

**HEALTH SUPPORT CENTER &  
FIRST AID  
POLICY HANDBOOK**

May, 2022

## **1. Health Support Center (HSC)**

At Universum College, we have a dedicated Health Support Center (HSC) to support our students, faculties and staff's well-being. Our university nurse and two psychologists are available between 8:30 AM and 17:00 PM from Monday to Friday during the academic term.

The HSC helps students, faculties and staff lead a healthy university life and acquire the ability to self-manage their physical and mental health throughout their lives.

We strictly observe confidentiality of medical support and various consultations.

## **2. Health Support Center equipment**

### **2.1. Basic Evaluation Equipment:**

- Thermometers (oral, ear, and infrared)
- Blood pressure monitors (sphygmomanometers)
- Stethoscopes
- Pulse oximeters
- Glucometers for blood glucose monitoring
- Bandages for immobilization
- Medical Scales

### **2.2. First aid supplies:**

- Bandage
- Dressings and materials for wound care
- Antiseptics and disinfectants
- Medical duct tape
- Scissors
- CPR face shield or mask

### **2.3. Patient education materials:**

- Educational videos
- Illustrations and posters for health promotion and education
- Hand hygiene sink
- Protective equipment supplies
- Health waste management with color containers and sharps disposal

#### **2.4. Storage and Organizational Solutions:**

- Cabinets, shelves, and storage units for medical supplies and equipment

### **3. Mental Health Services**

Universum College, in addition to the general well-being of students within the campus, has taken care to provide them with psychological well-being care. The main goal of the Mental Health Services is to promote the importance of the psychological well-being of students through counseling and educational support in order to alleviate possible difficulties during the learning process and studies, and to create a pleasant atmosphere within the campus where every student feels respected, appreciated, unique, and motivated.

Mental Health Services available for students, staff and faculty as part of Health Support Center, are:

- Prioritizing the care and importance of the psychological well-being of students,
- Support and motivation,
- the management of stress situations,
- educational support in case of difficulties and problems that may be encountered during studies, continuous information about the prevention of problems that students may face, and
- Information sessions to raise awareness and reduce stigma to seek help about psychological services in case they need it.
- In order to assist students in overcoming the obstacles and problems of everyday life, and in increasing the possibility of realizing their full potential in and out of college life.

**Psychological well-being is important at every stage of life, so it deserves attention just like physical health. Stable psychological well-being promotes success in life!**

If any student would like to schedule an appointment around psychological well-being services can contact us and we assure you that your personal information will be kept confidential.

#### 4. **Guidance for students during first aid**

If any students feel unwell while at the campus or between lectures, our staff is here to assist. In the case of an injury, the responsible faculty member will provide immediate first aid. If further medical attention is necessary, our University Nurse will be contacted promptly.

Our Nurse may also need to contact a family member for a student to be picked up, call for an ambulance, or coordinate transportation to a hospital when required. They will oversee all medical arrangements until the student is safely taken care of.

Our University Nurse maintains records of all visits and treatments at the Health Support Center to ensure accurate record-keeping.

- **Notify the university nurse:** If you encounter a medical emergency on campus, please notify the university nurse as a first step. She/he can provide immediate assistance and coordinate with emergency services if necessary.
- **Call emergency services: (Call 192):** If someone is injured or becomes ill, please call emergency services and inform them of the situation.
- **Do not attempt to provide medical treatment if you are not qualified:** It is important not to attempt to provide medical treatment if you are not qualified to do so. Trying to do so may cause more harm than good.
- **Stay with the person in need:** While waiting for the university nurse and/or emergency services to arrive, please stay with the person in need and try to keep them calm and comfortable.

## **5. Contents of First Aid Box**

In most cases these will be:

- Sterile Gloves
- Bandages
- Sterilizers
- Antiseptics and disinfectants
- Medical adhesive tape
- Scissors and tweezers
- Antiseptic lotion
- Face shields or masks for CPR
- Aspirin or Paracetamol



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