

## Health Services

Bates College recognizes that physical and mental health significantly influence one's ability to participate fully in the College community. The Health Center strives to enhance each student's well-being by providing comprehensive, confidential health care and by encouraging informed, individual participation in health-related decisions. An emphasis is placed on health promotion during individual consultations and through campuswide programs.

## Confidentiality

Confidentiality of the content of any medical visits, counseling sessions, and written medical records is the right of the patient. Health-care professionals are bound to observe this right and to release information only at the request of the patient. However, when a person is critically ill or unconscious, medical personnel, acting in the patient's interest, may transmit information to the immediate family. In addition, care-givers may need to disregard confidentiality temporarily when a person's behavior threatens his or her life or that of another person. Otherwise, medical records at Bates College are kept in strictest confidence.

## Chronic Conditions

Students who have any chronic condition such as diabetes, hypertension, arthritis, or emotional issues are urged to contact the Health Center upon their arrival at Bates. Please ask your physician to send us a summary of your medical records, including instructions for any medications or desensitization injections you receive. Your health can be monitored by the Health Center staff or by a local specialist. Every effort will be made to coordinate care with your own physician.

## Acute Conditions

Students with any illness or injury are urged to come promptly to the Health Center. Nurses are on duty 24 hours a day; they treat many common conditions and make referrals as needed. Nurse practitioner clinics and physician clinics are held weekdays. A physician is on call at all times.

## Emergencies

What constitutes an emergency is a matter of judgment. Time is frequently of the essence, and if there is any doubt, an ambulance should be called for immediate transportation of the student to either of the hospitals in Lewiston. If there is an emergency on campus, dial 6111.

Central Maine Medical Center  
300 Main Street, telephone 795-0111

Saint Mary's Regional Medical Center  
45 Golder Street, telephone 777-8100

There are also student EMS services available on campus for emergencies. We believe it is in your interest to notify the staff of the Bates College Health Center if you are treated elsewhere for illness or injury.

Claims for reimbursement of emergency-service costs under College insurance plans must be submitted through the Health Service. Students preferring to arrange payment through other resources should give this information to hospital personnel.

## Inpatient Facilities

The Health Center includes seven inpatient beds. Staffed by nurses around the clock, the Health Center is a place where persons requiring care but not hospitalization may stay. Students may be admitted for observation, for illness, or for post-operative recuperation under medical supervision.

Students are urged to notify their parents or guardians upon admission. In addition, they may wish to contact one of the deans of students if excuses from academic obligations are needed. Visiting policies are flexible and individual, according to the nature of the illness.

## Counseling/Psychological Services

Personal counseling and psychological services are available at the Health Center and, by referral, elsewhere. Services include consultation, assessment, psychological testing, counseling, psychotherapy, and training in relaxation and other techniques for coping with stress. There is no charge for a limited number of appointments with on-campus counselors, psychologists and psychiatrists.

Every effort will be made to see students with urgent problems as soon as possible. Students interested in psychological services should come to the Health Center. All student contacts with counselors and psychological services are strictly confidential.

## Psychiatric Services

A local psychiatrist is available to provide psychiatric evaluation and/or therapy. Appointments are made through the Director of the Health Center.

## Sexuality-Related Services

Women's health services are provided by a gynecologist and a nurse practitioner. There is no charge for routine gynecological examinations, although laboratory fees, prescriptions, and the cost of special procedures done off campus are the responsibility of the students.

Men's health services are provided by a male R.N. and our physician. Services include exams, consultations, STI testing and treatment and referrals.

Students concerned about sexually transmitted diseases may be screened on campus at a minimal fee to cover laboratory costs. A male nurse is available.

Students with questions about sexuality, birth control, pregnancy, and other topics are urged to come to the Health Center. Confidential information and counseling are available for individuals, couples, or groups.

## Sports Medicine

A health-care team of three certified athletic trainers, student trainers, the Health Center staff, and an orthopedic consultant provide sports-related medical services to all students. All members of College teams are required to start each academic year with preseason screening examinations. The office of the Director of Athletics maintains two training rooms for the prevention, evaluation, treatment, and rehabilitation of athletic injuries. Each room is supervised by a certified athletic trainer and staffed by trained student assistants.

## Laboratory Work

Certain laboratory tests are performed at the Health Center. Most blood tests, microbiology, and all X-rays and special procedures must be done either in one of the hospitals or at a specialist's office.

## Health Education

Throughout the year, a number of programs will be offered, including discussions of sexuality, drugs, nutrition, stress management, women's issues, men's issues, and additional health-related topics of interest to students. The Health Center is a resource for health information through individual counseling, group discussions, and pamphlets. A health educator is on staff to provide individual consultations on specific areas of concern.

## Peer Educators

The Peer Educators are a group of students interested in health issues. They participate in a training program through the Health Center on Eating Disorders, Stress, Sexuality, Sexually Transmitted Infections, Contraception, Alcohol and Other Drugs, and Mental Health Concerns.

Peer Educators conduct peer health education programs in residence halls and are available to all students as an additional resource for health information. Peers work with the Health Educator and are an important link in helping fellow students access the information necessary to make informed choices regarding their health.

For more information, contact Cindy Visbaras, Health Educator, at 786-6199.

## Students Against Sexual Assault

Students Against Sexual Assault is a group of students dedicated to preventing sexual assault by raising awareness and educating fellow students. They work closely with the Sexual Assault Victim's Aide to provide outreach and resources.

## Medical Insurance

All students are required to have a comprehensive health insurance policy with at least \$100,000 coverage, to supplement the services of the Student Health Center. Bates College has a Student Health Insurance Plan that may be purchased as the required policy or as a supplement to the student's own policy.

Bates values a diverse college community. Moreover, Bates does not discriminate on the basis of race, color, national or ethnic origin, religion, sex, sexual orientation, marital or parental status, age, or disability, in the recruitment and admission of its students, in the administration of its educational policies and programs, or in the recruitment and employment of its faculty and staff.

### STAFF AT THE HEALTH CENTER

Director

Christy P. Tisdale, M.S.Ed., M.S.N., A.N.P.

Health Educator

Cindy Visbaras, R.N.C., B.S.N., M.Ed.

Staff Nurses

Beverly Daley, R.N.

Margaret Leonard, R.N.C.

Donna M. Morin, R.N.C.

Carole A. Quinn, R.N.C.

Lisa Ricker, R.N.

Bernie Vigna, R.N.

Insurance Coordinator-Secretary

Doris Ducharme

Secretary-Receptionist

Karen Legere

Affiliating Physicians and Nurse Practitioners

Betty Kennedy, M.D. STAFF PHYSICIAN

Kathy McGovern, CRNP

Consultants

Central Maine Orthopaedics

Teresa Hermida, M.D. PSYCHIATRY

Michael Drouin, M.D. GYNECOLOGY

College Counselors

Margaret DaRos, L.C.S.W., L.S.A.C.

Luke Douglass, Ph.D

Andrea Eusden, L.C.S.W.

James McDonough, L.C.S.W.

Linda A. Meier, M.S.

Susan Powers, Psy.D.

Katrine Scholl, L.C.S.W.

Athletic Trainers

Erica Baptiste, L.A.T.C.

Nancy Fournier, L. A.T.C.

Richard Sirois, L.A.T.C.

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[www.bates.edu/admin/offices/health](http://www.bates.edu/admin/offices/health)

BATES COLLEGE

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