



ROSS UNIVERSITY  
SCHOOL OF VETERINARY MEDICINE



A GUIDE TO  
**CAMPUS HEALTH  
SERVICES**

A Patient-Centered Approach to Health & Wellness



OUR APPROACH TO THE RUSVM

CULTURE OF WELLNESS



**“WE AIM TO PROVIDE A HOLISTIC, PATIENT-CENTERED APPROACH TO HEALTH AND WELLNESS THROUGH COMPREHENSIVE PRIMARY HEALTH CARE, DISEASE PREVENTION AND WELLNESS PROGRAMS.”**

Campus Health Services (CHS) at Ross University School of Veterinary Medicine has a mission to support the educational process and overall mission of our students and colleagues by providing quality health care services and promoting positive health outcomes for our community. We recognize that a new country, climate, culture, friends and lifestyle, combined with a rigorous program can create a stressful environment for one's body and mind. Campus Health Services assures that the work of our community members is supported by a team of caring and skilled people who understand the connection between good health and academic performance.

RUSVM CULTURE OF WELLNESS



EMOTIONAL



ENVIRONMENTAL



FINANCIAL



INTELLECTUAL



OCCUPATIONAL



PHYSICAL



SOCIAL



SPIRITUAL



CULTURAL

**CAMPUS HEALTH SERVICES**

Campus Services 1 Room 10-20  
Basseterre, St. Kitts, West Indies

**PHONE**

1-869-465-4161 Ext. 401-1139

**EMAIL**

sknursing@rossvet.edu.kn

**FAX**

1-754-551-5804

**HOURS OF OPERATION**

**Monday to Thursday:** 7:30 am to 5 pm

**Friday:** 7:30 am to 4 pm

**Saturday and Sunday:** Closed

**Campus Holidays:** Closed

**AFTER HOURS SERVICE**

When Campus Health Services is closed, options for care and support include:

**Dial 911** for emergency services

**After Hours Nursing Advice Line:**

1-869-662-6235 (call or WhatsApp)

or email [sknursing@rossvet.edu.kn](mailto:sknursing@rossvet.edu.kn)

**Security Services:**

1-869-465-6161 Ext. 401-1113

or email [security@rossvet.edu.kn](mailto:security@rossvet.edu.kn)

**AFTER HOURS MEDICAL CARE**

**Emergency Room (JNF Hospital):**

1-869-465-2551

**Pogson Hospital (Sandy Point):**

1-869-466-1644

**Mary Charles Hospital (Molineaux):**

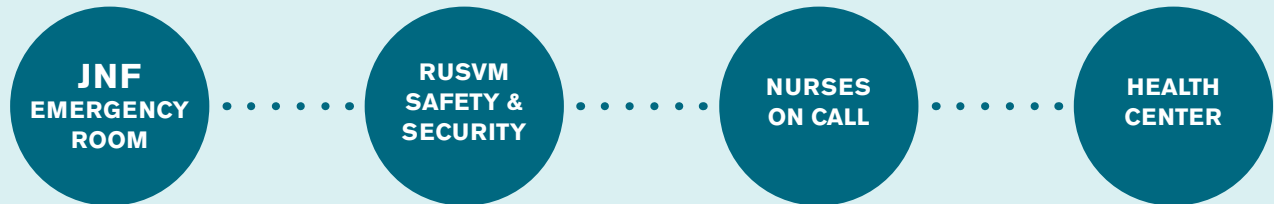
1-869-465-7398

Emergency listings can also be found on the back of all ID badges.





## 24 HOUR SUPPORT SERVICES HEALTH & EMERGENCY SUPPORT



## GENERAL INFORMATION

### SERVICE COST

The student health fee, which is paid through tuition each semester, covers the costs for some, but not all, services. Charges and services are subject to change.

#### Examples of services covered through the student health fee:

- Primary care office visits
- Women's health office visits
- Limited number of counseling sessions
- Support groups and workshops
- Preventive screenings
- Health coaching
- Fitness assessments
- Clinical nutrition, stress management and sexual health consultations

#### Examples of services not covered through the student health fee:

- Radiology
- Laboratory services
- Pap smears
- Physical therapy
- Consultation fees charged by outside physicians
- Allergy shots and vaccines
- Services received at any other hospital or clinic

### REQUIRED IMMUNIZATIONS

#### For Student Visa

- 2 MMR dates
- 3 Hep B dates and at least 1 Polio date

#### Government/Visa Requirement

- TB or PPD within six months of matriculation (chest x-ray with accompanying letter if positive result)

#### For RUSVM Health Services Dept. Only

- RPR or VDRL within six months of matriculation
- Tdap (Tetanus, Pertussis and Diphtheria) within the past ten years
- 2 doses of chicken pox vaccine or history of the disease
- 2 doses of Hepatitis A





## OUR APPROACH TO HEALTH & WELL-BEING

### GENERAL/PRIMARY CARE

Primary Care offers primary and urgent healthcare provided by highly qualified and experienced physician and nursing staff. Appointments are required and will also help to minimize wait time. Appointments for:

- Cold, strep, flu and other respiratory illnesses
- Ear infections
- Cuts, wounds and other skin injuries
- Conjunctivitis (pink eye) and other eye injuries
- Gastroenteritis (stomach concerns)
- Urinary tract infection (UTIs)
- Minor surgical services such as laceration repair
- Care for chronic conditions
- Physicals
- Sexually Transmitted Infections
- Vaccinations, including flu shots, HPV, tetanus and other recommended immunizations
- Referrals to community specialty physicians

### WOMEN'S HEALTH

Women's Health is offered as collaborative effort between our highly trained staff and experienced off-campus partners in the field of Obstetrics & Gynecology.

We recommend that women engage in periodic health care guidance through routine well visits and cervical cancer screening as the the recommendation of the ACOG (American College of Obstetrics and Gynecology). This includes:

- Annual well-woman visits
- Long-acting reversible contraceptives
- Birth control consultations
- STI/UTI testing and treatment
- Reproductive consultations
- Gynecological problems including irregular periods and bleeding issues
- Pap tests
- Breast exams

Appointments with ObGyns are available by referral from the Campus Health physician or nursing staff.

### WELLNESS & PREVENTION

Our services include consultations and referrals to partner services for clinical nutrition, sexual health, physical activity, mental health, physical training and more. Wellness and prevention also includes our healthy campus initiatives and policies.

### CHRONIC DISEASE MANAGEMENT

Campus Health Services is able to provide care and continued management for a wide variety of chronic health care problems including: ADD/ADHD, anxiety, depression, asthma, hypertension, diabetes, high cholesterol, autoimmune and thyroid disorders.

We encourage all students with chronic health issues to fax a detailed medical report from their current provider to our department to be uploaded in their electronic health record.

### ACUTE CARE

In the event that you develop an acute illness while on campus during our normal hours of operation, we are equipped to provide the following:

- Nebulizer treatments for asthma exacerbation
- IV fluids for dehydration
- IV antibiotics for systemic illness
- IV medications for allergic reactions

### LGBTQI+ CARE

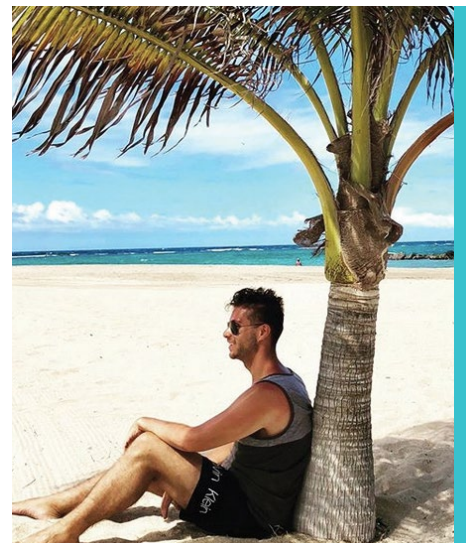
Campus Health Services (CHS) is committed to providing quality health care to all individuals, including those within the LGBTQI community. The CHS environment is considered to be a "safe" place to come for health care, counsel, and advice, which includes:

- Gynecological Services
- STD screen and treatment
- Pre and post exposure prophylaxis for HIV

During a visit to CHS, we want you to feel free to discuss topics like sexual orientation, sexuality, and gender. It's also important you feel that you can ask questions of your provider. Our staff is highly qualified and committed to delivering comprehensive care that is sensitive to your sexual orientation and gender identity and expression.

### ALLERGY & IMMUNIZATION

Allergy shots along with required and recommended immunizations are administered at Campus Health Services. This includes need medical clearance and annual evaluations for work with certain animals in the research setting.





## MEDICATION & PRESCRIPTION REFILLS

Although pharmacies on Saint Kitts carry a comprehensive stock of pharmaceuticals, there may be times when a prescribed item or an appropriate substitute is not available in the country. In some of these instances, Campus Health Services may be able to work with a local pharmacy to procure the item(s).

If you are visiting Saint Kitts for the first time, it is recommended that you travel with at least a three month supply of your prescription meds. You should also discuss with your healthcare provider the process to facilitate having another supply shipped to the island if that becomes necessary. **See shipping and receiving prescription meds in Saint Kitts below.**

For your convenience Campus Health Services has two methods you can use to request a refill of your prescription. The preferred and most convenient method for most students is requesting a refill by email. No matter which method you decide to use, we will need specific information to complete your request.

### To request a refill via email:

- Send an email to [sknursing@rossvet.edu.kn](mailto:sknursing@rossvet.edu.kn).
- Include medication name and number of days or supply requested.
- Provide supporting documents (a picture of a prescription or empty pill bottles less than six months old with your name, the name of your medication and the dose clearly visible).
- In most instances a physical prescription will be available for pickup at the Campus Health Center within 24 hours of your request. That prescription is then presented by you at a local pharmacy for it to be filled. Electronic prescriptions are not widely accepted and cannot be used for controlled (Schedule II and III drugs). If a particular pharmacy is willing to accept an electronic prescription, a copy will be forwarded to that location and you can pick up and pay for your meds there usually within the same day.

**Request a refill by scheduling an appointment** (Required for new prescriptions and for refills older than six months):

- Via the student portal by visiting under the Resources tab at [my.rossu.edu](http://my.rossu.edu)
- By calling Campus Health Services at 1-869-465-4161 Ext. 401-1139, during normal business hours (Monday to Friday 8 AM to 5 PM)
- By sending an email to [sknursing@rossvet.edu.kn](mailto:sknursing@rossvet.edu.kn)

Unfortunately, prescriptions from out of country healthcare providers are not automatically transferable to a local Saint Kitts & Nevis Pharmacy, since they are unable to verify the credentials of the prescribing provider. In addition, medications may be marketed in other countries that are not available in Saint Kitts & Nevis. You will need to schedule an appointment with the physician at Campus Health Services to discuss your health history; the reason for the medication(s) and to obtain a new prescription if appropriate.

### Prescription refill for controlled substances (Schedule II and III medications)

Diagnostic evaluations to establish a new diagnosis of Attention Deficit Hyperactivity Disorder (ADHD) is not a service offered by Campus Health Services. Students must have obtained a formal diagnosis before CHS can help monitor their condition and refill an ADD/ADHD medication. The student will need to provide a copy of their medical records confirming ADD/ADHD diagnostic testing within the last five years and an updated assessment less than one year old. The medical records must be faxed directly to the RUSVM campus physician at: 1 (754) 551-5804.

**A diagnosis made by a primary care provider is not an acceptable evidence of an ADD/ADHD diagnosis and an evaluation more than five years old will also not be accepted.**

Despite their safety, the US Drug Enforcement Administration (DEA) lists these medications (Adderall®, Ritalin® and

others) as Schedule II drugs, which restricts our prescribing them, and penalizes us for misuse or poor compliance with the rules. Laws require that we must give out a hand-written prescription, with no refills. These medications cannot be "called in" or prescribed via electronic prescriptions.

One prescription will be written at a time (every month), and the patient's scheduled visits will be at a maximum six months apart to ensure appropriate dosage and monitor for side effects.

### Shipping Prescription Medication to Saint Kitts

If you wish to have your prescription medication shipped to Saint Kitts from your home country, you can do so via FedEx or UPS. Most packages arrive on island within two business days. Campus Health Services does not receive prescription medications shipped from overseas on behalf of students.

### Customs clearance of your medication:

Send an email with (your full name, D.O.B, name of the medications, dose and quantity contained in your package) to [sknursing@rossvet.edu.kn](mailto:sknursing@rossvet.edu.kn).

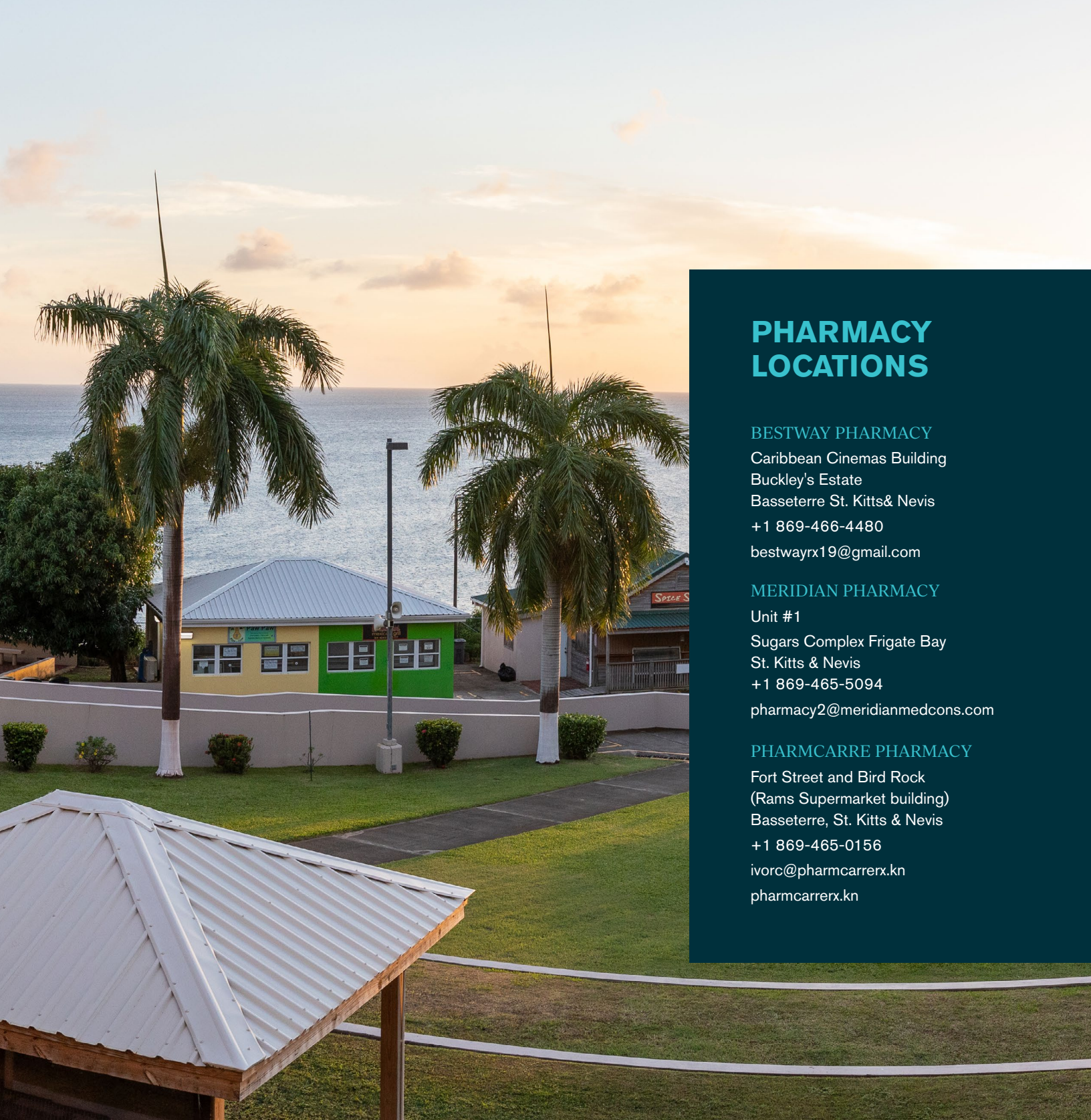
- A letter will be prepared on your behalf and can be collected at Campus Health Center during normal working hours and typically within 24 hours of notification.

### For all controlled substances (including ADD/ADHD Medications)

A medical record containing a diagnosis of ADD/ADHD must be faxed directly from your doctor to our campus physician. The diagnosis of ADD/ADHD must be no more than five years with an updated assessment within the last year. The prescription name, dose and recommended duration of your medication should also be included.

- Based on this report, CHS will submit a request for approval with the Chief Medical Officer via email who will then provide you with a letter to facilitate customs clearance of your medication.
- The letter must be collected in person at the Ministry of Health located at Lot 6B, Bladen Commercial Development, Wellington Road, Basseterre, Saint Kitts





## PHARMACY LOCATIONS

### BESTWAY PHARMACY

Caribbean Cinemas Building  
Buckley's Estate  
Basseterre St. Kitts & Nevis  
+1 869-466-4480  
[bestwayrx19@gmail.com](mailto:bestwayrx19@gmail.com)

### MERIDIAN PHARMACY

Unit #1  
Sugars Complex Frigate Bay  
St. Kitts & Nevis  
+1 869-465-5094  
[pharmacy2@meridianmedcons.com](mailto:pharmacy2@meridianmedcons.com)

### PHARMCARRE PHARMACY

Fort Street and Bird Rock  
(Rams Supermarket building)  
Basseterre, St. Kitts & Nevis  
+1 869-465-0156  
[ivorc@pharmcarrerx.kn](mailto:ivorc@pharmcarrerx.kn)  
[pharmcarrerx.kn](http://pharmcarrerx.kn)



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**CAMPUS HEALTH SERVICES**

PROUD MEMBER OF



AMERICAN  
COLLEGE  
HEALTH  
ASSOCIATION