




**WALTER SISULU UNIVERSITY
CAMPUS HEALTH SERVICES
POLICY & PROCEDURES**

Policy library ID



CAMPUS HEALTH SERVICES POLICY & PROCEDURES

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Student Pregnancy Policy	
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1. PREAMBLE

According to the health legislation of the Republic of South Africa, all organizations providing health services should be recognized as authorized institutions. This legislation is also applicable to all higher education institutions providing health services. Furthermore various international and national instruments emphasize the need for life skill education, including sexuality and HIV/AIDS education at general, further and higher education levels for example, the United Nations Convention on the rights of a child (Article 29); the international conference on Population and Development, 1995 pp 14, 21; the South African Bill of Rights (article 28, f (ii), the National Youth Policy, the population policy for South Africa (March 1998), as well as the government AIDS action plan.

Walter Sisulu University is committed to comply with the requirements for the recognition by the Department of Health to provide primary health care to students and staff. Furthermore WSUCHS is in the process of developing quality improvement plans meant to adhere to national and international health guidelines. All WSUCHS are affiliated with SAACHS.

2. DEFINITION OF TERMS

Authorized institution means any institution designated as an authorized institution in terms of section 54 of the constitution.

Constitution means the Constitution of the Republic of South Africa, 1996 (Act No. 108 of 1996);

Director General means the head of the national department of health

Health care personnel mean health care providers and health workers;

Health care provider means a person providing health services in terms of any law, including in terms of the :-

(a) Allied Health Professions Act, 1982 (Act No. 63 of 1982)

(b) Health Professions Act, 1974 (Act No. 56 of 1974)

(c) Nursing Act, 1978 (Act No. 50 of 1978)

- (d) Pharmacy Act, 1974 (Act No. 53 of 1974); and
- (e) Dental Technicians Act, 1979 (Act No. 19 of 1979)

Health services means:-

- (a) health care services including reproductive health care and emergency medical treatment, contemplated in section 27 of the Constitution;
- (b) basic nutrition and health care services contemplated in section 28 (1) c of the constitution;
- (c) medical treatment contemplated in section 35(2) e of the constitution.

Health worker means any person who is involved in the provision of health services to a user, but does not include a health care provider;

Hospital means a health establishment which is classified as a hospital by the Minister in terms of section 35;

Primary Health Care Services (PHCS) means such health services as may be prescribed by the Minister to be PHCS (first contact care).

National Health System (NHS) means the system within the republic, whether within public or private sector in which the individual components are concerned with the financing, provision or delivery of health service;

Gestation period means the period of pregnancy of a woman calculated from the first day of the menstrual period which in relation to the pregnancy is the last.

Termination of pregnancy (TOP) means separation and expulsion, by medical or surgical means, of the contents of the uterus of a pregnant woman;

WSUCHS – Walter Sisulu University Campus Health Services

SAACHS – South African Association of Campus Health Services

3. PURPOSE

The policy is intended to display commitment to the principle of "**Batho Pele**", **Customer first** and to ensure that service excellence

is an integral part of the planning and rendering of services to all WSU students.

4. VISION

To provide primary health services to students including staff enabling them to achieve optimal health.

5. MISSION

WSUCHS provides primary health care services to students and staff through promotion of health, prevention of ill health, treatment of existing illnesses and rehabilitation of recovering individuals.

6. PHILOSOPHY

The philosophy underpinning Student Health Services is:-

- Belief in respect of human dignity
- Belief in holistic approach to the treatment of diseases
- Belief in total physical, psychological, social and spiritual wellbeing of the individual
- Belief in the mutual recognition of rights and responsibilities
- Belief in confidentiality of all personal information brought to knowledge
- Belief in loving others as one loves oneself
- Belief in excellence in services practice and leadership
- Belief in accountability to one's acts and omissions
- Belief in respect of ethics related to all health issues.

7. ACTIVITIES

- Emergency Health Services
- Treatment of minor ailments
- Family planning and condom promotion
- Treatment of sexually transmitted infections

- HIV test pre and post test counselling
- Referral to hospitals and other health professionals e.g. Ante Natal Clinic, psychologists etc
- Health education services and health publication
- Treatment of opportunistic infections
- Screening test e.g. Pap smear, pregnancy test, TB, Cholesterol, Urinalysis, Blood pressure, Haemoglobin, Blood glucose, Eye testing, other blood tests including CD4 count WR and viral load.
- Dispensing of medicine

8. MONITORING & EVALUATION

- 8.1 Each campus clinic submits its written report relating to the activities for each quarter
- 8.2 Evaluation of activities and that is done twice a quarter
- 8.3 Unit reports must be submitted to the office of the Director responsible for Health Services and are written in line with the University reporting format.

9. IMPLEMENTATION

- 9.1 WSU will oversee the establishment, functioning, funding and quality improvement of Campus Health Services.
- 9.2 Health Committees which are sub-committees of Student Services Council in all campuses will be responsible for the implementation of WSU Campus Health Services Policy, related programs and activities.
- 9.3 WSU Managementl will ensure that funds are made available for the implementation and maintenance of WSU Campus Health Policy and Procedures

10. The procedures will be reviewed after every three (3) year

ADDENDUM

1. Operational Procedure

- i. Medicines shall be stored in safely. Only the registered nurse, whose names appear on the application and the medical practitioner in charge of the clinic, may keep the keys of the storage facilities.
- ii. All patient medication files must be completed for all scheduled as well as unscheduled substances issued
- iii. A register of daily issues of schedule 3 and 4 medicines must be kept for each patient
- iv. All medicine orders must be counter-signed by the medical practitioner.
- v. All patient files will be kept confidential.

2. EMERGENCY HEALTH SERVICES

- a. WSUCHS should provide emergency and rescue services within primary healthcare budget
- b. All victims (including staff, students and visitors) of emergency or accident must be treated as medically indicated, including transport to a nearby higher level of facility if necessary.
- c. All WSU campuses must organize facilities that will guarantee the access of emergency services. Access to emergency service will involve a member of staff, trained in basic emergency care, sleeping at or near the Campus Health Services at night and available to provide emergency care.

3. HIV/AIDS PROCEDURE

a. Pre and Post Test Counselling:

- WSUCHS will provides VCT services. HIV blood test must be done before a client can be diagnosed as HIV negative or positive.
- Pre and post test counselling is done by registered nurses, professional counsellors, lay counsellors and health promoters trained in HIV/AIDS counselling
- Continuous follow-up counselling for HIV positive clients must also be done with the joint involvement of the nurse, professional counsellors, lay counsellors and health promoters in HIV/AIDS counselling i.e. voluntary, part-time and full time appointed counsellors.

b. Blood test:

- Rapid HIV test to be done in WSUCHS
- For HIV positive clients the following tests will be done with the help of the nearby hospital laboratories:
 - Confirmation test to be done by recognized laboratories in the Eastern Cape agreed upon by WSU
 - CD4 count (prescribed by the doctor)
 - Viral load test (prescribed by the doctor)

c. Medication:

- Treatment of common infections linked to HIV/AIDS
- Treatment of Sexually Transmitted Infections

d. Health education activities:

- Keep healthy by exercising regularly and eating properly
- Reduce smoking and drinking alcohol
- Visit a doctor/health services regularly

- Learn to manage stress levels
- Join an HIV/AIDS support group

e. Anti-Retroviral Drug Therapy:

- All clients indicated for antiretroviral (ARV) will be referred to the visiting doctor who makes decisions about the treatment or may refer the patient accordingly.
- The doctor may refer the patient to a VCT clinic linked with WSU providing ARV treatment
- ARV drugs are recommended if CD4 count is below 200 or according to the doctor's assessment.

f. If CD4 count is below 200, the following activities should be considered:

- Booster treatment e.g. Vitamin complex, Multivitamins, folic acid
- Bactrim 2 tablets daily (prophylaxis) for prevention of pneumonia
 - if positive for active PTB refer to hospitals close to each campus further management
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***Confidentiality of client information must always be respected.**

4. FAMILY PLANNING

WSUCHS provides family planning services to students and staff. The goal of family planning is to reduce the number of unintended pregnancies at WSU by ensuring that family planning services better meet the needs of students and staff.

WSU does not encourage students to fall pregnant and for that reason CHS provide family planning methods including oral contraceptives, injections and condoms.

All pregnant clients in need of Ante Natal Care are referred to their nearby Ante Natal Clinics of their choice.

- All pregnant students are advised to go home and leave student residences at 32 weeks of their gestational period.
- WSUCHS do not provide Termination of Pregnancy (TOP) services.
- All clients in need of TOP will be referred to the TOP counselling services.
- Those that would like to continue with TOP are referred to a nearby relevant public or private hospital.

5. POST SEXUAL ASSAULT

a. Current WSU Sexual Assault Protocol entails:

- Referral of the patient involved to the referral public hospital close to each campus
- According to the Eastern Cape HIV/ADS Directorate PEP, treatment should be offered to patients presenting within 72 hours of sexual assault.
- A three day starter pack should be offered to those patients that are not ready to receive results immediately.
- The rest of the treatment will be given when the HIV status of the patient has been established as negative as against the old protocol that says: Clients should be tested before prophylaxis can be given.
- Provision of PEP for HIV

b. Principles regarding provision of PEP to prevent transmission of HIV:

- All sexual assault cases should be considered to be high risk.

- The time factor between exposure and presentation at the health facility should be determined.
- It is recommended that the ARV's be administered within 72hour of exposure.
- HIV testing and counselling should be offered to all clients presenting with sexual assault, it is recommended that giving the client results of the HIV test should be delayed where possible and a three day starter will be given to all clients.
- When the client returns after three days, an HIV test will be offered to those who did not agree to be tested before.
- Clients who were tested will receive their results and receive post-test counselling and follow-up care.