

UCC Student Health Department guidance notes for students needing health clearance and immunisations prior to medical electives

Medical Clearance in advance of undertaking overseas electives can be a complex, time consuming and costly task. Please read the following guidance notes to make the process as simple as possible.

- **Obtain Health Clearance Medical Form(s) in advance of attendance at Student Health Centre**
Most Hospitals/Medical Schools have quite rigid Health Clearance requirements to be completed by applicants in advance of applying for an elective. If you are applying to more than one hospital/medical school, please ensure that you have downloaded the Health Clearance Medical forms for all the hospitals/schools you are applying for.
- **Bring completed forms with proof of childhood vaccinations and most recent Tuberculin skin test (TST) to student health department**
Ensure you have completed the Demographic details (Name/DOB/mobile number etc) on all forms. The dates of Immunisations completed outside the Student Health Centre, documentary evidence of dates of your childhood and most recent Tetanus, diphtheria, pertussis, and TST (TB skin) test results should be handed in with your form or brought to your appointment. If your Hepatitis B Immunisation course was completed outside the student Health Centre, please note the dates of administration of Hep B vaccines.
- **Avoid unnecessary Booster Vaccinations/repeat tuberculin skin tests**
By confirming the date of your most recent booster immunisations you may well avoid unnecessary boosters
 - Pertussis- one booster needed at age 18 or older (DTaP)
 - Tuberculin Skin Test: Institutions usually require that the TST be completed within 6-12 months prior to commencement of your elective. Most institutions require that you show evidence of a two step tuberculin skin test completed at some time in the past. If the institution you are applying to considers it mandatory, you will be facilitated in having a two step test at the Student Health Centre
 - An IGRA test for TB is also available if required. The results take 1-2 weeks to return.
 - CXR should only be undertaken if mandatory, based on your TST or the policy of the institution you will be visiting.
- **Inform yourself of any possible additional vaccinations/malarial precautions if travelling to high-risk areas.**
If you are undertaking an overseas elective, consider whether you are likely to need any additional health preventative measures and inform yourself by visiting one of the approved travel medicine websites such as www.fitfortravel.co.uk or www.cdc.gov/travel
- **Plan your attendances at the Student Health Centre**
Be aware that Tuberculin Skin Testing cannot be completed on an individual basis. Tuberculin is relatively scarce resource, and does not come in individual doses, but is provided in vials of 10 doses that must be used within 24 hours of opening, necessitating that those requiring TST should attend in groups of at least 5 people. Tuberculin testing also requires 2 separate visits to the Student Health centre 48-72 hours apart. There is no value in attending for the application of the test, if you cannot reattend for interpretation of the test 2 days later. If this occurs, the process will need to be repeated in full, and you will be charged a fee for each occasion. Two step testing obviously requires 4 separate co-ordinated visits to the centre. Blood testing results take 5-7 days to return depending on how busy the Laboratory at CUH is.
- **Completion of the Health clearance Medical Form may not be possible on first visit**
Your Health Clearance Medical Forms may need to be left with the Doctor for completion, with a view to being collected later, usually within 5 working days, particularly if there are a number of forms to be completed, or if blood test results are awaited from the laboratory.
- **Be aware that there are fee(s) payable for completion of all requirements**

Minimum fee	
○ Completion of Between 1- 3 Health Clearance Forms	30 Euro

In addition, some or all of the following fee(s) may apply

○ Completion of one step TST (Mantoux Test)	50 Euro
○ Completion of two Step TST (Mantoux Test)	100 Euro
○ Booster Vaccines Diphtheria/Tetanus/Polio/pertussis	35 Euro
○ IGRA test	100 Euro
○ Additional Travel Vaccines-individually priced see website	
○ Chest X-Ray-Fee payable to Hospital X-Ray dept. (Price varies)	