



Medical examination of freshmen

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A. Background information

- Freshmen medical examination organized since 1969
 - Not obligatory to participate since 1985
- All Belgian students that are subscribed at the university for the first year
 - Each year, 4500-5000 students receive an invitation
- The medical examination is free-of-charge

B. Medical examination

The medical examination entails the following elements :

- Cross-check of vaccinations ;
- Clinical examination of heart and lungs ;
- ENT ;
- Breasts/testis ;
- Psychological screening.

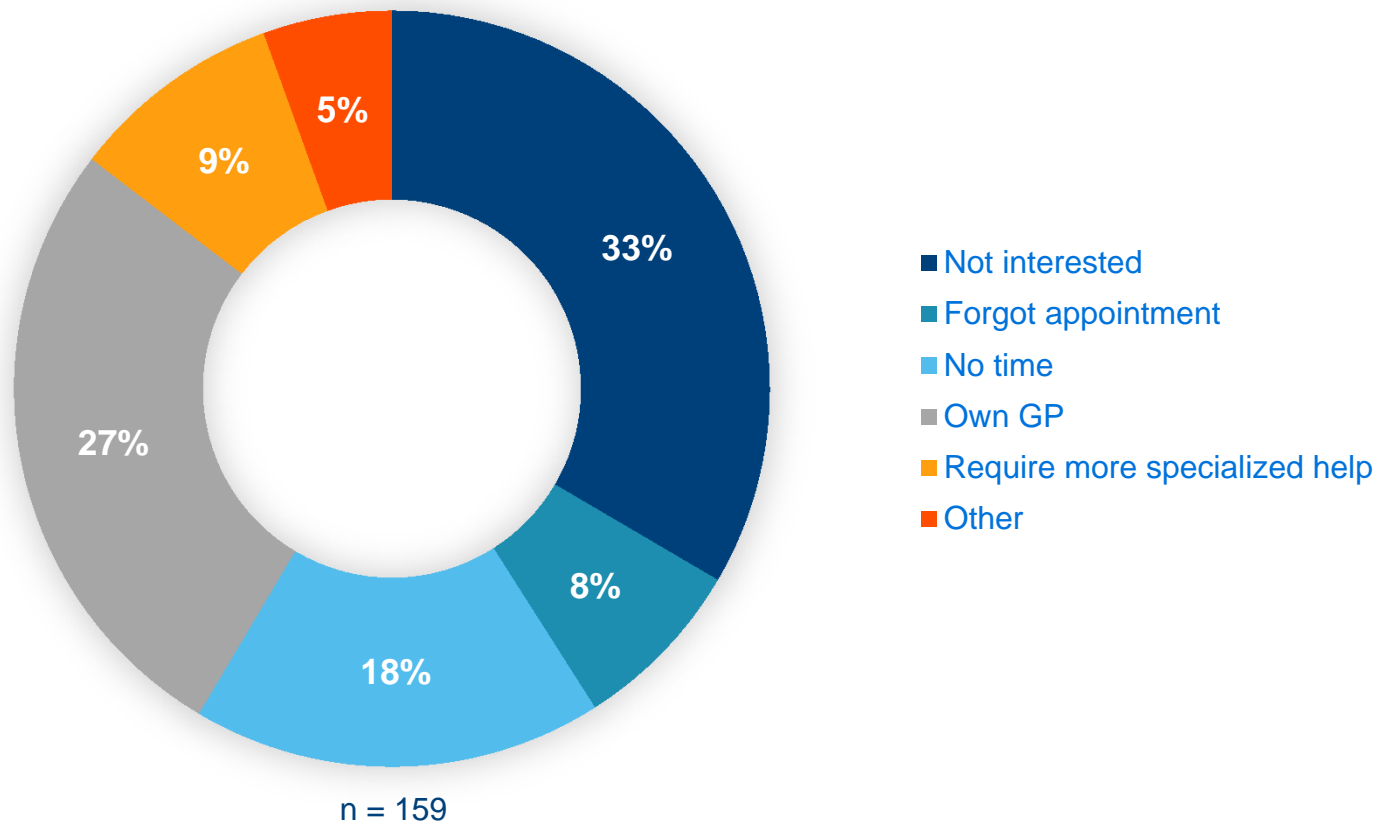
C. Trends

- In the beginning we saw an attendance rate of 80%, which slowly decreased to 45% in recent years
- Stabilization of the participation rate of college students (45%)
- The medical examination of freshmen is successful, but nevertheless an important group of students is not inclined to participate (even though it is free-of-charge)
- Therefore, we review how this medical examination could be improved

D. Research

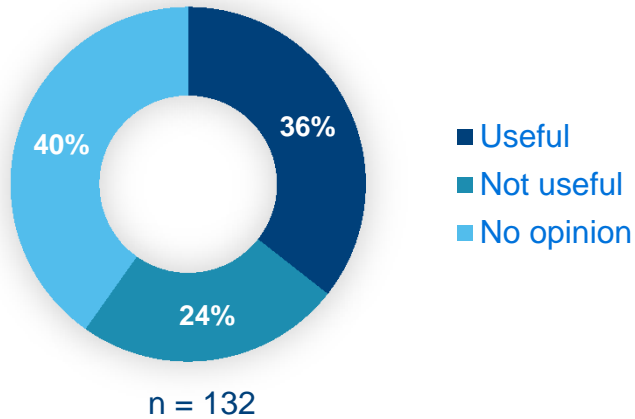
- Responses were gathered using a quantitative questionnaire (online) from freshmen who didn't attend to the medical examination
- A total of 161 questionnaires was gathered with students declining the medical examination
- 33.3% were men, 62.3% were women and 4.3% didn't reveal their sex

D1. Reasons no show

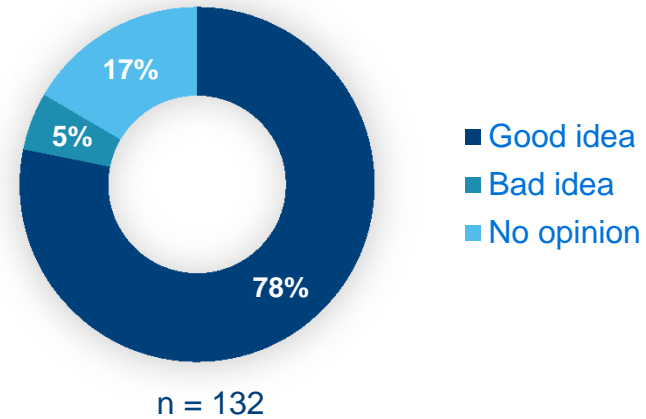


D2. Organization of the freshmen examination

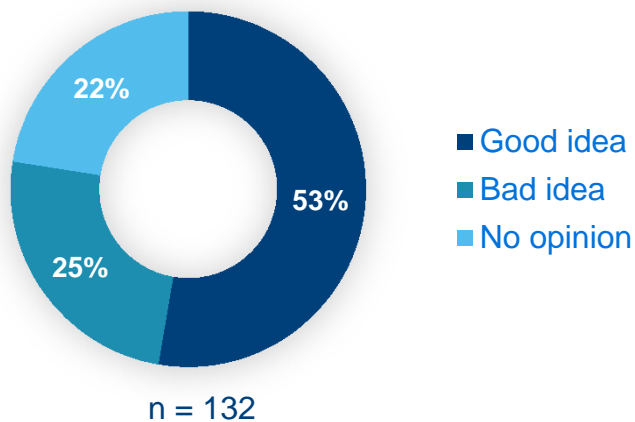
Based on invitation



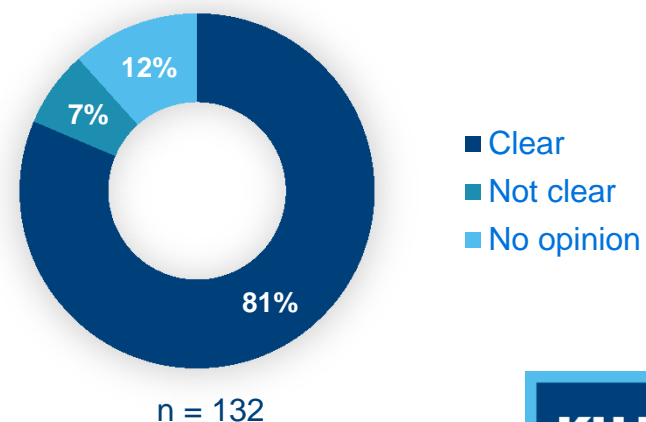
Invitation by (traditional) mail



Pre-scheduled invitation

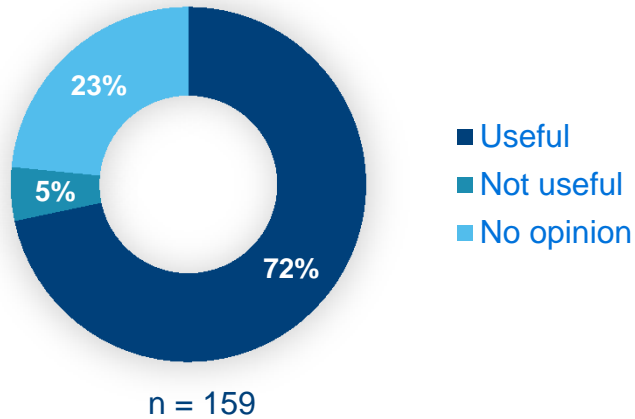


Online rescheduling

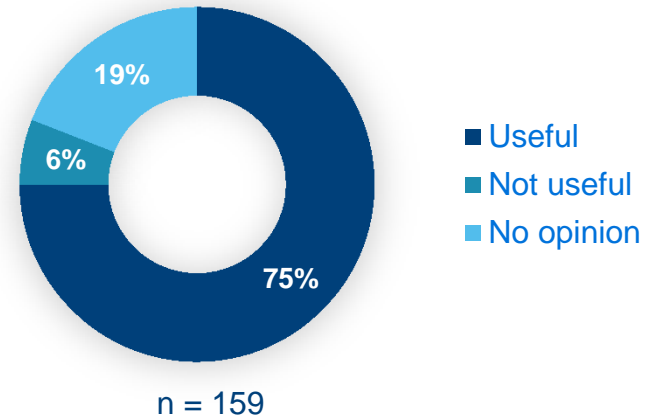


D3. How useful is the medical examination

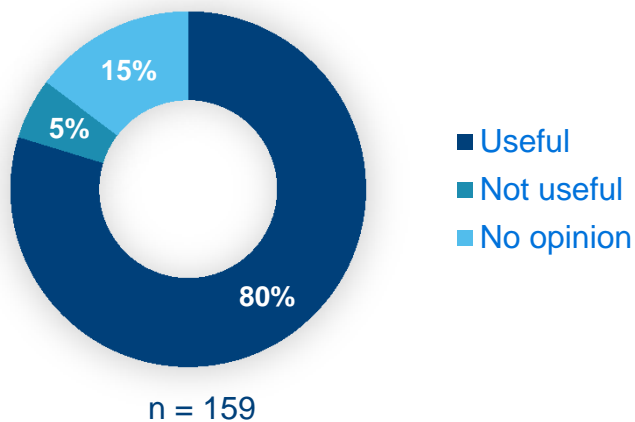
Medical check-up



Psychological check-up



Update vaccinations

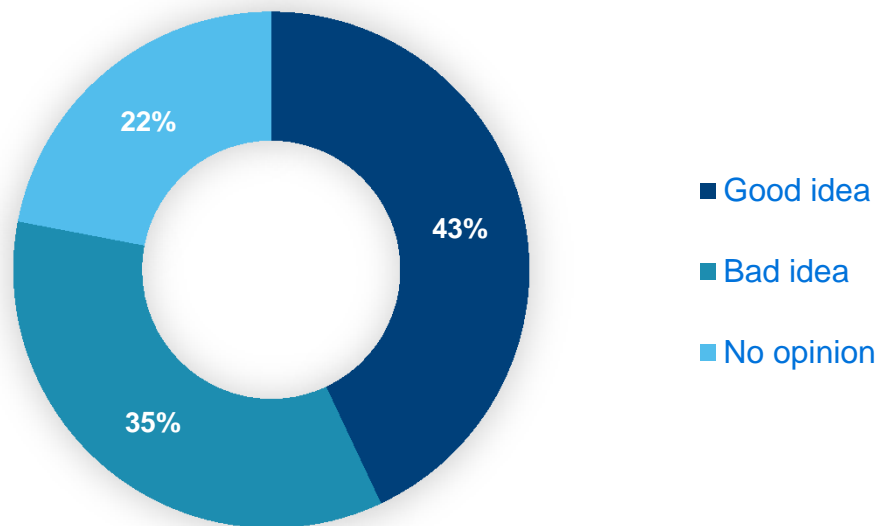


D4. Online questionnaire

- **We asked the freshmen (n = 126) what they think about an online questionnaire**
 - 69% thinks it is a good idea to receive an online questionnaire
 - 54,8% will fill in the online questionnaire
 - 65,9% doesn't have any problem to send the questionnaire to the student health center

D5. feedback

- What do they think about receiving personalized feedback by email?



D6. Invitation

- **How do they want their follow up? (n:128)**
 - 64,1% would come to the health center after they received an invitation, because the GP thinks it is necessary to talk about their health after processing the online questionnaire
 - 69,5% would only come to the health center if it is voluntary

E. Conclusion

- Most common reasons to decline the freshmen examination is no interest or good follow up by GP at home
- Sending an invitation by (traditional) mail with suggestion of fixed date and hour is a good idea
- Freshmen appreciate the physical and psychological check up
- The opinions about sending online personalized feedback is equal-split
- The majority thinks it is a good idea to fill in an online questionnaire and send it back to the student health center
- Most freshmen would like to come if they receive an invitation or if they indicate that they would like to come

F. Plan for the future

- All freshman receive a (traditional) mail with an invitation to fill in an online questionnaire with questions about their physical and psychological health
- The questionnaire is processed by a GP
- 3 classes of feedback
 - No further action required
 - Some online information about certain topics where they score low
 - An invitation for an appointment with the GP to discuss specific topics (and possibility for referral)



Thank you !

Questions ?

