

# **Guidance notes for students needing health clearance and immunisations prior to medical electives**

## **Student Health Centre UCC**

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 correct Health Clearance Medical Forms for all of the hospitals/schools you are applying for.
- **Bring Forms with section A completed, record of childhood vaccinations and Tuberculin skin tests (TST) to student health department**  
Ensure you have completed the Demographic details (and mobile number) on all forms. The dates of immunisations completed outwith the Student Health Centre, in particular documentary evidence of dates of your childhood and most recent Tetanus, diphtheria, pertussis, polio and TST (TB skin) test results should be handed in with your form or brought to your appointment with the doctor.
- **Avoid unnecessary Booster Vaccinations/repeat tuberculin skin tests**  
By confirming the date of your most recent booster immunisations you may well avoid unnecessary boosters. The staff at student health will advise you according to best practice and endeavour to avoid any unnecessary investigations or booster vaccinations
  - Pertussis- one booster needed at age 18 or older( DTap polio usually given)
  - Tuberculin Skin Test: Most institutions require that you show evidence of a two step tuberculin skin test completed at some time in the past and an updated TST in the 6/12 months prior to elective.
  - An IGRA test for TB is also available if required-this is more costly as needs to be sent by courier to a lab in Dublin. The results take 1-2 weeks to return.
- **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](http://www.fitfortravel.co.uk) or [www.cdc.gov/travel](http://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 off at least 6 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 are not in a position to 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 between 3-10 days to return depending on the investigation and on how busy the Laboratory 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 at a later date, 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 may be considerable 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) 25 Euro
  - Completion of two Step TST (Mantoux Test) 50 Euro
  - Booster Vaccines Diphtheria/Tetanus/Polio/pertussis 35 Euro
  - Blood testing to confirm serology results if not on file 20 Euro
  - IGRA test 85 Euro
  - Additional Travel Vaccines individually priced see website