UHS Mission

The mission of University Health Services is to support the academic pursuits of UT students by providing medical services, fostering physical and psychological wellness, and promoting healthy lifestyles.

UHS Values

Putting Students First
  Making students’ needs a priority in everything that we do

Excellence
  Providing the highest possible quality of health care and health education

Credibility and Professionalism
  Advancing professionalism and credibility by following current, evidence-based practices with accuracy and integrity

Privacy and Confidentiality
  Meeting or exceeding all legal and ethical requirements to protect student’s privacy

Diversity
  Creating an environment that allows all students to feel comfortable coming here; all UHS staff to feel welcome working here; and all faculty, staff, and parents to feel confident referring students here
Good Health is Essential for students to perform at their best, succeed academically, and develop into well-rounded individuals. At University Health Services (UHS), we provide a comprehensive health program designed to advance the health of students at the University of Texas at Austin and the campus community.

Students interact with UHS through clinic visits, a free 24-Hour Nurse Advice Line, an extensive website, wellness classes and workshops, campus events, public health initiatives, speaking engagements, and social media outlets. UHS professionals promote the health of the university community in its broadest sense by helping to shape campus policies related to health and safety, emergency preparedness, student conduct, risk management, leadership development, and many other areas. This comprehensive approach reaches beyond the walls of our facility to promote healthy lifestyles, reduce risks, and enhance the educational environment, and it supports the university’s mission to achieve excellence.

From our accredited on-campus clinical facilities and numerous student involvement opportunities to our dynamic public health and wellness initiatives, UHS upholds the university’s core values of learning, discovery, freedom, leadership, individual opportunity, and responsibility. What starts here really does change the world.
Accredited On-Campus Medical Facility

General Medicine (Primary Care) Clinics
Evaluation and treatment of primary care medical problems that college students commonly encounter:
- Upper respiratory infections
- Stress, anxiety, and depression
- Chronic illness management (asthma, diabetes, hypertension)
- Sexually transmitted infections
- Eating disorders
- Minor surgical procedures
- Physical exams for work, study abroad, or other travel

Urgent Care
Acute care for minor emergencies
- Laceration repair (stitches)
- Musculoskeletal injuries
- Dehydration requiring IV fluids and medication
- Assessment, referral, and follow up for potentially serious problems such as:
  - Appendicitis
  - Blood clots
  - Severe headaches

Women’s Health Clinic
Professional care for gynecological issues
- Annual well woman exams
- Contraception management and pregnancy testing
- Screening and treatment for sexually transmitted infections
- Treatment and referrals in sexual assault cases

“I had an amazing experience from start to finish. Everyone was extraordinarily helpful and kind.”
— Stephanie K.

“[My doctor’s] willingness to listen and consider all of my symptoms may have saved my life.”
— Anonymous

UHS Clinics are Staffed and Supported by:
- 15 Board-certified physicians
- 1 General medicine physician
- 1 Consulting gynecologist
- 1 Consulting orthopedic surgeon
- 4 Physician assistants
- 7 Nurse practitioners
- 4 Integrated (behavioral) health counselors
- 27 Nurses
Barbara Blizzard, women’s health nurse practitioner, shows a patient how to perform a breast self-exam.

“Everyone in Women’s Health was very kind and sweet… The [provider] was very informative and easy to talk to.”

— Lesley Greever
Cherylyn Murray, RN, teaches a student what he can do for seasonal allergies.
Allergy and Immunization Clinic
Injections and immunizations by specialized nurses
› Allergy shots (with orders from an allergist)
› Required and recommended immunizations for internships and other opportunities
› Travel immunizations and itinerary-specific counseling for students, faculty, and staff
› Tuberculosis screening and management
› Special immunization clinics for international students, flu season, and other campus health needs

Sports Medicine
Board-certified sports medicine physicians provide primary care as well as specialty evaluation and treatment for:
› Sprains and strains
› Minor fractures
› Musculoskeletal injuries and conditions, acute and chronic
› Medical problems in student athletes (not intercollegiate athletes)

Integrated Health Team
Professional counselors work in the clinics with UHS medical staff to integrate physical, mental, and emotional healthcare.
› Counselors attend to patients in crisis right away.
› Providers consult with counselors as needed for patients with mental health concerns.
› Counselors, physicians, and dietitians provide team treatment and referral for patients with eating disorders.
› Students with cultural barriers to seeking mental healthcare can receive counseling in a medical setting.

24-Hour Nurse Advice Line
Nurses help students obtain the right level and type of care for their symptoms, suggest appropriate campus and community resources, and provide self-care advice.
› Credible, timely advice for sick or injured students
› Staffed by UHS nurses 24 hours per day, 365 days per year

“Thank you for making it all OKAY. Y’all are amazing!”
— Anonymous

“My daughter is a freshman student and had been ill... for five days. She called and was given an appointment on the same day. As an exceptionally healthy student, this was her first time in years to see a doctor for illness and to go alone. You made it easy. As an RN I feel reassured that student concerns are not just brushed off and that everyone was so kind to her. Thank you all so much.”
— Adrienne Kulousek

Travel Prep
Students, faculty, and staff can take a free online travel health class at www.healthyhorns.utexas.edu. In about 15 minutes, travelers learn how to protect their health while abroad, what health-related items to pack, and which vaccinations are recommended for their destinations.

www.healthyhorns.utexas.edu
Laboratory
On-site diagnostic tests and specimen collection for our off-site reference laboratory
› Performs or facilitates all standard laboratory tests needed in a primary care environment
› Accredited by the College of American Pathologists
› Certified by Clinical Laboratory Improvement Amendments (CLIA)
› Students can have their laboratory testing done at UHS, even if they were treated off-campus.

Radiology
On-site radiological procedures using digital diagnostic imaging technology to aid in quick, accurate diagnoses
› All radiological studies are read and interpreted by a community radiologist.

Pharmacy
Prescriptions, compounding, and over-the-counter products for students, faculty, and staff
› Professional consultations on how to use medications, potential drug interactions, and managing side effects
› Advice on choosing appropriate over-the-counter treatments
› Compounding of prescribed medications that are not commercially available

Charges and Insurance
Reducing barriers to care by ensuring that all students can access UHS
› UHS files claims with most health insurance companies and is in-network with many of the most common plans.
› We assist patients who need medical referrals for specialty care or tests not provided on campus.
› The Student Health Insurance Plan has a full-time representative in UHS to personally assist students.
› Trained UHS staff members help low-income students find prescription medication discount programs, vaccine discount programs, and other appropriate community healthcare resources.
› We work with students, individually and at the policy level, to address their financial concerns.

“Thank you, thank you, thank you for taking such good care of me.”
— Anonymous

“The two people who... filled my prescription and spoke with the insurance company on my behalf worked very hard to make sure I could get my prescriptions in time for me to go abroad.”
— Alex
Sharon Beene, radiology technician, performs a chest x-ray.
Public Health Initiatives

As a vocal advocate for the health and safety of our campus, University Health Services conducts a variety of public health and community outreach programs.

Community Outreach

UHS Ambassadors and professional staff members address student groups and campus organizations, staff tables at health fairs, and otherwise connect with students and their families throughout the year.

- Targeted outreach at New Student Orientation and Family Marketplaces and to student organizations and First-Year Interest Groups.
- Distributed 10,000 free UHS healthyhorns wall calendars with health tips and wellness resources to incoming students.

Public Health

- Provided public health crisis management assistance to various campus departments by anticipating and managing events that require agile, accurate communications, such as meningitis cases and influenza outbreaks.
- Help to shape of policies related to alcohol and tobacco use on campus.
- Coordinated special programs for international students and students who study abroad.
- Provided screening and treatment/management for those exposed to communicable infections like tuberculosis.
- Collaborated with local and state health departments during outbreaks of communicable illnesses such as meningitis.
- Participated in the Texas Department of State Health Services Influenza Surveillance program, an important epidemiology tool that helps public health officials track the prevalence and spread of influenza infection.

Annual Flu Shot Campaign

UHS vaccinated nearly 11,000 UT students, faculty, and staff members against seasonal influenza during our 2009 flu shot campaign. When the H1N1 vaccine was released, we administered 2,590 of those vaccines as well.
2009-2010 H1N1 Influenza Response

- Educated students about the symptoms of influenza and when to call a healthcare provider
- Encouraged social distancing for people who were sick
- Distributed free hand sanitizer on campus
- Distributed free digital thermometers to residence halls so that sick students could monitor their temperatures
- Encouraged covering coughs and sneezes, frequent hand washing, and use of hand sanitizer with free posters, mirror clings posted in public restrooms on campus, web content, and screen savers in many campus computer labs
- Treated students with flu symptoms according to the Centers for Disease Control guidelines
- Maintained a current, high-traffic website with statistics, advice, and the most current information for the campus community
- Administered low-cost H1N1 flu vaccine to students, faculty, and staff
- Collaborated closely with the Office of the Vice President for Campus Safety and Security to provide up-to-date information, public health consultations, and content for communications

Charlotte Katzin, RN, nurse manager, gives an H1N1 influenza vaccination to a UT student.
Student Involvement

UHS has found that welcoming the contributions of our students is vital to our ability to meet their needs and expectations. Through volunteer programs, vocational opportunities, focus groups, and service projects, students can gain valuable experience and provide their feedback directly to UHS leaders and administrators.

Student Volunteer Programs

Service opportunities for students interested in clinical care, pharmacology, health education and wellness promotion, and many other aspects of healthcare

- In the UHS Clinic Volunteer Program, 60 to 70 students per semester earn supervised clinical experience with direct patient contact in the UHS General Medicine, Sports Medicine, Urgent Care and Women’s Health clinics as well as the Cashier/Insurance Office and the Laboratory.
- Peer health educators in the areas of alcohol/other drugs, nutrition, and healthy sexuality total 100-150 student volunteers per semester. See page 13 for details about our peer health education programs.
- The Student Health Advisory Committee, a UHS-sponsored registered student organization, promotes UHS services to our student body, relays student concerns and feedback to administrators, participates in UHS-sponsored events, and serves as a liaison between UHS and other student organizations.

Vocational Opportunities

- Student interns work in the UHS Pharmacy, Health Promotion Resource Center, and other departments.
- UHS provides clinical rotation opportunities for professional students and residents.
- UHS Physician Assistants serve as mentors to pre-professional students applying to PA school who need 40 hours of clinical observation.
- In the spring of 2010, the UHS Women’s Health Clinic served as a clinical practice site for a second-year nurse practitioner student.
- As pharmacy preceptors, UHS pharmacists help teach the College of Pharmacy required third-year course, P176, which involves six weeks of experiential learning in the UHS Pharmacy.

Health Hut

UHS staff and volunteers take the Health Hut around campus to meet students and hand out free health-related items. At the Health Hut, students can voice their opinions and get answers to questions about UHS and living well as a healthy Horn.
Michael Khalili-Tehrani, student clinic volunteer, shows a patient how to use his new crutches properly.
Wellness and Health Promotion

The UHS Health Promotion Resource Center provides an array of health programs and wellness initiatives that help students establish healthy habits, prevent illness, and take an active role in managing their wellbeing. In addition, professional health educators direct robust student volunteer peer health educator programs, gather and analyze campus-specific health data, and address priority health issues among students on our campus.

The Health Promotion Resource Center focuses on alcohol and drug abuse, nutrition, and sexual health as well as other health areas relevant to our students. The department engages in research and assessment to identify the health needs of our student population, develop strategic plans, establish priorities, and monitor the effectiveness of its programs and initiatives.

Alcohol and Drug Education Program (ADEP) provides educational, assessment, consultation, and support services related to the use and abuse of alcohol, tobacco, and other drugs. Its goals are to reduce high-risk substance use among students and to shift the campus culture toward healthy choices and behaviors with regard to alcohol and other drug use.

Peer Educator-Led Workshops and Outreach
 Volunteer ADEP peer educators:
 › Responded to 29 requests for workshops reaching a total of 700 students.
 › Staffed tables at nine outreach events.
 › Conducted 83 in-person screenings at Alcohol Screening Day, providing information and referrals as appropriate.
 › Contacted a total of 2,432 students at workshops and screenings and while staffing tables during the academic year.

Consultations with Professional Staff
 › ADEP professional staff and interns conducted 470 individual consultations with students.

Program Initiatives

AlcoholEdu
The University of Texas at Austin has joined other top schools in the country in offering AlcoholEdu for College. The program is designed to empower students, help them make well-informed decisions about alcohol, respond to the drinking behavior of peers, and achieve their academic goals.

The confidential and personalized program comes in two parts. While the program is available to the entire Longhorn community, the University expects every incoming first-year and transfer student under the age of 21 to complete AlcoholEdu.

 › The inaugural implementation of AlcoholEdu among incoming first-year and transfer students under age 21 surpassed our goals. 98% (8,701) completed part one and 81% (7,273) completed both parts.

“...I sometimes have to pinch myself when I think about how I got to work with two amazing RDs who believe in such an amazing message and how far I’ve come from my dieting days.”
— nutrition peer educator
420 students completed AlcoholEdu for Student Leaders.  
88 students completed AlcoholEdu for Sanctions.  
125 parents completed AlcoholEdu for Parents.  

**Online Marijuana Education**  
50 students completed Marijuana 101 as part of an educational sanction from Student Judicial Services.  
310 students participated in e-Toke (electronic THC Online Knowledge Experience), an interactive web survey that is a brief marijuana-specific assessment and feedback tool.  

**Groups and Classes**  
ADEC offers three educational and support groups focusing on alcohol education, tobacco cessation, and support for adult children of alcoholics and addicts.  
Interns and peer educators taught 19 Choices classes with 182 student participants successfully completing the class. 82% of participants were referred to Choices as part of an educational sanctioning process.  
Twelve students signed up for a Quitters smoking cessation group, and eight successfully completed the program.  
137 students enrolled in the Alcohol Education for Minors Program.  

**Nutrition Education Program** uses strengths-based nutrition interventions such as *Intuitive Eating* and *Health at Every Size*, which empower students to engage in balanced eating behaviors that promote long term health and overall wellness.  

**Peer Educator-Led Workshops and Outreach**  
Volunteer Nutrition peer educators:  
Held 14 outreach events, including:  
- Staffed a Fit-To-Go table in collaboration with RecSports where they consulted with 109 students.  
- Distributed 125 lunch boxes as prizes during National Nutrition Month outreach.  
- Conducted 111 individual nutrition consultations.  
- Led 32 requested workshops reaching a total of 409 students.  
- Taught 17 nutrition classes (Nutrition 101, Heart Your Heart, and Your Healthiest Body) for a total of 26 students.  

**Consultations with Professional Staff**  
Registered dietitians provided 536 mindful eating consultations for students concerned about or diagnosed with an eating disorder.  

**Program Initiatives**  
Student-focused online instructional videos were developed for heart health, eating breakfast, and healthy ways to stock a kitchen.  
In a special breakfast campaign, we conducted 12 focus groups to better understand why students do not eat breakfast. As a result, we created a quick and healthy breakfast video, which was viewed 60 times.  
544 students were reached through web-based messaging.  
300 students received a free breakfast during the campaign at our “Grab ‘n’ Go Breakfast” event. Of these students, 40% would likely have skipped breakfast had it not been provided by UHS.  
Seven women from three sororities (Zeta Tau Alpha, Alpha Delta Pi, and Delta Delta Delta) were trained to implement the Reflections Body Image Program in their respective chapters. As the first scientifically supported, evidence-based eating disorders prevention program designed for and with sororities, Reflections helps participants establish and maintain a positive body image.  
The Body Project was administered in collaboration with the Counseling and Mental Health Center to approximately 20 female students to help build a positive body image and prevent eating disorders.  
For National Eating Disorder Awareness Week, 1,760 body-positive message cards were distributed to students. The cards referred students to the healthyhorns website where they could take an online assessment for eating disorders. Consequently, traffic to the online eating disorder assessment page increased by 600% during that week.
Healthy Sexuality Education Program

empowers students to make healthy sexual choices that are right for them, including the choice not to have sex.

Peer Educator-Led Workshops and Outreach

Volunteer Healthy Sexuality peer educators conducted:
- 81 requested healthy sexuality workshops reaching a total of 1,082 students.
- 77 Methods of Contraception classes for a total of 207 students.
- 26 consultations with individual students to discuss contraception.

Consultations with Professional Staff

- The Healthy Sexuality Education Coordinator conducted 40 individual consultations for a wide variety of concerns such as contraception, sexually-transmitted infections, relationships, and sexual function.

Program Initiatives

- The Healthy Sexuality Education Coordinator conducted the Freshman Sexual Health Survey.
- Peer educators introduced a weekly condom distribution event.
- 20,427 free condoms were distributed through the Health Promotion Resource Center.

Spring Break Survival Kits

Peer educators from all programs distributed 3,000 free Spring Break Survival Kits containing a water bottle, sunscreen, a snack, sexual health items and information, and alcohol safety wallet cards. In a follow-up survey, students were asked to report choices they made during spring break because of information or items found in the kit:
- 62% drank water to stay hydrated.
- 48% used sunscreen.
- 20% used condoms/lube.
- 9% set an alcohol limit.
- 14% helped a friend who had too much to drink.
- 34% ate before drinking.

Health Promotion Resource Center Lending Library

offers a carefully-chosen selection of books and other media on topics of interest to students. Popular items include exercise DVDs, cookbooks for college students, and stress management resources.
- Students visited the Resource Center 9,251 times, borrowing 2,186 items.

CPR and First Aid Classes

- 44 CPR and First Aid classes were conducted for a total of 309 participants.

UHS Center for Students in Recovery

The center is funded primarily by contributions from generous supporters.
- Strong network of peers
- Life-affirming sober activities and events
- Service and outreach opportunities on campus and in the community
- Regular 12-step recovery meetings on campus
- Advocacy to remove the stigma from addiction and promote the benefits of a recovery lifestyle
healthyhorns: UHS Online

For UT students, it is easy to find credible health information online at www.healthyhorns.utexas.edu. Students tell us that they use healthyhorns for many reasons:

**UHS Services**

Easy to navigate, detailed information about all UHS services can be found on healthyhorns. Students can request a workshop, refill a prescription, find out what to bring to an appointment, and sign up for student health insurance online any time of day or night at healthyhorns.utexas.edu. Special sections discuss student health insurance and medical emergencies. Students can even log on to complete their health history and other patient forms securely before an appointment.

**Healthy Behaviors**

By spotlighting different healthy behaviors every week, we encourage students to adopt healthy habits to help them perform at their best. Appealing, concise articles show students how to grab a quick and healthy breakfast each day, get plenty of sleep, and otherwise stay strong and healthy throughout the school year.

**Health Information and Instruction**

The UHS website features a wide variety of health topics that are relevant to students. We provide timely, credible information about common ailments like influenza, minor injuries, and headaches as well as useful facts about healthy sexuality, good nutrition, and alcohol and drug use. Essentials like healthy portion sizes, proper condom use, predatory drugs, and more are illustrated with easy-to-understand infographics and videos so that students can grasp concepts easily.

**Student Involvement**

Students can have their say by providing feedback online or applying for one of the many volunteer opportunities at UHS. In 2009-2010, student volunteers created several short web videos to show students how to eat healthy on a student’s budget. Also this year, several members of the Center for Students in Recovery told their stories in short video blogs to help show others the joy and achievement they have found in recovery.

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Top 10 Pages

In 2009-2010, healthyhorns received 1,122,214 visits (a series of clicks by an individual visitor during a specific period of time).

1. AlcoholEdu 6. Women’s Health
2. Appointments 7. Charges
3. Insurance 8. Incoming Students
5. General 10. Immunizations
   Medical Care and Allergy Shots

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Events and Activities

We make it easy to find out about special campus events like health fairs and screenings, flu shot clinics, awareness days, and giveaways.

**New! Like UHS on Facebook**

Connect with UHS on Facebook for inside information about events and special promotions.
# Academic Partnerships

To address the health needs of all of our students effectively and to further the academic mission of the University, UHS establishes and maintains partnerships with many colleges, schools, departments, and academic programs.

<table>
<thead>
<tr>
<th>College, School, or Academic Program</th>
<th>UHS Department or Representative</th>
<th>Purpose</th>
</tr>
</thead>
<tbody>
<tr>
<td>College of Education: Department of Kinesiology and Health Education</td>
<td>Healthy Sexuality Peer Educator Program</td>
<td>UHS Health Promotion staff teach KIN 378 “Sexual Health I,” a three-credit preparatory training class for students accepted into the program. Peer educators then take KIN 178 “Sexual Health II and III” the supervised volunteer portion, during their second and third semesters of participation. Peer educators put their knowledge and skills into practice by teaching contraception classes, facilitating workshops, and participating in outreach programs.</td>
</tr>
<tr>
<td>College of Education: Department of Kinesiology and Health Education</td>
<td>Alcohol and Drug Education Peer Educator Program</td>
<td>Staff of the Alcohol and Drug Education Program teach KIN 378 Fieldwork in Health, a 45-hour preparatory training class. Peer educators then take KIN 178 “Alcohol Awareness II” or “Substance Abuse Prevention,” the supervised volunteer portion, during their second semester of participation. Peer educators put their knowledge and skills into practice by teaching classes, facilitating workshops, and participating in outreach programs.</td>
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<tr>
<td>School of Social Work</td>
<td>Center for Students in Recovery</td>
<td>In the fall of 2009, the Center for Students in Recovery coordinator taught SW 360 Principles of Recovery.</td>
</tr>
<tr>
<td>College of Pharmacy</td>
<td>Pharmacy</td>
<td>Each semester, College of Pharmacy students are placed in the UHS Pharmacy for PHR 176P for experiential coursework. This class provides the first hands-on pharmacy experience for students in the program. UHS pharmacy preceptors (pharmacists who work for UHS) provide direct supervision throughout the semester.</td>
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<tr>
<td>College of Pharmacy</td>
<td>Pharmacy</td>
<td>UHS Pharmacists serve as preceptors to appropriate second- through fifth-year Pharmacy student interns who need to earn community pharmacy intern hours.</td>
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<tr>
<td>College of Pharmacy</td>
<td>Pharmacy</td>
<td>Periodically, a fourth-year pharmacy doctoral candidate is placed with the chief pharmacist to participate in a six-week community pharmacy ambulatory care course.</td>
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</table>
| Research labs and programs in the College of Natural Science and the College of Education | Laboratory | UHS provides convenient, low-cost medical laboratory testing for participants in research studies and students conducting research through campus programs and laboratories. Examples include:  
  - McDevitt Sensor Array Laboratory, Department of Chemistry and Biochemistry  
  - School of Biological Sciences  
  - Department of Kinesiology and Health Education  
  - Department of Chemistry and Biochemistry |
<p>| All academic and research units that use the Biosafety Level 3 Laboratory (BSL-3) | Laboratory | UHS provides convenient, low-cost phlebotomy (blood draw) for baseline blood serum samples for participants in research studies and students conducting research through campus programs and laboratories. UHS stores the blood serum in its ultra-cold freezer in the event that it is needed for exposure testing. |
| College of Liberal Arts, Department of Naval Science | Community Outreach and Allergy/Immunization Clinic | UHS coordinates special immunization/PPD (tuberculosis) testing clinics for students participating in summer cruises as part of Navy ROTC. |</p>
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<tr>
<td>College of Pharmacy</td>
<td>Laboratory and Allergy/Immunization Clinic</td>
<td>UHS staff coordinates special immunization/PPD (tuberculosis) testing clinics for students in the College of Pharmacy to help them meet the requirements for their clinical placements.</td>
</tr>
<tr>
<td>College of Pharmacy and School of Nursing</td>
<td>Community Outreach and Allergy/Immunization Clinic</td>
<td>Qualified students in the College of Pharmacy and the School of Nursing develop their skills by administering influenza vaccines to students, faculty, and staff during annual UHS flu shot clinics.</td>
</tr>
<tr>
<td>School of Nursing</td>
<td>Community Outreach and Allergy/Immunization Clinic</td>
<td>UHS provides a special clinic to administer influenza vaccinations to School of Nursing students, faculty, and staff in a specially scheduled clinic.</td>
</tr>
<tr>
<td>International Office ESL Services</td>
<td>Laboratory, Radiology, and Allergy/Immunization Clinic</td>
<td>UHS provides tuberculosis testing for ESL students.</td>
</tr>
<tr>
<td>Department of Educational Psychology Counseling Psychology Program</td>
<td>Alcohol and Drug Education Program</td>
<td>This placement for two graduate counseling psychology students lasts one or two long semesters and provides interns with opportunities to facilitate smoking cessation and alcohol education workshops and conduct individual consultation sessions, including assessments for alcohol/drug abuse.</td>
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<tr>
<td>Dean’s offices of all UT colleges and schools</td>
<td>Administration</td>
<td>The UHS Medical Director reviews all applications for medical withdrawals and course load reductions. She approves / denies medical withdrawal requests and makes recommendations to the deans of UT Austin colleges and schools for approval / denial of course load reduction requests. (Deans make the final decision about course load reductions.)</td>
</tr>
<tr>
<td>School of Undergraduate Studies</td>
<td>Professional staff and volunteers</td>
<td>UHS representatives, primarily Health Promotion professional staff and peer educators, have given presentations to various First-Year Interest Groups since the inception of the FIG Program. During 2009-2010, nearly 90 presentations were given to FIGs.</td>
</tr>
<tr>
<td>Various departments including the McCombs School of Business, the College of Education, the School of Undergraduate Studies, and the Study Abroad Office</td>
<td>Professional staff</td>
<td>UHS professional health educators, dietitians, physicians, registered nurses, and peer educators serve as guest lecturers in dozens of academic classes every year. Registered nurses from the UHS Allergy/Immunization Clinic give special presentations on travel health and safety for groups of students who are planning to study abroad.</td>
</tr>
<tr>
<td>College of Education: Department of Kinesiology and Health Education</td>
<td>General medicine (primary care) clinics</td>
<td>UHS board-certified internal medicine physician gives lectures to various Kinesiology classes. Following the lectures, students rotate through UHS observing the physician as he or she provides patient care.</td>
</tr>
<tr>
<td>College of Education: Department of Kinesiology and Health Education</td>
<td>Medical Director</td>
<td>The UHS medical director is the sponsoring physician for the dexitometer used in assessing body composition in the FIT Institute of Texas.</td>
</tr>
<tr>
<td>International Office</td>
<td>Medical Director</td>
<td>The UHS Medical Director serves as the medical consultant for the international Oversight Committee, which reviews applications for travel to areas of the world with heightened health and safety risks.</td>
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Looking Ahead: Goals 2010-2011

Foster wellness
University Health Services defines wellness as a healthy, dynamic balance of six dimensions of life: physical, emotional, occupational, social, intellectual, and spiritual. We actively support UT students in the development of personal wellness by offering targeted services and programs and by cultivating a healthy campus culture.

Provide effective programs and services
In order to enhance our services and programs, UHS will monitor, evaluate, and improve them according to determined performance measures.

Enhance clinical care using technological resources
So that we may provide optimal care in an efficient manner, University Health Services explores and applies strategic technological solutions. We stay abreast of advances in technology associated with necessary skills and equipment such as electronic health records, digital radiography, and secure communications.

Maximize access to healthcare and information
University Health Services strives to optimize access to healthcare and information, so that students are empowered to make decisions that will support their academic achievement and personal development.

Practice exceptional customer service
Provide exceptional service delivered in an informative, respectful, and compassionate manner.

Cultivate a positive, engaging work environment
Recruit and retain the best staff possible by maintaining a positive, stimulating work environment and providing opportunities for professional growth.

Exercise good stewardship
Assure sufficient funding and manage resources carefully to continue to provide core services to students. Resources include funds, supplies and equipment, facilities, and relationships.
Color Palette

24-Hour Nurse Advice Line
30,126 calls answered

General Medicine Clinics
29,947 visits

Urgent Care Clinic
6,780 visits

Sports Medicine & General Medicine Clinic
5,600 visits

Physical Therapy *
804 visits

*Began referring patients to physical therapists in the community on May 30, 2010.

Women’s Health Clinic
9,864 visits

Allergy/Immunization Clinic
7,646 visits

Integrated Health
(included in clinic visit totals)
1,156 visits

Radiology
2,609 x-ray exams performed

Laboratory
41,346 lab tests processed (total)
18,875 performed in-house
22,471 performed at off-site laboratory

Pharmacy
51,780 prescriptions filled (total)
31,456 new prescriptions
20,324 refilled prescriptions
740 prescriptions compounded

September 1, 2009 through August 31, 2010