



JMU CHRONIC CARE

GUIDE

A guide to managing student
chronic care needs at JMU.

The University Health Center provides care
and learning opportunities that help students
be well, stay well and ***do well.***



@JMUHealthCenter
540-568-6178
jmu.edu/healthcenter

Chronic Care and the JMU Health Center

The University Health Center can treat routine illness and injury regardless of chronic conditions. However, if the chronic condition complicates the situation, a student may need to consult with a specialist in the community. We recommend being knowledgeable about local specialists and having a referral made in advance from your local medical provider in the event that a student needs to be seen immediately for their chronic condition. You may call Sentara RMH for a physician referral at 1-800-SENTARA or visit their *Find a Doctor* page online at **Sentara.com**.

During the academic year, a patient care coordinator and pharmacist are available as resources for students. Our registered dietitian can help students manage chronic conditions that require nutritional attention.

We understand that every student's situation will be different, but here are a few tips and resources.

Nutrition Services

The University Health Center's registered dietitian can help with:

- Medical diagnoses with significant nutrition implications including diabetes, food allergies, lactose intolerance, celiac disease, irritable bowel syndrome, colitis, hypoglycemia, heart disease, high blood pressure and/or high cholesterol
- Food and body image concerns
- Eating disorders
- Weight management (interest in losing or gaining weight)
- Family history of nutrition-related disease
- Vitamin or mineral deficiency related to diet

The UHC works closely with JMU Dining Services to ensure that each student's needs are met. Dining Services' on-staff registered dietitian helps develop a plan with students with special dietary needs. The student will meet with the dietitian, chef and manager who will help navigate the dining halls and review the food options that are available. The chefs have recipes created from ingredients that avoid most of the common food allergens.

**Be well.
Stay well.
Do well.**

Medicines

If necessary, students can make arrangements to ship their medications to our pharmacy. The UHC will provide a form that is to be completed each time a delivery is expected. To ensure we know who to contact when the package arrives, the student's name should be visibly labeled on the outside of the package. The UHC pharmacy has limited storage space so it is important for students to pick up the package the day they are contacted. Call us at 540-568-2696 for the form and additional information.

It is recommended that students bring a lock box with them if they use medications that could be abused.

Sharps containers are available at the UHC pharmacy for no charge. Disposal of sharps containers can be arranged through the hall director of the student's residence hall.

Being Prepared

It is important to have a plan. Here are a few things to consider:

- Who on campus should know of the student's condition in case of an emergency—Hall Director, Resident Advisor, roommate, friends?
- What are the student's goals and concerns about moving into a new environment?
- Does the student know what resources are available on campus?

Here are some lists to create and share with your healthcare providers at the UHC:

- Health history (on MyJMUCart)
- Current medications
- Recent lab results and current medical provider's advice
- Log of symptoms and any recent changes in condition
- Emergency contacts—If a student is hospitalized and able to communicate with hospital staff, the student determines who will be notified and have access to their medical information. If a student is hospitalized and unable to communicate with hospital staff, then the hospital will contact the JMU Police Department. The JMU Police Department will find out the identity of the student and contact the parents/family. It is important to keep emergency contact information on MyMadison up to date.

On-Campus Resources

University Health Center

540-568-6178

jmu.edu/healthcenter

healthctr@jmu.edu

JMU Dining Services

540-568-5731

jmu.campusdish.com

jmu.campusdish.com/HealthAndWellness/OnCampusResources

dining@jmu.edu

JMU Office of Disability Services

540-568-6705

jmu.edu/ods

disability-svcs@jmu.edu

JMU Office of Equal Opportunity – Accessibility

540-568-6991

jmu.edu/accessibility/resources-for-students.shtml

oeo@jmu.edu

Additional Resources

Crohn's & Colitis Foundation

ccfa.org

Celiac Disease Foundation

celiac.org

College Diabetes Network

collegediabetesnetwork.org

Exercise is Medicine

exerciseismedicine.org

Overeaters Anonymous

oa.org

Food Allergy Research & Education (FARE)

foodallergy.org