13,056 STUDENT VISITS

During the 2018-19 academic school year (7/18-6/19), 13,056 visits were recorded with a health professional and of these visits, majority were for mental health concerns.

MENTAL HEALTH
41%

Diagnosed with a mental health condition, compromising of:

- 15% Depression
- 12% Anxiety
- 9% ADHD
- 5% Other

ILLNESS
21%

Such as cough, sore throat and other upper respiratory infections.

WOMEN'S HEALTH EXAMS
15%

Including sexually transmitted infection testing, annual exams, urogenital symptoms.

SKIN DISORDERS
5%

PHYSICAL EXAMS
4%

ABDOMINAL
3%

Abdominal pain, nausea and diarrhea.

INJURIES
2%

OTHER DIAGNOSES
1%

Back pain, men's health including sexually transmitted infections, chest pain, concussions, anemia, hypertension, hypothyroidism, headache/migraines, chest pain and myopia.

Sarah (name changed to remain anonymous) is a sophomore at Utah State who used the Student Health Center for the first time this past semester. She came on a busy Sunday morning.

“I needed to get done with my laundry so I hurried down the stairs and caught my foot on the edge of the stairs. Tumbling down the stairs I went and after two steps, fell onto my laundry basket full of clothes and landed on my left foot. The pain in my foot was intense, but I was able to hobble over to the couch. I took Advil, iced my foot as well as wrapped it, and elevated it at night.”

Although there was bruising on her foot, with low funds and no health insurance, she decided to wait and see if the pain would improve.

“After four days, I still couldn't walk without a limp and was still having pain, so I call the Student Health Center and got an appointment to have my foot looked at,” said Sarah. An X-ray was taken, and a fracture of the fifth metatarsal
bone in her foot was found. “They explained to me that it was very important to be seen by a specialist, a podiatrist to ensure that the bone would heal properly (it could possibly need surgery).” The nurse helped Sarah make an appointment for the following week with a podiatrist for an evaluation.

“Without having insurance, this stressed me out about the possible cost. I was reassured that there is financial assistance that can be applied for through Intermountain Healthcare and was given forms to start this process. I was fitted for a post-op shoe and physical therapy. I am glad I made the choice to come to USU Student Health so I can regain the full function of my foot.”

Sarah is just one of the 16,167 students enrolled at Utah State University Logan campus (excluding online and statewide campuses) and one of the 13,056 visits to a health professional last calendar year (7/18-6/19) at the Utah State University Student Health and Wellness Center. These visits include nursing, counseling, provider, and nutritionist appointments. Excluded in these numbers are the appointments by the physical therapists that students have access to (provided by Intermountain Healthcare) as well as wellness/prevention intakes.

“It’s cost effective and convenient to be able to come to the Student Health Center,” said USU Student Health and Wellness head nurse, Judy Baldwin. “There are excellent providers and we provide good care. We work very hard to accommodate the students and their needs.”

There are varied services at the Student Health and Wellness Center that cover different aspects of health and wellness. The healthcare providers evaluate and treat injuries and illnesses, work to prevent illness through women’s and men’s health visits, mental illness, and physical exams that are often needed for missions, study, aviation and in various other departments. Vaccinations are given to help prevent illness and students are able to bring their allergy shots to be continued here (as per prescribed by allergist).

Many services are provided in-house. Lab work can be done here, as well as X-ray and EKG at an affordable cost. Referrals can be made when specialists or other specialized testing needs to be done within the community.

Counselors are available when referred by the providers. These psychology Ph.D. students are able to assist students to access counseling at the Student Health and Wellness Center or to refer them to the most appropriate place for counseling. There are appointments available with a nutritionist, Brooke Parker. She works with the students and forms individualized plans based on their needs. Physical therapy is provided through Intermountain Healthcare. Brian Larson is the physical therapist and works with physical therapy technologists to provide rehabilitation of injuries through various methods of treatments. Ryan Barfuss is the prevention specialist that works with different departments on campus in regards to aspects of wellness. He teaches classes on alcohol and drug prevention and assists those that are in need of alcohol and drug counseling.

Bringing awareness of different services at the Utah State University Student Health and Wellness Center can enable students to fully utilize these health and wellness services. The availability of appointments for acute illnesses and injuries are usually available same day or within the week (depending on illness/injury). Physical exams (i.e., annual exams, missionary physicals) are available within 1-2 weeks. Appointments can be made by phone, 435-797-1660, or students can also schedule online at aggiehealth.usu.edu.

Writer: Donalee Thomson, FNP Nurse Practitioner | donalee.thomson@usu.edu

Director: Scott Deberard | scott.deberard@usu.edu

Download the Student Health and Wellness Center Student Visits Data.