

NIAZI MEDICAL COLLEGE, SARGODHA

Health Policy for Medical Students & Employees

Health coverage aims to guarantee healthier life for everyone, by ensuring that people have access to affordable preventive, curative, diagnostic and rehabilitative health services. Every human being including health professionals and medical students is prone to diseases. NMDC administration in collaboration with NWFTH aims at providing basic health coverage to the faculty/ staff and students.

Objectives:

The objective of this policy is to

- Ensure the basic health coverage to the employees and students of NMDC.

Implementation of Policy:

This policy will be implemented in letter and spirit by the administration of NMDC and NWFTH according to the procedures and guidelines of the policy.

Procedures and Guidelines of Policy:

➤ **Medical Facilities for the Students of NMDC**

1) Outdoor consultation.

- Students can avail free OPD consultation at NWFTH Hospital.
- Up to 50 % discount on Laboratory services at NWFTH will be given to students after assessment by Dr. Sumra Irum at NWFTH Pharmacy.
- Emergency facility is available for students residing at NMDC hostel 24/7 with free transportation to hospital.
- Any student requiring a medical consultation during college hours will be issued a referral slip from the Principal of NMDC, duly signed by MS, NWFTH.
- Treatment like dental care and orthopedic implants will not be provided free of cost.

2) Indoor Admissions / Treatment

- Inpatient facility and services are obtainable on discount for all students which will be determined after consultation with concerned consultant and MS.
- In case of routine checkup, emergencies and elective admissions, the same procedure will be followed.
- The boarders will get the referral slips from resident warden/supervisor.

3) Annual Physical Examination:

- Entering medical students are required to complete Medical Form prior to their first day of enrollment.
- This form includes a physical exam, health history, tuberculin test, record of immunizations and lab report with **quantitative titer values** for: MMR, Hep B and Varicella.
- The form must be completed by the student and a health care practitioner and must be signed and dated by both.
- Students with positive PPD readings must submit a chest x-ray report dated within the last 2 years.
- Forms should be submitted to the college Student Affairs Office, where a copy will be retained.

4) Immunization History and Proof of Immunity Hepatitis B

All medical students are required to have been immunized against Hepatitis B and provide a quantitative titer value. Hepatitis B immunization consists of a series of three vaccines that should be completed prior to or as soon as possible after admission to ensure safety at the time of patient contact.

5) Exposure to Infectious and Environmental Hazards

Contact with patients is an integral part of the medical education at college. Contact with patients may entail exposure to hazards, including exposure to patients with contagious diseases that can be transmitted to students and other healthcare providers by way of airborne droplets or needle-puncture wounds involving infected body fluids. Examples of these diseases include tuberculosis, hepatitis B, hepatitis C and AIDS. Although the risk of contracting serious illness from these hazards is very small, the medical school seeks to reduce incidents of students' exposure to infectious diseases and environmental hazards. Following SOPs will be observed for this purpose:

- Mandatory educational sessions on universal precautions for blood borne pathogens are provided within the first week of entering students and prior to the start of the primary clinical clerkships.
- Information about safety and response to exposure to infectious agents or hazardous substances is presented during new student orientation programming, and prior to the start of the primary clinical clerkships.
- Information is also provided during course orientations for those specific courses in which students may be exposed to infectious agents and/or toxic substances. Students receive training in proper blood-drawing techniques and patient-isolation policies prior to the intense clinical exposure.

- In addition, physicians are available to advise students and answer any questions through Student Health Services. The school reserves the right to restrict student contact by a patient believed to pose a risk to the health of the student.

6) Blood borne Pathogen Exposure

Measures to avoid exposure to blood-borne infectious agents:

- ✓ **Vaccination:** Students are advised to get hepatitis B vaccination.
- ✓ **Gloves:** The wearing of gloves and other protective clothing should be practiced. Although a needle or sharp instrument can easily penetrate a glove, the risk of transmission of infection is significantly reduced.
- ✓ **Eye protection:** This is important wherever blood or other body fluids could splash into the eye.
- ✓ **Safe handling and disposal of sharps:** Never re-sheath a needle by hand and all needles, syringes and sharps must be disposed of into the sharps disposal bins.

Measures in case of Needle Prick or blood borne pathogen exposure

In case of a needle prick or blood borne pathogen exposure from a splash or sharps at college or any other clinical rotation site, students are recommended to follow the underlying protocols;

- ✓ Wash needle stick or sharps-induced injuries and cuts with soap and water.
- ✓ Flush splashes to the nose, mouth or skin with water.
- ✓ Irrigate eyes with clean water, saline or sterile irrigants.
- ✓ Immediately inform the supervising SR/ resident/ demonstrator or attending physician and complete an incident report. Prompt reporting is essential because, in some cases, post-exposure treatment may be recommended and it should be started as soon as possible.
- ✓ The student who sustains occupational exposure, should access post-exposure services within hours as opposed to days, after the exposure.

- **Medical Facilities for the Employees of NMDC**

1) Outdoor consultation.

- Employees can avail free OPD consultation at NWFTH Hospital.
- Minimum 50 % discount on Laboratory services at NWFTH will be given to them after assessment by Dr. Sumra Irum, in charge laboratory NWFTH.
- Any employee requiring a medical consultation during working hours will be issued a referral slip from administration of NMDC, duly signed by MS, NWFTH.
- In case of emergency/ during non-working hours, the referral slips duly signed by MS will be available at NWFTH reception.
- Medicines will be provided at subsidize rate.

- Treatment like dental care and orthopedic implants will not be provided free of cost.

7) Indoor Admissions / Treatment

- Inpatient facility and services are obtainable for all employees.
- In case of routine checkup and elective admissions, the same procedure will be followed.
- In case of emergency (non-working hours) the same procedure will be followed

8) Annual Physical Examination:

- New employees are required to complete Medical form at the time of appointment.
- Employees have to submit evidence of COVID-19 & Hepatitis B vaccination at the time of employment.
- Employees have to submit reports of their blood groups, quantitative titer values for Hepatitis B, immunization & health record at the time of employment.

9) Immunization History and Proof of Immunity Hepatitis B

All employees especially those working in hospital are required to have been immunized against Hepatitis B and provide a quantitative titer value. Hepatitis B immunization consists of a series of three vaccines that should be completed prior to or as soon as possible after admission to ensure safety at the time of patient contact.

10) Exposure to Infectious and Environmental Hazards

An Infection Control Program has been designed by hospital's Infection Control Committee and every health personnel has to follow the SoPs of infection control. However, general standard precautions will be followed in all outpatient & inpatient departments, laboratories & O.T by all which include the following:

- Hand washing and antiseptics (hand hygiene) should be practiced.
- Use of personal protective equipment when handling blood, body substances, excretions and secretions;
- Appropriate handling of patient care equipment and soiled linen;
- Prevention of needle stick/ sharp injuries;
- Environmental cleaning and spills-management;
- Appropriate handling of waste

11) Measures to avoid exposure to blood-borne infectious agents:

- ✓ **Vaccination:** All employees are advised to get hepatitis B vaccination.
- ✓ **Gloves:** The wearing of gloves and other protective clothing should be practiced. Although a needle or sharp instrument can easily penetrate a glove, the risk of transmission of infection is significantly reduced.
- ✓ **Eye protection:** This is important wherever blood or other body fluids could splash into the eye.
- ✓ **Safe handling and disposal of sharps:** Never re-sheath a needle by hand and all needles, syringes and sharps must be disposed of into the sharps disposal bins.