

# PROGRAMS AND SERVICES

The School Health Programs are an integral part of the University's total health development plan. These programs are closely linked with campus health services and the promotion of healthy living both in the school and the workplace.

## 1. Health Services

The Infirmary Health Services refer to the health care delivery system operational within the University. The procedures used by the school physicians, dentists, nurses, and support staff are designed to appraise, protect, and promote the optimum health of students and employees through planned programs implemented during yearly planning and evaluation. The services focus on early disease detection, health promotion, and illness prevention. They cover health appraisals, communicable disease control, record-keeping, and supervision of the health of the school community.

### 1.a Annual Physical Examination (APE) for Students

- All students must undergo APE within the school year.
- The University Infirmary coordinates with concerned Academic Organizations (AOs) for scheduling.
- APE results serve as the basis for medical clearances for academic, sports, and extra-curricular activities, as well as exemptions in PE and strenuous activities.
- Compliance is required for enrollment, issuance of medical certificates, and participation in Ateneo Fiesta.
- Students with significant findings will be referred to specialists for further evaluation and management.

### 1.b Annual Medical Work-up for Employees

- All permanent employees are entitled to a free annual medical work-up.
- The Infirmary arranges schedules with an accredited hospital or laboratory after BAC approval.
- Employees with significant findings are referred to school physicians for further evaluation and management.

### 1.c Consultation and Treatment

- Open to students and employees during clinic hours.
- Provides first aid and emergency treatment.
- Only over-the-counter medicines are dispensed.
- Initial doses of emergency medicines are provided when necessary.
- In emergencies, parents/guardians are notified, and the staff may accompany patients to the hospital if needed.

### 1.d Medical/Dental Clearance

- Students/employees absent for more than 3 days due to illness must present a medical/dental certificate before clearance issuance.
- For absences of fewer than 3 days, students must submit an excuse letter from parents/guardians.
- Employees must file sick leave online.

## 2. Other Medical and Dental Services

- Electrocardiogram (ECG)
- Blood glucose monitoring
- Urinalysis
- Blood pressure monitoring
- Minor suturing
- Dental prophylaxis
- Free medical/dental consultation
- Health education and counseling
- Medical certificates for off-campus activities
- Emergency medical kits for off-campus activities
- Referrals to specialists

## 3. Wellness Programs

3.a Immunization: Vaccination helps prevent outbreaks of serious diseases, especially in school settings. The University Infirmary offers influenza and pneumonia vaccines. 3.b Sauras Fitness Center: Following CHED Memorandum Order No. 09, s.2013, Section 27, programs promoting healthy lifestyles are provided, such as proper diet and regular physical activity. The Sauras Fitness Gym was established to encourage participation in sports and exercise.

## 4. Mental Health and Wellness Programs

Aligned with AdZU's mission to promote holistic formation, the Infirmary offers mental health and wellness initiatives that help students manage stress and adopt healthier lifestyles. Access to these programs requires a medical clearance. Facilities used include the Sauras Fitness Center, Multi-Purpose Courts, AdZU Backfield, and Lantaka Pool.

- Weight Reduction/Training Program – Helps students reach target weight with guided exercise regimens.
- Dance Fitness Program – Combines dance and fitness to relieve stress and promote physical activity.
- Yoga – Gentle exercise focused on relaxation and mindfulness.
- Muay Thai – Martial arts training for fitness and discipline.
- Swimming – Full-body workout to improve stamina, core fitness, and respiration.

## 5. Health Awareness and Prevention Programs

- HIV-AIDS Prevention – Raises awareness on prevention and risks.
- Substance Abuse Prevention – Guides students in avoiding alcohol, tobacco, and other harmful substances.
- Hepatitis B Awareness – Educates on prevention of this widespread disease.
- Pulmonary Tuberculosis Awareness – Promotes early detection and prevention strategies.
- Health Help Desk – Facilitates referrals to specialists for further care.

## 6. Services Summary

- Annual Medical-Dental Clearance
- Free Medical/Dental Consultation or Teleconsultation
- Free Over-the-Counter Medicines

- Medical Certificates for Off-Campus Activities
- Stress Test
- Blood Pressure Monitoring
- Hemoglucotest (Sugar)
- Electrocardiogram (ECG)
- First Aid Treatment
- Health Counseling
- Assistance with Insurance Claims
- Additional Dental Services (minimal fee) – Dental Prophylaxis, Tooth Filling