



## 2021-2022 Study Away Student Health Information Form

### PART A - Student Self-Assessment

Student Name: \_\_\_\_\_

**Instructions: Please complete PRIOR to your appointment with your medical provider(s) and bring it with you. This worksheet will NOT be submitted to the Wang Center but is meant as a reflection tool and should be used as a starting point for discussion of important mental and physical health considerations when traveling. Being well prepared is the basis of having a rewarding and successful study away experience.**

1. List any medications (including dosage) you are taking or may need to take during your program. Please include as needed medications, inhalers, and Epi-Pens. How do you plan to make sure that you can continue taking this medication during your program? Please consider that your medication should not be sent through the mail and that some medications may not be available and/or legal in some countries.  Does Not Apply

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2. Do you have any allergies to medications, food, substances, or insects? How do you plan to manage an allergic reaction should it occur?  Does Not Apply

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3. Do you have any special dietary restrictions or preferences? How do you plan to manage this while studying away?  Does Not Apply

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4. Do you have any acute or chronic medical conditions? How do you plan to manage while traveling?  Does Not Apply

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5. Do you have any mental, psychological or emotional conditions that have required treatment during the past 2 years? Do you have or have you had a history of an eating or substance abuse disorder? How do you plan to cope while traveling? If you have a counselor or therapist, have you discussed your study away plans with them yet?  
 Does Not Apply

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6. Stress during study away can exacerbate chronic medical and psychological conditions. How do you plan to cope while studying away so that you have an enjoyable and successful experience? If you are struggling, who can you ask for help and what other coping strategies do you have?  Does Not Apply

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7. If you have any limitations of your mobility or ability to carry luggage how do you plan to manage? Are there plans in place if you are unable to participate in some activities such as hiking or field studies?  Does Not Apply

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8. What will you do if you experience a medical or psychological emergency while studying away?  Does Not Apply

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9. Have you traveled outside of the US before? If so, did you experience any mental or physical health challenges?  Does Not Apply

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Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## PART B - Student Health History

All students must submit a Student Health History form (Part B), regardless of whether they have a medical condition, in order to participate in a study away program. An additional Medical Specialty Provider Consultation (Part C) may be requested. The purpose of the Student Health History form (Part B) is to document your health history and any special needs you may have during the study away program. Your responses to the questions and prompts below will not change your acceptance into the study away program, and all information you provide will be treated CONFIDENTIALLY. The Student Health History form and additional Medical Specialty Provider Consultation form (as applicable) will be kept on file at the Wang Center and shared with on-site program staff and/or faculty/program leaders so they can serve you promptly and effectively in the case of an emergency.

Failure to submit the Student Health History form and any additional Medical Specialty Provider Consultations (as applicable), by the deadlines listed below may result in your removal from the program.

- July 15<sup>th</sup> Fall or Full-Year programs
- November 1<sup>st</sup> for J-Term and Spring programs
- March 1<sup>st</sup> for Spring Break programs

Students must inform the Wang Center for Global and Community Engaged Education of any recent (in the past 12 months) medical or special needs or changes in health that occur before the program start date.

(Print) Student Last Name: \_\_\_\_\_ First \_\_\_\_\_ Middle \_\_\_\_\_

Chosen or Preferred Name: \_\_\_\_\_

PLU I.D. # \_\_\_\_\_ Phone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Sex Assigned at Birth:  M  F  Intersex Preferred Gender/Pronouns: \_\_\_\_\_

Name/location of study away program(s):  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Have you applied/are you intending to apply for another study away program in the same academic year?  YES  NO If YES, only one health form is required for the academic year.

Term(s):  Fall  J-Term  Spring  Academic Year  Spring Break  Summer

Note: The questions below are similar to the prompts in Part A. This form is the version that will be kept on file at the Wang Center and shared with on-site program staff and/or faculty/program leaders as necessary.

Yes	No		Description (attach additional sheet as needed)
		Are you currently taking/carrying any medications? (Please include inhalers and Epi-Pens.) <i>If yes, please list.</i>	
		Do you have any allergies to medications, foods, insects, latex, etc.? <i>If yes, please list.</i>	
		Do you have any chronic health conditions, i.e., diabetes, epilepsy, heart disease, asthma, etc.? <i>If yes, please list.</i>	
If you have been under the care of a medical specialist, counselor or other mental health professional, Part C may be necessary. Please discuss and request the form if needed.			

**Insurance Requirement** - I understand that all students are required to have personal health insurance and to carry an insurance card. Students are financially responsible for all personal medical expenses.

**Travel Immunization Information** - I am aware that certain locations require additional immunizations and that it is my responsibility to seek this information at the PLU Health Center or another healthcare provider qualified in travel medicine. I assume liability for not taking recommended medications or immunizations.

**Consent for Medical Treatment** - The undersigned gives consent to PLU program representatives to authorize any necessary medical or surgical treatment in case of any medical emergency as confirmed by any attending provider involving the undersigned student while attending the PLU Study Away program. If the student is less than 18 years of age the PLU program representative shall attempt to contact the undersigned parent or guardian for approval before relying on this authorization. In addition, the undersigned student must personally consent to said medical procedure if said student is physically and emotionally capable at the time such treatment is required.

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

If student is under 18yo  
Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Medical/Mental Health Release of Information**

I understand that medical information is confidential and protected by federal and state privacy regulations, and I also understand that I may consent to the release of any and all of my health care information. I request and authorize my provider to release any and all medical or mental health care information to PLU as PLU may request. If I have been diagnosed or treated for HIV (AIDS virus), psychiatric disorders/mental health, or drug and/or alcohol use, my provider is specifically authorized to release all health care information relating to such diagnosis or treatment. This release is in effect from the date this document is signed through the date that travel relating to the program is completed.

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Permission to Share Information:** I hereby give the Executive Director of the Wang Center (or a designee) and any representative of the university permission to communicate with one another, study away program providers and/or with my legal guardian, emergency contact person(s), medical professionals, regarding my study away experience, as necessary for university officials to perform their job duties. This may include but is not limited to the release of information from this health care form and my other educational records about my health and safety, student conduct or disciplinary matters, academic issues, student account information and/or any other relevant conduct or circumstance as it relates to my health and wellness before or during or up to six months after the study away program has ended.

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**CERTIFICATION:** I certify that I have personally completed this form and that I have shared the Student Self-Assessment (Part A) with my healthcare provider(s). The information contained in this form is complete and I have not withheld any information about my physical or mental health. If any aspect of my health profile changes between submitting this form and my departure for an off-campus program, I will notify the Wang Center of these changes immediately, in writing. I understand that my failure to disclose any health information may jeopardize my ability to receive appropriate medical care in the event of an emergency while away. I further understand that, in the event of an emergency while away, the university reserves the right to notify my parent(s) or guardian.

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Print) Student Last Name: \_\_\_\_\_ First \_\_\_\_\_ Middle \_\_\_\_\_

**FOR PROVIDER USE ONLY**

*Request Part A - Student Self-Assessment for review. Please complete and sign this form and return via fax or mail, as soon as possible, to*

Wang Center for Global and Community Engaged Education | Pacific Lutheran University  
12180 Park Avenue S.  
Tacoma, WA 98447  
Tel: 253-535-7577 | Fax: 253-535-8752

Based on the information provided by the student, including their Student Self-Assessment (Part A), personal review of the student’s health history, and review of available medical records, please confirm in your professional opinion:

I have met with the student to discuss their physical/mental health condition(s) or disability(ies) as it relates to their intended study away experience and no further action is recommended.

I have met with the student to discuss their physical/mental health condition(s) or disability(ies) as it relates to their intended study away experience and I recommended follow-up with a Specialty Provider. Please return Part C to the provider office listed at the bottom of this page.

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I have met with the student to discuss their physical/mental health condition(s) or disability(ies) as it relates to their intended study away experience and I recommend an additional Specialty Provider Consultation and that the student completes a written Self-Care Plan (see Part D for template) prior to this appointment and it is shared with the following parties in advance of departure:

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I have met with the student to discuss their physical/mental health condition(s) or disability(ies) as it relates to their intended study away experience and I recommend the student consult with the Wang Center in advance of departure to determine if reasonable accommodations are available.

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There are medical or mental health contraindications to this student’s participation in the program at this time (please describe the contraindications and how they impact the student’s participation in the program; submit additional sheets if necessary). I recommend the student consult with the Wang Center to determine if there are accommodations or an alternate program that will accommodate the student’s needs.:

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Licensed Provider’s Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Print) Licensed Provider’s Name: \_\_\_\_\_

Office Stamp (with address and phone):