

NYSCHA 2008 Annual Meeting

PROGRAM ABSTRACTS

DAY 1 – WEDNESDAY, OCTOBER 22

PRE-CONFERENCE SESSION

8:30 – 11:30 a.m.

WE-CPR Heartsaver with AED: CPR for Non-Providers

Maryann Walsh, RNC, BS (*Stony Brook University*)

CME:0.00 CH:0.00 CECH:000

Room: Harrison

Heartsaver with AED includes Adult and Child CPR, pocket mask use, use of the AED, and obstructed airways. (Pre-registration is required.) The course is 3 hours long. Attendees will be charged a fee to cover the cost of the AHA certification card. (If you have not pre-registered and would like to enroll, you can inquire at the time of the course to see if there is room for you. There is a \$10 fee for the certification card.)

KEYNOTE PRESENTATION

1:00 – 2:15 p.m.

WE-KEY New Directions in College Health

Alan Glass, MD (*Washington University in St. Louis*)

CME:1.25 CH:1.25 CECH:1.25

Room: Regency B/C

This presentation is sponsored by Aetna Student Health.

The field of college health is a rapidly evolving one. We have come a long way from our origins over a century ago, and our relationship with higher education has also changed along with us. We will explore the origins of the practice of college health and propose new ways of looking at the concept of “student health” in the context of the institutions of higher education that we partner with. Looking at our future will involve the discussion of globalization, health insurance, student diversity, infectious disease threats, and student mental health needs. We will find some comfort in the appreciation that some aspects of college health will always be the same.

WE-1: CONCURRENT SESSIONS

2:50 – 4:05 p.m.

1.01 Assessment of the Acute Abdomen

Stephen Barker, MD (*Crouse Hospital, Syracuse*)

CME:1.25 CH:1.25 CECH:0.00

Room: Comstock A

Abdominal pain is a common presenting complaint in college health services. In order to assess completely and accurately, a summary of an optimal work-up can enhance the health of college students through thorough intervention. This presentation will cover the most common types of abdominal pain presenting to college health services with a focus on the differential diagnosis of potential conditions. Special emphasis will be placed on the factors to consider in decision-making for referrals.

1.02 Transgender Issues in College Health

Samuel Lurie, M.Ed. (*Transgender Training & Advocacy*)

CME:1.25 CH:1.25 CECH:1.25

Room: Waverly

This presentation is sponsored by Gallagher Koster.

As the visibility and activism of transgender and gender-variant studies has grown, institutions are working to create policy change to provide safety and inclusion for this emerging group. Campus health centers and counseling centers are increasingly seeing patients with gender-related concerns, but providers often feel at a loss for addressing these issues because little information or training exists on the topic. This session will focus on four essential steps toward providing good care: 1) understanding the range of transgender possibilities and what that means both medically and socially; 2) becoming familiar with referrals and protocols for care; 3) differentiating transgender care from work with G/L/B populations; and 4) examining institutional-related barriers and solutions to addressing those barriers. The workshop is interactive and skills-oriented, providing participants with information and strategies to use in their current work.

1.03 Hot Topics in College Counseling and Strategies Used to Address Them

Stephen Smith, LCSW-R, CASAC (*SUNY Cortland*); Keith Anderson, PhD (*Rensselaer Polytechnic Institute*)
CME:0.00 CH:1.25 CECH:0.00
Room: Marshall

Students are now presenting a myriad of concerns within the college counseling setting, challenging counselors to utilize multi-dimensional approaches and models of treatment in an attempt to address these concerns. Given the time constraints placed on counselors to research and integrate treatment options, this program will offer opportunities for counselors to consider therapeutic approaches, methods, and strategies that their colleagues have applied in treating current issues raised by students.

1.04 Using Data to Enhance Student Health: A Skill Development Workshop for College Health Educators

William Kernan, EdD, MPA, CHES (*Columbia University Medical Center*)
CME:0.00 CH:1.25 CECH:1.25
Room: Harrison

The use of data in the development of effective health promotion interventions (frequently referred to as evidence-based practice) is now recognized as an essential skill within college health. It is now common for health promotion specialists at institutions of higher education to coordinate the process of data collection about student health behavior. In an environment with limited statistical or methodological resources, it can be difficult for a college health educator to know how to proceed once these data have been collected. This workshop will provide skill development in identifying potential research questions, prioritizing health concerns, and developing techniques for the effective use of data in the development of evidence-based health promotion practices. ACHA-NCHA data and Core survey data will be used to illustrate these simple yet efficient processes.

1.05 Contemporary Perspectives of College Health: A Panel Presentation

Susan Berger, MS, ANP (*Cazenovia College*); Alan Glass, MD (*Washington University in St. Louis*); Chad Henderson, MBA (*University of Rhode Island*); Vanessa Britto, MD (*Wellesley College*)
CME:1.25 CH:1.25 CECH:1.25
Room: Adams

As the public and accreditors demand greater transparency in the way colleges do business, health services will come under increasing pressure to control costs and demonstrate their value to the overall educational objectives of students from all backgrounds. Assessing student learning outcomes and institutional effectiveness are crucial for achieving and maintaining accreditation. This panel presentation will provide an opportunity for open dialogue about the threats and opportunities facing college health services in the context of today's global issues. Participants will be encouraged to exchange ideas about ways that health services can remain or become fully integrated into the campus community.

WE-2: CONCURRENT SESSIONS

4:15 – 5:30 p.m.

2.01 Care for Transgendered Patients

Harold Husovsky, MD (*SUNY Health Science Center at Syracuse*)
CME:1.25 CH:1.25 CECH:1.25
Room: Comstock A
This presentation is sponsored by Gallagher Koster.

Gender identity issues are evident in a broad age spectrum but are especially relevant in the college age population. Persons questioning gender identity may feel more comfortable exploring concerns once living away from the influence of family values. It becomes essential that college health personnel become aware and comfortable with the individual freedom of choice and make discussion, treatment, and referral options available to those who request an interest in these services. This session will explore the evaluation and treatment options for individuals questioning or seeking gender identity alteration.

2.02 Effective Use of Laboratory Panels – Thyroid, Liver, Iron, and Hepatitis

James Jacobs, MD and Cheryl Flynn, MD, MS, MA (*Syracuse University*)
CME:1.25 CH:1.25 CECH:0.00
Room: Waverly

In daily practice, college health clinicians can face decisions about appropriate evaluation of common medical problems associated with anemia, thyroid disease, and liver disease. Given the staggering costs of medical care, all clinicians must develop a cost-sensitive approach to diagnosis – one that includes the clinical usefulness of specific tests, the prevalence of disease in the college population, and the costs of individual tests vs. "panels." Increased familiarity with this information may also further the clinician's ability to manage potential differences between patient (and parent) expectations and efficient, cost-effective lab testing. The purpose of this presentation is to review clinical utilization of common laboratory panels. Specific attention will be given to panels used to evaluate thyroid function, hepatic function, anemia, and Hepatitis. We will also differentiate the basic metabolic panel vs. the comprehensive metabolic panel. For each panel, emphasis will be placed on interpretation of results and cost-effectiveness of the panel.

2.03 ACHA Mental Health Best Practices Task Force: Exploring the Integration of Health and Counseling Centers

Keith Anderson, PhD, and Kevin Readdean, MEd (*Rensselaer Polytechnic Institute*)

CME:0.00 CH:1.25 CECH:1.25

Room: Marshall

The ACHA Mental Health Best Practices Task Force has been charged with producing a white paper that explores some of the issues that are related to the integration of health and college counseling centers. Over the past few years, several conference programs have discussed various models and limitations of these mergers. We have been focused on developing and implementing a survey that will explore the issues related to counseling and health center merger. We have completed the survey and have collected a large amount of data. This presentation will provide us with an opportunity to share that data and, with audience participation, solicit input as to the collection of qualitative data. Our next step will be to collect case study information from some of the survey respondents.

2.04 Development of a Consensus-Building Tool for On-Campus Alcohol Prevention: The Campus Climate Survey

Kimberlee Trudeau, PhD and Elizabeth Cooney, MPH, CHES (*Inflexion, Inc.*)

CME:1.25 CH:1.25 CECH:0.00

Room: Harrison

The online Campus Climate Survey was developed with NIAAA support to offer college administrators a way to survey the perceptions of campus alcohol programs and policies among key stakeholders. The survey items were developed through interviews and concept mapping with national experts in college alcohol prevention and campus administrators. We then administered the survey to over 300 administrators from approximately 90 colleges and universities across the United States. Lastly, we reduced the survey to 25 items representing four domains (Infrastructure, Leadership, Resources, and Communication) through consultation with college alcohol experts. A description of this development process, preliminary findings from this survey, and plans for implementation will be discussed.

2.05 Early Outbreak Intervention Using Healthcare Information Technology (HIT)

Stacy Kottman, PhD (*Medicat, LLC*)

CME:1.25 CH:1.25 CECH: 1.25

Room: Adams

Student health centers can now leverage encounter information from health information systems (EMR & Practice Management) to identify and manage early interventions and trigger protocols based on incidences/patterns of symptoms or diagnosis. Systems are evolving to automatically alert providers, in real time, to emerging health issues within their population and to provide data for analysis to inform appropriate prevention policies and timely responses in support of college health's public health role. Key alerts and information to the providers making decisions at the point of care, be it emerging trends or patterns of symptoms, can improve the quality of care. HIT can be leveraged for health promotion and prevention programs, as well as emergency alert programs. The goal of this program is to demonstrate, with real college population data, how this technology can be leveraged and dynamically utilized.

WEDNESDAY EVENING

HOT TOPIC DISCUSSION

8:00 – 9:00 p.m.

Gardasil & Strategies to Enhance Vaccination

Philip Barkley, MD (*University of Florida*)

Room: Regency B/C

No CE credits for this program

The Hot Topic Discussion and Dessert Reception that follows are sponsored by Merck and Company, Inc.

This discussion session will begin with a review of the science around the use of the HPV vaccine for the prevention of cervical cancer and HPV related diseases, including the latest clinical data and recommendations for vaccination. This session will provide attendees with an opportunity to discuss barriers to vaccination and share outreach strategies to improve access for students and increase the number of students choosing to become vaccinated.

DAY 2 – THURSDAY, OCTOBER 11

TH-3: CONCURRENT SESSIONS

9:10 – 10:25 a.m.

3.01 Infectious Disease Hot Topics 2008

Joseph Domachowske, MD (*SUNY Upstate Medical University*)
CME:1.25 CH:1.25 CECH:0.00
Room: Comstock A

This presentation will address two infectious disease topics affecting college students. The first topic, Community Acquired Staphylococcal Infections, will look at the epidemiology, clinical presentations, treatment options, and prevention strategies. The second topic, travel medicine, will be discussed from an infectious disease perspective and will include travel basics, pre-travel planning, water, medications, and vaccines.

3.02 The HPV Vaccine: Sex, Cancer, God, and Politics

Shobha Krishnan, MD (*Barnard College*)
CME:1.25 CH:1.25 CECH:1.25
Room: Waverly

The talk will be based on the book, "The HPV Vaccine Controversy – A Guide for Parents, Women, Teenagers, and Men" that was recently authored by the speaker. HPV infections peak in the 15-25 year olds, most of whom are in the college aged group. Currently, there are two vaccines available worldwide to protect against majority of cervical cancers. One has already been approved by the FDA for vaccinating girls and young women in the United States, and the other is pending FDA approval. This program will present an overview of HPV infections in the college aged population and the role of the new HPV vaccines. In addition, it will discuss if the vaccines can truly help in the O-N-E L-E-S-S campaign against cervical cancer in this country.

3.03 Student Health Insurance Requirements: Concepts and Implementation – The Case for Choosing a Hard Waiver Program

Paul Correia (*Aetna Student Health*) and Jo Ann Molnar-Kieffer (*Cornell University*)
CME:0.00 CH:1.25 CECH:1.25
Room: Marshall

The purpose of this presentation is to explain the pitfalls of voluntary or soft waiver programs and the strengths of a hard waiver program. Insurance requirements maintain a healthier student body, offer equal access to health care, reduce the reluctance of students to seek medical treatment, improve student retention and lower attrition rates, and offer lower premiums. By providing case examples, how-to techniques, tactics to use when communicating to constituents, benefit design trends, and cost containment initiatives, the speaker will offer reasons why a school may implement insurance requirements. The presentation will provide the resources and tools to help attendees assess the adequacies of their student health program, ask the right questions and compile information, present relevant points to decision makers and planning committees, and develop a communication campaign.

3.04 Best Practices for Identifying Students at Risk: A Wellness Counseling Approach

William Kernan, EdD, MPA, CHES (*Columbia University Medical Center*)
CME:0.00 CH:1.25 CECH:1.25
Room: Harrison

As college health professionals, we are acutely aware of the need for early identification of students in distress. However, it is well-known that for some students the direct seeking of mental health services is complicated by both real and perceived barriers, most notably those related to stigma, time, cost, and beliefs about confidentiality. In addition, help-seeking behavior is often hindered by feelings about the relative lack of importance or severity of one's concerns. This session details six years of research and experience providing and evaluating "mental health triage" or "wellness counseling" services for students at one university, resulting in best practices recommendations.

3.05 Disability as an Issue of Cultural Competency: Moving Outside of Prevention, Treatment, and Cure

Eli Clare (*Author, Trainer, Speaker*)
CME:0.00 CH:1.25 CECH:1.25
Room: Adams

This presentation is sponsored by Gallagher Koster.

College health professionals deal with disabled students all the time but with little awareness of disability as an issue of cultural competency. Often, the major disability issues faced by disabled people are not about prevention, treatment, and/or cure but about disability-based marginalization and discrimination, which in turn impact access to health care and the quality of that care. Numerous studies have found that doctors consistently rank the quality of life of disabled people far lower than what disabled people say about their own lives. This session will be entirely about diverse populations. Providers will leave this training with tools to create more disability access in their practices.

4.01 Grabbing a Tiger by the Tail - TB at RIT

Brooke Durland, MD and Alice Cutaiar, RN (*Rochester Institute of Technology*); Mary Younge, RN (*TB Control Unit, Monroe County Health Department*)

CME:1.25 CH:1.25 CECH:1.25

Room: Comstock A

Tuberculosis infection and disease will be reviewed in terms of pathogenesis, epidemiology, and relevance to college populations. Sample cases of active TB infections will be presented and evaluated from the perspective of medical management and public health implications. The newly revised ACHA guidelines for screening and testing for TB will be discussed. Changes and implications for current college/university policies and procedures will be highlighted. Presenters will review the collaboration between health department and the student health staff in implementing a more comprehensive screening and testing program at RIT.

4.02 Complicated Contraception – A Rational Look at Safe Prescribing

Beth Kutler, FNP (*Cornell University*)

CME:0.00 CH:1.25 CECH: 1.25

Room: Waverly

This program is intended to address the contraceptive needs of women with medical conditions that may affect contraceptive choices. While most young college-age females are free of chronic medical conditions, many young women experience migraines, take other daily medications, have bone density concerns, or are obese. Using WHO medical eligibility criteria for contraceptive use, participants will be guided through the decision making paradigm that influences safe contraceptive prescribing. A review of the non-contraceptive benefits of various methods will also be discussed.

4.03 What College Men and Women Always Wanted to Know About Each Other, But Were Afraid to Ask

Stephen Smith, LCSW-R, CASAC (*SUNY Cortland*)

CME:0.00 CH:1.25 CECH:1.25

Room: Marshall

College students often have a difficult time negotiating the complexities of relationships. Preconceived beliefs, perceived gender roles, different methods of coping with stress, concerns regarding issues related to emotional closeness and distance, are each influential in determining how men and women interact with one another. However, many students become discouraged and frustrated when they attempt to apply familiar interactional approaches that often do not result in successful outcomes. This program will examine these styles of relating and how counselors can assist female and male students in developing more rewarding encounters with each other.

4.04 OTC Drug Abuse in College Students

Connie Barker, RPh; James Byrne, JD, CASAC; and Cindy Joslin, RN (*Syracuse University*)

CME:1.25 CH:1.25 CECH:1.25

Room: Harrison

Substance abuse is a validated problem among the college-aged population. The focus has traditionally been on alcohol; however, other substances, including OTC drugs, have become more frequently used by college students. The concern is heightened by the increasing availability of information about drug/drug and drug/alcohol combinations. Over-the-counter (OTC) drugs are readily available to teens and young adults in grocery and drug stores, as well as the internet. Web sites also provide information on what drugs to mix or use with alcohol or other drugs to produce a "high." This presentation will explore the OTC drugs young adults are using inappropriately and how they are using them. It will also discuss the threats to health and the potential for serious outcomes.

4.05 Reinventing the Wheel: A Power and Control Wheel for College Students

Rebecca Harrington, MA (*SUNY Oneonta*) and Deborah Frank, RN, MS (*Syracuse University*)

CME:0.00 CH:1.25 CECH:1.25

Room: Adams

This session will delve into the world of relationship violence experienced by college students. SUNY Oneonta has put a special emphasis on this issue for the last two years and will share survey results, programming ideas, and a new power and control wheel for victims and bystanders. Efforts have been made to reach out to victims regardless of gender or sexual identity as well as to provide their friends with the tools to be able to intervene.

5.01 Syphilis Brought Us Together!

Alexandra Hall, MD (*Cornell University*); Maureen Kelly (*Planned Parenthood*), Karen Bishop, BS, RN (*Tompkins County Health Department*); Dana Rinaldo (*NYS Department of Health*)
 CME:1.25 CH:1.25 CECH:1.25
 Room: Comstock A

The national increase in syphilis and HIV rates reflects increases within our patients' demographic, and is impacting our students directly, particularly those who are men who have sex with men (MSM). Creating relevant, appropriate responses can have a profound impact on the future of such diseases on our campuses. Syphilis rates are on the rise, and our campus is no exception. In response to this trend and some sentinel cases of both syphilis and HIV on campus, Cornell has collaborated with Ithaca College, Tompkins County Community College, Planned Parenthood, and the local and state health departments to increase awareness, disseminate information, and facilitate testing. This presentation will include current epidemiology of syphilis and HIV, syphilis diagnosis and treatment, our process for forming a response, and the strategies and materials that we have created together.

5.02 Environmental Health and Nursing Practice

Karen Ballard, MA, RN (*Health Care Without Harm*)
 CME:0.00 CH:1.25 CECH:0.00
 Room: Waverly

Because of our science based nursing practice, nurses understand the connection between the environment, human health, and disease. Increasingly, nurses are being called upon to respond to health concerns in their patients that often have a variety of environmental causes. College health nurses are uniquely challenged as their patients live in both the discrete college setting and the larger community, often moving frequently between them. This presentation will focus on environmental principles applicable in all care settings with specific examples for the college health setting.

5.03 STD Testing, Treatment, & Prevention Counseling: A Collaborative Program between a University Health Service, a County Health Department, and a Nonprofit Health Education Organization

Susan Mancuso, BSN, MSN, FNP and Jane Fischer, MA (*University of Buffalo*)
 CME:0.00 CH:1.25 CECH: 1.25
 Room: Marshall

Sexually transmitted disease (STD) services are essential to comprehensive healthcare services for college students. STD service barriers on campus include: inadequate on-site testing, health insurance restrictions, and confidentiality issues. A collaborative program between a college health center, a county health department, and a nonprofit health education organization was initiated to provide STD screening, treatment, and health education to students. We will describe our program and its barriers, STD prevalence, and the components and benefits of the STD education sessions. This program will show how large or small college health services need to collaborate with "larger powers" and/or community agencies for assistance to offer better services for students.

5.04 Alcohol and Depression – What's the Connection? A Look at Two Recent Studies

CME: 0.00 CH:1.25 CECH: 1.25
 Room: Harrison

Study 1: Determinants and Correlation of Excessive Alcohol Use and Depression Among College Students in a Northeastern University

Irfan Syed, MBBS, MPH (*Southern Connecticut State University*)

Alcohol use and depression are the two most common health issues among college students in the U.S. This study uses data from the National College Health Assessment (ACHA-NCHA) survey conducted in 2005 in a northeastern university to investigate the correlation of excessive alcohol use and depression among students. It also examines the demographic determinants and investigates the behavior risks associated with both excessive alcohol use and depression and their coexistence. Excessive alcohol use was reported to be significantly high among Caucasian students, while depression was high among females. Students reporting excessive drinking were more likely to binge drink while depressed students reported higher incidences of risky sexual behaviors. The coexistence of both the conditions significantly increased the risk of binge drinking and having multiple sexual partners than excessive drinking or depression alone.

Study 2: Behavioral Decisions and Emotional Trends Among College Students

Laura Reynolds (*May 2008 graduate of the University of Rochester*)

Increasing rates of binge drinking and diagnoses of depression among college students suggest a correlation between the effects of consistent binge drinking on depression. The continual consumption of five or more alcoholic beverages in one sitting was hypothesized in this study to increase symptoms of depression and to detrimentally affect the recovery from depression once a diagnosis has been established. A survey was developed and given to 260 undergraduate students aged 18-22 inquiring about the rates of binge drinking and depressive symptoms. Despite research on depression and binge drinking rates of the general undergraduate population that suggested a correlation between the two variables, the current study did not reveal an association between the effects of alcohol consumption on depressive symptoms.

5.05 **Evaluating and Responding to Student Requests for Health-Related Accommodations**

Ralph Manchester, MD; Rick Crummins, Esq.; and Michelle Livingston (*University of Rochester*)

CME:1.25 CH:1.25 CECH:1.25

Room: Adams

Students frequently ask for special accommodations in housing, parking, meal plans, and academic courses based on health issues. Evaluating and responding to these requests requires careful consideration of the student's health status in light of current disability laws and regulations. A team approach, involving health care professionals, disability rights advocates, and legal experts, is often needed to make the best decision for the individual and the institution. These cases often involve diverse approaches to health care and alternative belief systems. Specific examples of both common and problematic cases will be discussed with time for audience participation.

TH-6: CONCURRENT SESSIONS

3:45-5:00 p.m.

6.01 **Atypical HPV Infections (Male/Anal/Oral): Advances in Knowledge**

Kathleen MacLachlan, MS, APRN-BC and James Jacobs, MD, PhD (*Syracuse University*)

CME:1.25 CH:1.25 CECH:1.25

Room: Comstock A

Human Papillomavirus (HPV) research has focused on females and cervical cancer since the inception of Pap testing in the 1950's. Contemporary studies explore the effects of HPV in males and the implications for anal and oral disease in both genders. The purpose of this presentation is to examine disease burden, presentation, diagnosis, treatment, and prevention of the less known and understood manifestations of HPV infection(s) in college students.

6.02 **Ready or Not Here it Comes – One College's Experience with an Influenza Outbreak**

Susan Strauss, RN (*Marist College*)

CME: 0.00 CH:1.25 CECH: 1.25

Room: Waverly

In spite of a four month innovative immunization clinic, less than one-eighth of the faculty and students partook of influenza immunizations, only to have the worst influenza outbreak seen on campus in ten years. In a Health Services Department that has three exam rooms, how do you deal with over a hundred students a day?

6.03 **Topics in Otolaryngic Allergy**

Stephen Dubin, MD (*ENT Associates of Syracuse, PC and Upstate Medical University*)

CME:1.25 CH:1.25 CECH:0.00

Room: Marshall

This program will review factors relating to the increasing prevalence and management of inhalant allergies. The mechanisms of IgE mediated immune reactions will be reviewed and the clinical manifestations in the upper airway will be explored. The differential diagnosis of sinonasal conditions will be reviewed, and standard and emerging treatments will be presented. Related aspects of food and drug allergy angioedema and anaphylaxis will be briefly presented.

6.04 **Hazing and Health: Strategies for Clinical Practice and Prevention**

Timothy Marchell, PhD, MPH (*Cornell University*)

CME:1.25 CH:1.25 CECH:1.25

Room: Harrison

Hazing is a serious and common problem on campuses nationwide. It occurs in a range of organizations and can have significant consequences for students' physical and mental health and can undermine academic performance. Health care providers and administrators can play an important role in identifying and responding to cases of hazing, as well as shaping institutional approaches to the problem. This program aims to address a series of questions: What is hazing? How common is hazing? Why does it occur? What is the role of alcohol in hazing? What are the potential health effects and clinical indicators of hazing? How do we talk about this issue with students who have been hazed? What does a public health approach to hazing involve?

6.05 **Understanding and Addressing the Needs of Transgender College Students**

Lis Maurer, MS (*Ithaca College*)

CME:0.00 CH:1.25 CECH:1.25

Room: Adams

This presentation is sponsored by Gallagher Koster.

With increasing numbers of out transgender students on college campuses, this session will explore ways professionals in higher education can offer greater support and improve the campus climate to better meet the needs of these young people. These students arrive on our campuses with a distinct set of needs that many schools are currently not equipped to provide. This session is designed to explore the unique needs of transgender students and address the support and services being implemented by college and universities nationwide and to share success stories of students themselves, and of professionals advocating for change and increased services to meet the needs of this growing population. Drawing from our work, as well as best practices of colleagues from throughout the country, we will explore key areas including: housing, restrooms,

recreational locker facilities, mental and physical health, support services, procedural issues, training for providers, and other topics. The session will explore issues and concerns of transgender students and examine some of the social, psychological, medical, and legal factors impacting them. The session will also provide tools, resources, and best practices.

DAY 3 – FRIDAY, OCTOBER 12

GENERAL SESSION

8:00 – 9:30 a.m.

FR-GEN **The Science and Art of Dealing with Parents**

Eileen Simmons, MS (*Syracuse University*)

CME:0.00 CH:1.5 CECH:1.5

Room: Regency B/C

Parenting does not end with a student's transition to college. Often, a parent may continue to advocate for their offspring long after these young adults should be managing their own needs independently. This session will address orientation of parents to college and a student's need to manage their life in areas ranging from friendships and lifestyle to health and study habits. Much satisfaction in managing parents comes with educating parents to the the policies and regulations prior to any need to discuss them regarding their personal situation with their student. Additionally, having key colleagues around the campus that parents will turn to sharing your same message can be very powerful. We will explore approaches used in the housing arena and open the door to discussion on ways to implement some of these approaches on other campuses, both large and small.

FR-7: CONCURRENT SESSIONS

9:45 - 11:15 a.m.

7.01 **Recognizing and Managing Concussion and Sports Concussion in the Collegiate Setting**

Brian Rieger, PhD (*Concussion Management Program & CNY Sports Concussion Center; Department of Physical Medicine & Rehabilitation*)

CME:1.5 CH:1.5 CECH:1.5

Room: Comstock A

College students with post-concussion symptoms may minimize or be unaware of the effects of the injury. College health professionals can be instrumental in identifying symptoms and history suggesting concussion. For students diagnosed with post-concussive syndrome, college health professionals can assist in securing and coordinating appropriate accommodations as well as supporting the student in other aspects of symptom management. Concussion and sports concussion are prevalent in college-age persons. While most students recover quickly and completely, some have lingering problems affecting academic and social functioning. This program will discuss the recognition and management of concussion on campus.

7.02 **Options in Bariatric Surgery: What's Right for Your Patient?**

JoAnn Romanzi Herne, MS, APRN, BC, FNP (*Crouse Hospital School of Nursing*)

CME:1.5 CH:1.5 CECH: 1.5

Room: Waverly

Obesity is a complex chronic disease process that is associated with increased morbidity, mortality, and health care costs as well as decreased quality of life. Obesity has reached epidemic proportions in the U.S., including our college campuses. Traditional methods of weight loss for this population do not work and result in a 95% failure rate in 2 years. For patients who are chronically and morbidly obese, the only answer for permanent weight loss may be bariatric surgery. Primary care providers, including college health professionals, are often reluctant to discuss this option with their patients due to lack of knowledge or understanding of the various options. This session will provide information to these professionals, so that they may be better prepared to discuss the topic of obesity and one of its solutions.

7.03 **Student Health Insurance Administration**

Valerie Lyon, MHA and Jo Ann Molnar-Kieffer (*Cornell University*)

CME:1.5 CH:1.5 CECH:0.00

Room: Marshall

Availability and access to quality health insurance supports access to health care which is at the core to what college health professionals strive to provide and achieve. International students, graduate students, and students from low income families are especially challenged to have access to quality health insurance making the case for why college health professionals should advocate for quality insurance programs on their campuses. This session will provide updates from the ACHA Student Insurance Task Force including updated ACHA Insurance Standards and task force plans for the coming year; an overview of best practices for managing student health insurance plans; and tips for gaining student, parent, and institutional support for requiring health insurance on your campus.

7.04 Developing a Prosocial Bystander Program for Men: Will It Help Reduce Sexual Assault on Campus?

Nina Cummings, MS, CHES and Sheridan Reiger (*Cornell University*)

CME: 0.00 CH:1.5 CECH:1.5

Room: Harrison

A prosocial bystander model calls for a wider community approach to sexual assault prevention. Prosocial bystanders are individuals who witness events or situations that could lead to sexual assault and by their presence may have the opportunity to provide assistance or intervene in some way. This presentation will outline Cornell's newest initiative to develop a prosocial bystander program for men. It will outline the evidence-based model used and describe the program development and evaluation components that make this approach the most promising practice for sexual assault prevention on college campuses.

FR-7: WORKSHOP

9:45 – 12:00

7.05 Introduction to Suturing: A Hands-On Workshop for Providers

James Jacobs, MD, PhD (*Syracuse University*)

CME:2.25 CH:2.25 CECH:0.00 (Pre-registration is required.)

Room: Adams

This is an introductory workshop for physicians, nurse practitioners, and physician assistants who have little or no prior training in suturing wounds. The workshop will interweave evidence-based didactic discussion of wound care and suturing principles with practical hands-on experience practicing suturing techniques. Attendees will practice one fundamental suturing technique (i.e., interrupted suture line, single-layer vs multi-layer closure, aftercare).