



# Health Policy for Students

## Health Policy for Students

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## Health Policy for Students

### 1 Introduction

- 1.1 The University College of Osteopathy (UCO) is committed to ensuring the health and wellbeing of its students and that they receive appropriate health information and support before and during their time studying with us. This includes ensuring that students become and remain aware of any health requirements they may need to comply with as a condition of entry onto a programme of study in addition to ensuring that students with a health condition or disability are supported appropriately.

### 2 Scope

- 2.1 This policy is applicable for prospective and current students to ensure their general health and wellbeing whilst studying at the UCO.
- 2.2 This policy also includes specific requirements for prospective and current students planning to or studying on a programme that leads to a professional qualification to ensure that they are fit to practise in accordance with the proficiencies and standards expected of relevant Professional, Statutory and Regulatory Bodies (PSRBs).

### 3 Health Advice for New Students

- 3.1 New students are recommended to follow the advice provided below to ensure that they, their friends, family and community remain healthy throughout their studies.

a) Recommended Vaccinations / Immunisations

- 3.2 Students may be more vulnerable to infections as they may be living in communal housing, sharing workspaces in study areas and lecture theatres and, for students studying on healthcare programmes, working with patients / service users in a clinical setting.

- 3.3 New students are recommended to be vaccinated against the following before or soon after arriving at the UCO if they have not already been so:

- a) Tetanus
- b) Diphtheria
- c) Polio
- d) MMR (Measles, Mumps & Rubella (German Measles))
- e) MenACWY (Meningitis strains: A, C, W and Y)
- f) Covid-19

- 3.4 Students working / training in the UCO's Clinic or at external / community clinics for practice-based learning in a healthcare setting are strongly recommended to comply with vaccination guidance provided in the Green Book published by the Government<sup>1</sup> to ensure that they protect themselves and their family / friends from an occupationally-acquired infection, protect their patients and service users, including vulnerable

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<sup>1</sup> <https://www.gov.uk/government/collections/immunisation-against-infectious-disease-the-green-book>  
(Chapter 12: Immunisation of Healthcare and Laboratory Staff)

patients who may have weakened immune systems and the colleagues that they work with. These include:

- a) BCG (Tuberculosis)
- b) Hepatitis B
- c) Influenza
- d) Varicella (Chickenpox)

3.5 Students who do not have the above up to date immunisations may not be permitted to work in a clinical environment.

3.6 Students are recommended to contact the Student Support Team if they have any queries regarding their health whose details and services are published on the [UCO Student Portal](#).

b) Register with a General Practitioner (GP) & Dentist

3.7 All students are recommended to register with a local GP before or soon after they arrive at the UCO in case they require medical or dental advice / treatment whilst they are here.

To find out how to register with a GP visit:

<https://www.nhs.uk/using-the-nhs/nhs-services/gps/how-to-register-with-a-gp-practice/>

To find out how to register with an NHS Dentist visit:

<https://www.nhs.uk/using-the-nhs/nhs-services/dentists/how-to-find-an-nhs-dentist/>

c) Seek Advice if you Need To

3.8 The UCO is committed to supporting students if they have an existing or develop a health condition or if they have a disability.

3.9 Prospective and current students are encouraged to inform the UCO's Student Support Officer by emailing [StudentSupport@uco.ac.uk](mailto:StudentSupport@uco.ac.uk) about any health condition or disability they may have or develop to ensure that appropriate reasonable adjustments can be made and to provide advice to help students manage their health or disability.

3.10 Current students are recommended to use the UCO's Counselling Service if they are experiencing mental health difficulties, difficult life events or emotions or to seek external help through the following websites:

- Mind: <https://www.mind.org.uk/>
- NHS Moodzone: <https://www.nhs.uk/conditions/stress-anxiety-depression/>

3.11 External agencies local to the UCO are also available for students to contact. More information about these can be found here:

<https://www.southwarkccg.nhs.uk/your-health/health-services-in-southwark/Pages/default.aspx>

## 4 Health Advice for International Students

4.1 In addition to the above advice for new students, international students are recommended to consider the following:

- a) International Students with an Existing Health Condition: If you have an existing health condition, you should check whether you will be covered by the UK healthcare system or whether you may need to take out private health insurance for the duration of your studies before.
- b) Students from Switzerland or an EEA Country: You should register for a European Health Insurance Card (EHIC) or Global Health Insurance Card (GHIC)<sup>2</sup> from your own health authority before you leave home to ensure that you are able to receive medical treatment from the National Health Service (NHS).
- c) Students requiring a Student Visa to study: When you apply for your visa you may need to pay an Immigration Health Surcharge<sup>3</sup> which will entitle you to NHS treatment while you are in the UK.

4.2 Further health advice for international students can be found here:

<https://www.ukcisa.org.uk/Information--Advice/Studying--living-in-the-UK/Health-and-healthcare>

## 5 Students Studying For a Recognised / Professional Qualification

5.1 It is the UCO's duty to ensure that students studying for a Recognised / Professional Qualification that leads to their eligibility to register with a PSRB are fit to practise in accordance with the standards and proficiencies of the relevant PSRB, regardless of their final career path.

5.2 Some health conditions or disabilities will make it extremely challenging for students to meet the competences or proficiencies required by a PSRB at the point of graduation. In such circumstances it is important that the possibility you may not be able to practise is identified as early as possible and that all avenues reasonable to you and the UCO are explored in order to mitigate the situation and find a mutually acceptable way forward.

## 6 Students' Responsibilities

6.1 It is the responsibility of students to raise any health or disability concerns, especially if they may affect their ability to meet the standards and proficiencies required by a PSRB (i.e. fitness to practise), with the Student Support Officer as soon as possible to ensure that they receive the advice, support and reasonable adjustments necessary. This includes students disclosing any temporary health condition or communicable disease with appropriate staff where this may impact on their own or others, for example in practical classes or within a clinical setting.

6.2 It is the responsibility of students to inform relevant teaching and practice staff if the student is unable to safely participate in any aspect of their course at any time. Any questions related to this should be directed to the technique or clinic teaching team in

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<sup>2</sup> <https://www.gov.uk/global-health-insurance-card>

<sup>3</sup> <https://www.gov.uk/healthcare-immigration-application>

the short term and to the Course Leader and Unit Leaders in the case of longer term issues.

- 6.3 It is the responsibility of students to inform the Student Support Officer of any changes in their health at any point during their studies at the UCO.
- 6.4 Students are responsible for ensuring that relevant teaching and practice staff are informed of a health condition or disability that may affect their studies.

## 7 Declaring a Health Issue or Disability

- 7.1 The UCO will make all reasonable adjustments for any student who declares a health issue or a disability to enable them to succeed on their programme of study; although reasonable adjustments cannot be made to standards, competencies and proficiencies of PSRB's themselves, adjustments may be made to the methods of learning and assessment through which students acquire and demonstrate them.
- 7.2 Most health conditions and disabilities do not raise fitness to study or practise concerns, provided that appropriate care and reasonable adjustments necessary to study and work safely within teaching and / or clinical environments are made.

## 8 UCO Health Questionnaire

- 8.1 All new students are normally required to complete an electronic Health Questionnaire (Appendix 1) as a condition of entry onto the chosen programme to enable the UCO to advise and provide them with any support needs or reasonable adjustments that will help you to succeed in their studies. In addition, some of our programmes of study are of a practical nature and may involve students being a "model" in practical classes and assessments and training within a clinical setting. It is therefore important that the UCO is informed of any health condition or disability so that students remain safe and healthy throughout their studies.
- 8.2 All returning students are required to self-declare any change in their health or disability status to the Student Support Officer as they progress through their programme of study to ensure that any reasonable adjustments can be amended appropriately.
- 8.3 The Student Support Officer keeps a confidential record of your completed Health Questionnaire and will not disclose this information without your consent.
- 8.4 Further information about how we process your personal health data can be found in our Privacy Notice for Prospective and Current Students here:

<https://www.uco.ac.uk/about-uco/who-we-are/policies-procedures-and-privacy>

## 9 The Occupational Health Committee & Support to Study Policy

- 9.1 If a student has a significant health issue or disability, if concerns are raised following a declaration or observation of UCO staff about a student's health or disability, or if a student's condition affects their fitness to study or practise the UCO may convene the Occupational Health Committee and seek the advice of an Occupational Health Practitioner to inform an admission or progression decision and advise on new reasonable adjustments if needed and as appropriate.

- 9.2 If it is considered that the UCO is unable to make reasonable adjustments without compromising PSRB standards or proficiencies for the student to embark, or continue on, their chosen programme of study, it may appropriate for the student to reconsider an alternative course or career path.
- 9.3 If a student does not engage with the UCO, does not seek support for issues affecting their studies or has a health condition or disability that affects their ability to recognise their support needs, the Support to Study Policy shall normally be implemented to support the student appropriately and to enable them to continue their studies and complete their course.

## Appendix 1: UCO Student Health Questionnaire (to be completed electronically when requested)

<b>Section A: Person Details</b>		
Family (Last) Name:		
Given (First) Name/s:		
Date of Birth:		
<b>Section B: Your Health &amp; Functional Capabilities</b>		
<b>1. Do you currently experience problems with any of the following?</b>	Yes	No
a) Mobility e.g. walking, using stairs, balance.		
b) Agility e.g., bending, reaching up, kneeling down.		
c) Dexterity e.g. getting dressed, writing, using tools.		
d) Physical exertion e.g. lifting, carrying, running.		
e) Communication e.g. speech, hearing.		
f) Vision e.g. visual impairment, colour blindness, tunnel vision.		
g) Learning e.g. dyslexia, dyspraxia, dyscalculia.		
<b>2. Do you currently have any of the following health conditions?</b>	Yes	No
h) A mental health condition e.g. depression, anxiety, PTSD		
i) Chronic Skin condition e.g. eczema, psoriasis		
j) A neurological disorder? e.g. epilepsy, multiple sclerosis.		
k) An endocrine disease? e.g. diabetes.		
If you have answered "No" to any of the above from Q1 or Q2, please skip to Q7		
If you have answered "Yes" to any of the above from Q1 or Q2, please answer the following:		
<b>3. Is a healthcare professional aware of your condition or symptoms (e.g. GP, Physiotherapist, Counsellor)</b>	Yes	No
<b>4. Are you currently taking any medication to manage your condition or symptoms?</b>	Yes	No
<b>5. Have you ever required special arrangements at school or work to accommodate an impairment or health problem? e.g. special equipment, extra time in exams, part-time working?</b>	Yes	No
If you have answered "Yes" to Question 5, please provide further details.		



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**6. Please provide further general details of your condition (e.g. severity of impairment, effects, how you manage, support needs):**

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**7. Do you have any impairment or health condition not already mentioned for which you think you may require support during your education or training?**

Yes

No

If you have answered "Yes" to Questions 7, please provide further details.

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### Section C: Your Health

#### 1. Immunisation Record

- a) As a student of the UCO you are strongly advised to ensure that your immunisations for the following are up to date:
- Tetanus
  - Diphtheria
  - Polio
  - MMR (Measles, Mumps & Rubella (German Measles))
  - MenACWY (Meningitis strains: A, C, W and Y)
  - Covid-19

Please tick to indicate that you have read and understood this statement.

- b) As a student working in a clinical environment, you are also strongly advised to ensure that your immunisations for the following are up to date:

- BCG (Tuberculosis)
- Hepatitis B
- Influenza
- Varicella (Chickenpox)

If you do not have the above up to date immunisations you may not be permitted to work in a clinical environment.

Please tick to indicate that you have read and understood this statement.

#### 2. Modelling in Practical Classes & Assessments – For Osteopathic Students Only

As part of your training to be an osteopath, an important component is developing the appropriate skills to be able to successfully examine, assess and treat you patients. In order to learn and develop these skills to an appropriate level, it is expected that you are able to model for colleagues during classes and assessments. This is not only enabling your colleagues to develop their skills but it is an important learning opportunity for you to

be in the position of a patient. We are aware that some students have conditions that do not lend themselves to being a model. If this is the case for you, please indicate on this form whether you give consent to model for practical classes or assessments.

I give consent to act as a model in practical classes and practical assessments, with respect to my health at the time of the notification to model and subject to my health at that current time.

Yes

No

#### **Section D: Consent for Doctor's Report**

If you have a significant health problem or impairment, we may need to obtain further details from your doctor to help us assess and advise us on your fitness or support needs. Your consent is required for this.

Under the Access to Medical Reports Act 1988 you have the right to:

1. See a report before it is sent.
2. Ask for changes to be made to the report, if you think it is incorrect or misleading. Your doctor should be willing to discuss any changes with you but is not obliged to agree to them. If you cannot reach agreement with your doctor on changes you can:
  - a) Add a statement of your own to the report  
or
  - b) Refuse to allow the report to be sent.
3. See the report up to six months after it has been supplied. This would be arranged with the doctor providing the report.

If you do wish to see a report, we will let you know when we write to your doctor. You then have up to 21 days to arrange with them to see it. It will not be sent to you automatically. If you do not complete arrangements within 21 days your doctor will assume that you have changed your mind and will send the report to the Occupational Health Service.

Your doctor does not have to show you any part of the report if they think that it contains information that may seriously harm your physical or mental health, or where the identity of a person who has supplied information about you in confidence could be revealed. In these circumstances, your doctor should tell you that this is the case.

I consent to the UCO obtaining a report from my doctor if required and (please choose one of the options below).

I do not want to see the report before it is sent.

I do want to see the report before it is sent.

I would like to receive a copy of the report, but do not require to see it before it is sent to the UCO.

#### **Section E: Declaration**

Please tick to confirm that the information you have provided on your health and capabilities is correct to the best of your knowledge and belief.

I accept the conditions under which my personal data will be processed.

I agree to keep the UCO informed of any changes to my health and capabilities throughout the course.

Signed:

Date:

Core Documentation Record Page

## Health Policy for Students

Version number	Dates produced and approved (include committee)	Reason for production/ revision	Author	Location(s)	Proposed next review date and approval required
V1.0	Produced October 2011 and sent to QAEC 18 <sup>th</sup> October 2011 Nov 2011, Academic Council	To ensure that details from students' health questionnaires are appropriately dealt with.	Vice Principal (Education)	All master versions will be held in J:\Core Documentation\ POLICIES, PROCEDURES, GUIDELINES Intranet	September 2012
V2.0	Aug 2017 PRAG Chair	Administrative Amendments to update institution name change from University College of Osteopathy to University College of Osteopathy, staff role titles.	Student Support Manager	All master versions will be held in: J:\0 Quality Team - Core Documentation Intranet	2017-2018
V3.0	Mar 2022 Academic Council (Published July 2022 following recommended amendments)	Major Review & Rewrite of Policy to reflect broadening of provision and more general health requirements for all students.	Head of Student Services Student Support Officer	All master versions will be held in: J:\0 Quality Team - Core Documentation Website	Mar 2025

### Equality Impact

Positive equality impact (i.e. the policy/procedure/guideline significantly reduces inequalities)	X
Neutral equality impact (i.e. no significant effect)	
Negative equality impact (i.e. increasing inequalities)	

**If you have any feedback or suggestions for enhancing this policy, please email your comments to: [quality@uco.ac.uk](mailto:quality@uco.ac.uk)**