take a primary prevention approach and educate students in regards to healthy sexuality and how to communicate in healthy sexual relationships. An overview of what healthy sexuality information is presented to students, how it is presented to students, and how staff can incorporate this approach into existing programs is discussed.
P4. Developing Social Norm Messaging around College Student Hookah Use: A Mix Methods Study

Primary Presenter: Daniel Ashwood, M.S. (University of Cincinnati)

Mixed methods study focused on reducing hookah use among residential students at a Midwest university. A survey of students (n=960) was conducted focusing on knowledge, attitudes, beliefs, behaviors, and perceived behavior of peers regarding hookah use. Results are compared to national averages in the ACHA-NCHA II. Using Perkins and Berkowitz’s social norm theory as a guide, student focus groups were utilized to develop social norm messaging for use in residence halls on campus.


Primary Presenter: Sandra Bentley, PharmD (University of Mississippi)

Medication errors can occur anywhere within the system of drug prescribing, distribution, and administration. Identifying and changing system flaws are important quality improvement steps. This poster reports the errors and near misses (potential errors) recorded using an electronic reporting system and assessed contributing factors at a student health center pharmacy.

P6. Assessing the Need for Chemical Dependency and Co-Occurring Mental Health Needs on Campus

Primary Presenter: Marie Betts, Student (Central Washington University)

The purpose of this poster is describe the processes utilized in determining the need, community and campus resources, campus atmosphere and acceptance regarding chemical dependency services and support for student attending the university.

P7. A Grounded Theory Investigation into Depression in Freshmen College Students

Primary Presenter: Julie Brandy, PhD, RN, FNP-BC, CNE (Valparaiso University)

This study was developed to gain knowledge about the experience of living with depression as a college freshman. Grounded theory was the method utilized to answer the research question: What is the experience of your freshman year in college? The majority of the studies that have examined depression in this group have utilized quantitative research methods. The project has been designed to allow sharing of their rich, personal stories, not answer any predetermined items.

P8. EXAM TABLE PAPER – IS IT REALLY WORTH IT? Using a collaborative QI study to assist in the decision.

Primary Presenter: Tonya Cochran, RN, BSN (Texas A&M University)

Historically, exam table paper has been perceived as a standard of care in ambulatory care settings. However, there is very limited evidence to support its use and effectiveness. A collaborative effort of two universities will reveal their findings from a joint QI Study to identify several aspects involving the decision to use exam table paper when the patient will remain fully clothed.
P9. Alcohol Screening and Brief Intervention in a University Health Service

*Primary Presenter: Teresa Conklin, DNP (Seton Hall University)*

Alcohol misuse is a public health concern. National organizations endorse efforts to identify and advise individuals who engage in risky drinking behaviors. The purpose of this project was to introduce and evaluate an alcohol screening/brief intervention program in a college health center. The AUDIT-C and the Brief Motivational Interview was incorporated into routine care. Results showed increased alcohol screening and intervention rates, self-reported increased knowledge / awareness about alcohol misuse, and reduction in alcohol use.

P10. Hiding Concussion Symptoms: Intervening Beyond the Student-Athlete

*Primary Presenter: Fiona Conway, MSW (Rutgers Center of Alcohol Studies)*

A study of the problem of concussion symptom hiding among student-athletes is presented. Results show that the current NCAA video intervention incompletely addresses the problem. Participants (136 Division I athletes) were administered a survey that assessed concussion knowledge, attitudes, beliefs, and subjective norms before and after viewing the video. Regression analyses revealed that knowledge scores were not adequate predictors of behavioral intention. Utilizing behavior change theories to understand concussion underreporting may improve intervention efforts.

P11. Male Health Promotion Professionals in Higher Education: Why The Enter and Remain

*Primary Presenter: Alicia Czachowski, EdD, MPH (Columbia University)*

This study was designed to gain insight from men currently working in health promotion in higher education about why and how they entered their career and persistence in the field of college health promotion. Using a basic interpretive qualitative study approach, five participants took part in three semi-structured interviews. Findings indicate many factors impacting career entry and persistence. The findings add to the literature on professionals working in health promotion in higher education and student affairs.

P12. Physical Activity and Binge Drinking Among Male College Students: A Qualitative Investigation

*Primary Presenter: Mary Dinger, PhD (University of Northern Colorado)*

Physically active, undergraduate male college students who reported binge drinking during the past month participated in focus groups with a trained facilitator. Participants (n = 14; 19.4 ± 0.3 years; 79% Caucasian) expressed using physical activity to offset the negative effects from consuming too much alcohol. They also described using alcohol as a reward after sport participation, a “work hard, play hard” philosophy and how both behaviors are related to their expectations associated with college.
P13. "R U a Lifesaver?" - Strategies for Supporting Struggling Students

Primary Presenter: Melissa Falzarano, B.A. (Rowan University)

This poster represents Rowan University’s suicide prevention campaign, “R U a Lifesaver?” sponsored by the Substance Abuse and Mental Health Services Administration - Garrett Lee Smith grant. The goal of this campaign is to empower students to seek help for suicidal thoughts and reduce the stigma associated with mental health services. The campaign has also led to the development of SMART (Stress Management and Response Team), where members of the Rowan community are active in prevention, intervention, and postvention strategies on-campus.

P14. HPV Knowledge among LGBT College Students

Primary Presenter: Eric Fenkl, PhD (Florida International University)

The purpose of this poster is to enable the learner to discuss the results of a multi-campus study exploring human papillomavirus (HPV) knowledge/awareness, and HPV vaccine history among LGBT students. Following IRB approval, 300 self-identifying LGBT students were recruited from two public universities and one state college and asked to complete a short survey. Findings in relation to HPV knowledge, sources of information such as student health services, and HPV vaccination history will be presented.

P15. Panther Mpower: Adapting a Community-Based HIV Prevention Intervention to a College Campus-Based Intervention for High Risk Young Minority Men Who Have Sex with Men (YMSM)

Primary Presenter: Eric Fenkl, PhD (Florida International University)

Mpowerment is a theory-based intervention based on the empowerment theory and diffusion of innovations to mobilize YMSM to reduce sexual risk behaviors and educate peers. Panther Mpower, a core group of volunteers, was established to be part of small group discussions, outreach, events, and a community campaign on campus. This innovative community-level intervention has shown to be effective in reducing sexual risk behaviors including HIV risk reduction among YMSM and increasing HIV testing on campus.

P16. Temporal Precedence of “Drunkorexia” Behaviors in College Students

Primary Presenter: Christine Hackman, Ph.D. (California Polytechnic State University)

Heavy episodic drinking, disordered eating, and excessive exercise have become increasingly recognized as major health issues on college campuses. Currently, minimal research is available concerning the co-occurrence of these potentially risky behaviors. Of 510 students surveyed, 11.2 percent reported participating in all three “drunkorexic” behaviors. Further, 28.4 percent of students reported intentionally cutting back on food consumption immediately before drinking alcohol at least one day per week. These findings will be explored and implications discussed.
P17. Student Health Center Response to a Crisis on Campus

Primary Presenter: Christopher Holstege, MD (University of Virginia)

In response to the disappearance and death of a university student in Fall 2014, we established new data collection methods at the University Student Health Center (SHC) to determine the impact of this crisis event on our student body. SHC providers seeing patients who expressed distress over this event captured demographic, psychological impact, and follow up care methods for the student. SHC staff also expanded traditional efforts by increasing outreach events and captured the characteristics of the population served.

P18. Relationship Between Academic Performance and Lifestyle in Japanese University Students

Primary Presenter: Ryo Horita, MA, Phd. (Gifu University)

To provide effective support and enlighten health education for university students, it is important to identify factors that affect their performance. The purpose of this study is to determine the relationship between academic performance and body mass index (BMI), exercise habits, and reading habits in Japanese university students. A longitudinal survey was conducted with a sample of 1,302 students over a period of two years. We have clarified that lifestyle had a significant correlation with academic performance.

P19. Universities’ Tobacco Free Measures in Historical City, Kyoto, Japan

Primary Presenter: Noriko Ishikawa, BSN (Ritsumeikan University, Medical Service Center)

Ritsumeikan university locates in the midst of historical town of Kyoto. We have set a guideline to aim at tobacco free campus in April 2008 and smoking has been banned on campus from April 2013. This poster shows the process and problems of the project. Also we report a result of survey conducted in 2011, 2013, and 2015 that aimed to reveal how 47 universities in Kyoto are facing tobacco free measures in their campus.


Primary Presenter: Tyler G. James, (University of Florida)

In this project we explored sociodemographic predispositions to getting STI/HIV tested in a college population. We conducted a secondary analysis on a comprehensive sexual health survey at a major southeast university. We also examined the influence of knowledge and self-efficacy of condom use on getting tested. We discuss the implications for practice and programs in context of our findings.
P21. The Effects of a HPV Educational Intervention on Knowledge and Intent to Vaccinate in Collegiate Females

*Primary Presenter: Tamara Kay, BSN, RN (Valparaiso University)*

**Scope:** Literature review supported implementation of a tailored HPV educational intervention to increase HPV knowledge and vaccine intent.

**Implementation:** A PowerPoint presentation was provided to 212 sorority women at a Midwestern university. HPV knowledge and intent to vaccinate was measured using the Awareness of HPV and Cervical Cancer Questionnaire.

**Outcomes:** A dependent t-test will compare scores pre- and one-month post-intervention.

**Recommendations:** Integration of educational interventions into university outreach programs to increase knowledge and vaccine uptake.

P22. Evaluation of a Mental Health Prevention Program for First Year College Students: Effects on Anxiety Symptoms and Perfectionism.

*Primary Presenter: Cynthia Lamarre, B. Sc., Ph.D. candidate (University of Quebec in Montreal)*

Recent data show that anxiety is the top concern among college students and perfectionism is considered as an important risk factor for psychological problems in students transitioning to college. Considering the impact of anxiety on college students quality of life and academic achievement, a multi-level prevention program has been developed. This poster presents the results of the implementation of the indicated prevention level for students at risk of anxiety during the transition to college.

P23. Identifying Differences in College Students' Willingness to Access Mental Health Services

*Primary Presenter: Alyssa Lederer, MPH, CHES (Indiana University -Bloomington)*

Better understanding the mental health of college students is a priority; however, little research has examined students’ willingness to seek services. This poster uses 2011 ACHA-NCHA II self-reported data (N=74,403) to identify students’ willingness to seek mental health services based on various student characteristics. Results indicated that willingness to seek mental health services varied by different student demographics, and this trend continued even when considering only individuals who had already used campus mental health services.
P24. Pharmacist-led Transitions of Care Model of College Students with Diabetes

*Primary Presenter: Anne Marie Liles, PharmD, BCPS (The University of Mississippi)*

One in 300 college students has Type 1 Diabetes; therefore, it is important for college healthcare providers to address their needs as they transition into college and adult healthcare. Got Transition, a program of The National Alliance to Advance Adolescent Health, has developed models to aid healthcare providers transitioning patients from pediatric to adult care. However, the models do not consider college health. Pharmacists in college health can play a vital role in this model.

P25. Hepatitis B: A Study of Immunity and Immune Response After 15 Years and the Implications for College Age Students

*Primary Presenter: Kathy McGovern, MSN, CRNP (Arcadia University)*

When reviewing Hepatitis B surface antibodies, we noticed a sub therapeutic response in graduate students. We did a study sampling 256 graduate students anti-HBs, Hepatitis B surface antibody and discovered that those vaccinated less than 15 years ago were therapeutic. Those that were vaccinated greater than 15 years ago were sub-therapeutic. We learned about immune memory, however, there is no definitive data on when immune memory wanes. Also, social norms have changed with tattooing, body piercings, "medical mission", "study abroad", and "adventure traveling". All these changes in our culture indicate that the population is not as protected as health care practitioners might assume.

P26. Snapshot of Pre-Exposure HIV Prophylaxis in MSM at a Post Graduate Health Center University Campus

*Primary Presenter: Thomas Mele, MD (Columbia University)*

In 2014, the Student Health Service at CUMC (SHS) saw the need to provide Pre-Exposure Prophylaxis (PrEP) for HIV for its higher risk patients. Following New York State guidelines, clinicians at SHS began prescribing PrEP, and closely following patients at regular intervals. Data on compliance, side effects, unexpected infections, vaccination status and safer sex counseling were collected. Barriers to treatment and follow up were also identified, and measures to reduce these barriers were implemented.

P27. Applied Predictive Analytic Exploration of College Student Health Impediments of Academic Performance

*Primary Presenter: Brian Miller, BS, MS, MSEd (Kent State University)*

Health and well-being are essential elements to effective learning and cognitive function within the college student population. However, the interrelationship between health behaviors and academic performance remains unclear. The purpose of the current investigation is to explore the relationship amongst multiple health impediments to academic performance identified in the American College Health Association’s National College Health Assessment and student characteristics to grade point average using decision tree and regression techniques.
P28. The Relationship between Exercise and Substance Use Among College Students

Primary Presenter: Duston Morris, MS, PhD, CHES (University of Central Arkansas)

The purpose of this study was to determine if there is any evidence of switching addictions among college students pursuant to substance use and exercise. A total of 824 college students completed a 36-item survey regarding substance use and views of exercise. Although there was a negative association between drug use and exercise among college students, an increase in exercise volume was positively related to increase in binge drinking among college students.

P29. Mental Health Prevention Program for First Year College Students: Effects on Depressive Symptoms and Academic Performance

Primary Presenter: Marie-Laurence Paré, BA (University of Quebec in Montreal)

The latest ACHA report indicates that 32.5% of college students felt so depressed that it was difficult to function. Depressive symptoms have been associated with college dropout and a decrease in academic performance. In this context, a comprehensive three levels program have been developed to intervene with at-risk populations, such as first year students. This poster presents the outcomes of the targeted-indicated level of the program on depressive symptoms and academic performance.

P30. Health Indicators among College Students with Chronic Medical Conditions

Primary Presenter: Russell Ravert, PhD (University of Missouri)

Using 2011 Spring National College Health Assessment data (n=105,781), students who self-reported a diagnosis of asthma, diabetes, inflammatory bowel disease (IBD), or none of those chronic conditions, were compared on a set of health indicators. Overall, students with the four chronic conditions were more likely to report symptoms of stress and anxiety and to have received immunization than the comparison group. The four groups differed significantly in terms of substance and alcohol use.

P31. Problem of Smoking and Drinking in Japanese University Students

Primary Presenter: Tadahiro Sado, Ph.D (Tokoha University)

Survey of tobacco and alcohol behavior was conducted for 3780 Japanese University students using self-administered questionnaire, Alcohol Use Disorders Identification Test (WHO/AUDIT). Smoking rate was 5%, and previous smoking rate was 2%. The scores of AUDIT in smoking and previous smoking groups were significant higher than that of non-smoking groups. It is suggested that drinking behavior might have tight relationship with smoking, health professionals have to intervene their lifestyle improvement combining with smoking and drinking.
P32. Assessing Hazing Among Sport Club Athletes: A Student-Led Instrument Development Initiative

Primary Presenter: Brittany Schambow, MS Candidate (University of Florida)

Hazing research efforts have historically focused on Greek organizations and varsity-level athletics, and have neglected other competitive collegiate athletics groups. This poster details the efforts of a student-led research group in developing a survey instrument designed to explore hazing perceptions and attitudes among competitive sport club athletes at a large southeastern university. The methodological process, including collaborations and limitations, and potential for broader use of the instrument at other colleges and universities will be discussed.

P33. Influence of e-Health Technology Text Messages Linked With Student Health Portal to Increase College Influenza Vaccination Rate.

Primary Presenter: Catherine Sharbaugh, DNP.MN, BSN (Haverford College)

The CDC recommends an annual influenza vaccine for all persons; yet, a disappointing rate of only 26% of adults over 18, and an estimated 40% of college students, vaccinate for seasonal influenza. These vaccine rates are far from the Healthy Campus 2020 goal. Students must consider an annual influenza vaccine to avoid academic regrets and health setbacks. Use of e-Health Technology with text messages linked to Student Health Portal has promise to improve campus vaccination rates.

P34. Leveraging Student Involvement in University Health Services Administrative Decision Making

Primary Presenter: Sarah Song (The University of Texas at Austin)

The Student Health Advisory Committee at the University of Texas at Austin services as a liaison between University Health Services and the student body. SHAC’s student leaders collect data, represent student needs and interests, provide feedback to UHS administrators, and serve as campus advocates for UHS. This poster outlines the innovative strategies SHAC uses to leverage student involvement to support UHS administrators in providing high-quality services that adapt to meet evolving student health needs.

P35. Creating Substantive Change for LGBTQAAI Student in an Integrated Healthcare Model

Primary Presenter: Sarah Steinkamp, MS, CHES (Southern Illinois University)

Disparities exist in healthcare on the basis of sexual orientation, gender identity, and behavior. After observing health inequities and heightened risks, Southern Illinois University took steps to proactively engage students and specifically address health disparities for this group within our integrated university healthcare system. A taskforce was created to identify concerns and implement solutions to this problem. This poster will highlight the data collection, assessment, taskforce creation, proposed changes and evaluations implemented by Student Health Services.
P36. **Let Us Join You in Your Travels! An Examination of the Partnership University Clinics Can Make with Travelers.**

*Primary Presenter: Pamela Stokes, MSN, RN, MHCA (Oklahoma State University)*

In the last two decades, travel health has grown into its own field with its own professional society (Sofarelli, 2011). The ideal setting for a travel clinic includes providers and staff who have a solid knowledge base and experience with a successful travel program. Although many perform these appointments within their clinic on a routine basis, there are often not reliable, thorough, patient centered procedures in place.

Not only do the members of the team need extensive training in this field, but the program must be developed around patient education, assessment, and continuity of care. In many cases online travel tools or pre-developed questionnaires are what drives the appointment, rather than incorporating various tools to make a unique individualized experience. By utilizing nursing staff to assess, plan, and educate, the provider is able to have more time for routine appointments. In return, the nurse becomes a steering force in a positive experience for the traveler. Time is set aside to assess, educate, treat, and talk specifically to each patient. Our process includes a pre-procedure questionnaire but doesn't stop there. The patient is brought in and through purchased programs, the nurse and the patient take time together to review the region they are traveling to, what to be aware of, what to pack, where embassy's are, how to recognize disease, what medications to take, and much more.

Finally, a follow-up phone call and perhaps meeting takes place to ensure that the clinic has provided proper education and closes the loop of the nurse-client relationship. This process reveals that our services were utilized to the fullest. Often times, our calls may even catch and prevent further adverse outcomes that exposures during travel brought on.


*Primary Presenter: Amy Versnik Nowak, PhD (University of Minnesota Duluth)*

Patient expectations regarding treatment risk and patient-provider interaction influence their health care decisions. More importantly, college students who place higher values on these expectations are significantly more likely (p<.05) to report using complementary health care approaches and non-vitamin non-mineral supplements. Possible explanations include cultural and familial influences, age, and health needs. Results from multiple original data sets will be reported and implications for comprehensive care that meets diverse student expectations will be discussed.
P39. High Prevalence of Non-vitamin Non-mineral Supplement Use Among College Students: Implications for Comprehensive Campus Health Care

*Primary Presenter: Amy Versnik Nowak, PhD (University of Minnesota Duluth)*

Non-vitamin non-mineral (NVNM) supplements are the most widely used complementary health approach in America, and education has been shown to be a predictor of NVNM use. Researchers exploring NVNM use at Columbia University found nearly 75% of participants reported using at least one NVNM supplement in the past 12 months. High rates of NVNM use increase risk of polyherbacy and drug interactions. Recommendations for comprehensive care (including assessment, skills, training, and education) will be discussed.

P40. Does Knowledge of Sleep Physiology Impact College Students’ Sleep Habits?

*Primary Presenter: Diana Walker-Moyer, DNP, FNP-BC (University of Massachusetts Lowell)*

This pilot study investigated first-year college students’ knowledge of sleep physiology and sleep hygiene practices before and after instruction in either the biology and functions of sleep or sleep hygiene. Students were found to have little baseline knowledge of the physiologic functions of sleep. Significant differences between intervention and control groups were noted in post-instruction sleep knowledge. Sleep behaviors, indicated by self-reported sleep hygiene practices, improved at the semester midpoint but worsened by semester end. Recommendations for college faculty, administrators, and health care providers to recognize students’ sleep needs and develop a culture that supports healthy sleep practices are discussed.

P41. Assessing the Needs and Improving the Function of a Travel Medicine Service on a College Campus

*Primary Presenter: Michael Warren, Pharm.D. (University of Mississippi)*

Since January 2013, the University of Mississippi Student Health Pharmacy filled ~300 student prescriptions for travel-related vaccines or other products. Some students received multiple prescriptions and trips were not strictly for educational purposes (e.g. leisure, mission-related). It has been estimated that ~500 UM students travel annually for the purpose of Study Abroad (expected to double by 2020). A gap exists between students expected to need compared to students served by the University’s Travel Medicine Clinic.

P42. Can an On-campus Medical Home Improve Academic Performance in College Students?: An Exploratory Cross-sectional Study

*Primary Presenter: Jessica Weissman, MS, BSE (Florida International University)*

The purpose of this study was to determine college students’ (n = 265) perception of the impact of their on-campus medical home on academic success and health. Most students reported that the medical home services have given them skills to stay healthy and have made a positive contribution to their
academic performance. Providing on-campus medical home health services may be a cost-effective strategy to improve college students’ health, academic performance, and degree completion rates.