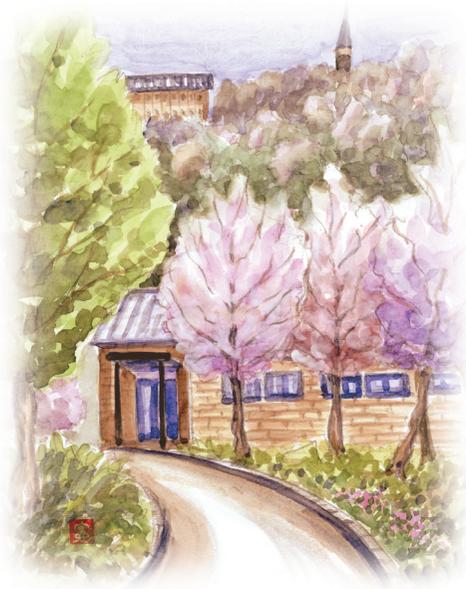
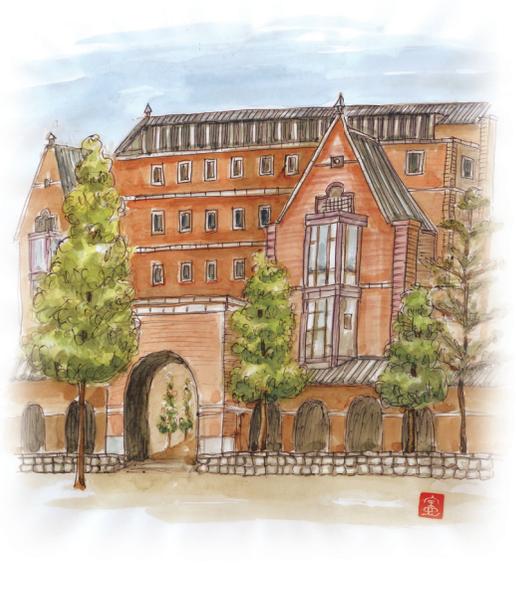




# For a Healthy Student Life



Kyotanabe Campus  
Health Center



Imadegawa Campus Health Center  
(2F Kambaikan)

# For a Healthy Student Life

## Health Center Guide

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# Health Center Guide

Campus health centers provide the below services to support the students in leading a healthy campus life.

Just not being sick does not make you healthy. The World Health Organization (WHO) defines “health” in their charter as “a state of complete physical, mental and social well-being and not merely the absence of disease.”

The main services provided by campus health centers are as follows.

- \* Periodic health checkups ... Provided in April every year to discover disease early and maintain and improve health
- \* Health management ..... Follow-up visits, workups, observations and referrals to specialists in line with results from periodic health checkups
- \* Health consultation ..... Consultation on mental and physical health, drugs and medical care
- \* Mental health counseling ... Counseling by licensed psychiatrists with regard to mental and physical concerns
- \* Medical exams ..... Primary care exams conducted in the afternoon Monday through Friday
- \* First-aid treatment ..... First-aid for minor injuries, convalescence for poor physical conditions, etc.
- \* Emergency care ..... Visits by nurses to students on campus that are too ill to come to a health center
- \* Issuance of medical releases
- \* Support to quit smoking

## Locations and office/consultation hours

### 1. Location

Imadegawa Campus Health Center..... Imadegawa Campus ..... 2F Kambaikan

Kyotanabe Campus Health Center..... Kyotanabe Campus ..... Rear of faculty parking lot, located on the right passed the south gate

### 2. Office/Consultation hours (While school is in session)

		Imadegawa Campus		Kyotanabe Campus	
Consultation	General consults	Mon., Wed. & Thu.	13:00 to 16:00 (Reception closed at 15:30)	Mon. to Fri.	13:00 to 16:00 (Reception closed at 15:30)
		Tue. & Fri.	14:00 to 18:00 (Reception closed at 17:30)		
	Mental health counseling	Tue., Wed., Thu. & Fri.	By appointment	Tue. & Fri.	By appointment
Office hours (Including health consultation)		Mon. to Fri.	9:00 to 12:00 13:00 to 21:00	Mon. to Fri.	9:00 to 12:00 13:00 to 17:00

- \* Health centers are closed between 12:00 and 13:00. (Emergencies are accepted.)
  - \* Consultation days and hours may change during summer and winter breaks, entrance exams, in the event of class cancellations, etc. (See the bulletin boards at the health centers.)
- Health centers close under special circumstances (during scheduled periodic health checkups, etc.). Seek medical attention at nearby hospitals and clinics in such case.

## Consultation (Treatment of disease)

Consultation is available to anyone who feels physically strange such as tiring easily, unable to eat, coughing and other symptoms you have. Visit a health center before it's too late. The living environment changes with the seasons, at the beginning of the year and at the end of holidays. And, when living alone in a dorm or apartment, your parents are not there to watch over your health. Therefore, keep excess and stress out of your daily routines so as not to fall ill.

(1)	Primary care consults are provided by a physician only in the afternoon.
(2)	Students are referred and sent to outside clinics and hospitals as necessary.
(3)	Emergency care is provided outside of consultation hours. (An ambulance is stationed on the Kyotanabe Campus.)
Health centers	Imadegawa Campus ..... (075) 251-3100
	Kyotanabe Campus ..... (0774) 65-7390
(4)	Show your student ID and health insurance card to the receptions at the health center.

### <In the event of a traffic accident>

Because of compensation issues for surgeons and orthopedists, the health centers do not provide treatment for traffic accident related injuries. They do handle minor surgical procedures that do not present compensation issues (i.e., own liability accidents, etc.).

### <Insurance card>

You cannot use a photocopy of your insurance card to receive attention.

\* Some insurance cards are issued to individuals rather than families.

## Health consultation and mental health counseling

Consults are provided for mental and physical worries. Feel free to visit a health center with your concerns. The earlier, the better. If you are suffering from anxieties or psychological worries, counseling is provided by licensed psychiatrists. An appointment is required for mental health counseling. Make an appointment at a health center in advance.

\* Campuses also have counseling centers for dealing with various issues.

Imadegawa Campus (Kambaikan) ..... (075) 251-3275

Kyotanabe Campus (1st Floor Chishinkan 1 Building)... (0774) 65-7415

## Periodic health checkup

Once every year, personal health checkups are provided to students. The purpose is to promote and improve personal health through the early discover of diseases, and, by that, protect the health of those around the students (i.e. family, fellow students, etc.). The lack of any obvious symptoms is not a guarantee of good health. Details on practices are laid out in the School Health Law.

Moreover, the poor health of one person can greatly affect his/her surroundings. Check your health once or more times a year via a periodic health checkup.

Periodic health checkups are offered prior to the start of the term (spring and autumn).

Imadegawa Campus	Kyotanabe Campus
<Undergraduate Students, Graduate Students> Theology, Letters, Social Studies, Law Economics, Commerce, Policy Studies, Global and Regional Studies, Institute for the Liberal Arts, Policy and Management, Graduate School of Global Studies, Law School, Graduate School of Business	<Undergraduate Students, Graduate Students> Science and Engineering, Culture and Information Science, Life and Medical Science, Health and Sports Science, Psychology, Global Communications, Graduate School of Brain Science

Checkup items ... Items indicated with a △ are optional.

Student Checkup item	Undergraduate				Graduate (M.D.)	
	1 <sup>st</sup> year	2 <sup>nd</sup> year	3 <sup>rd</sup> year	4 <sup>th</sup> year and beyond	1 <sup>st</sup> year	2 <sup>nd</sup> year and beyond
Chest X-ray	○	○	○	○	○	○
ECG (At rest)	○				○	
Urine (protein, occult blood, sugar)	○		○		○	
Height	○	○	○	○	○	○
Weight	○	○	○	○	○	○
Vision				○	○	○
History taking	○				○	
Health questionnaire		○				

The dates and times of periodic health checkups are set by faculty and year of study, but students with unaccommodating schedules may come to the health centers when other students of the same year of study and gender come.

### Notification of results and follow-up measures

If further tests or other follow-up are required, a notice will be posted by the Health Center. If unable to come on the scheduled date and time, contact the health center and reschedule tests, etc. Do not ignore medical notices.

Results are available at the health centers from the middle of May.

## **If you do not get a periodic health checkup**

- You may discover a disease when it is too late.
- You may not take sports physicals.
- You will not be issued medical releases. (Required for job applications, teaching or nursing, receiving scholarship money, study abroad, promotion to higher levels, participation in sports, part-time jobs, etc.)

## **Sports physicals**

Newspapers every now and then report heartbreaking sports stories of sudden heart attacks and so forth. At Doshisha University, all incoming students undergo an ECG at rest as a part of proper cardiac management. Nevertheless, even if everything results normal from this test, you cannot rest assured that sports are accident-free. Therefore, to reduce the possibility of these accidents, the health centers conduct sports physicals for intercollegiate athletes and students in intramural sports. The physical involves history taking and a chest exam for all medical examinees and, if results require further testing, those student-athletes are put through a stress test, anemia test or other detailed testing. Students are referred to outside clinics and hospitals if need be. Of course, this does not make sports complete safe, but these are effective steps towards preventing accidents.

Students-athletes should apply for a sports physical during the notice period.

### **Who should get a sports physical**

- Freshmen wanting to play intramural sports or varsity sports (Students that join halfway into the year must take the physical in the initial year of joining a varsity/intramural sport.)  
Information can be obtained from coaches and activity organizers, therefore be sure to schedule a physical.

## **Certificate of Health Checkup**

A medical release is required in a number of situations such as to apply for a job, receive scholarship money, teach or practice nursing, participate in sports, take on part-time work, study abroad, etc. Most of the time, a release can be issued based on the results of the periodic health checkup, therefore be sure to get your periodic health checkup. (Medical releases will not be issued to anyone who does not get a periodic health checkup, therefore if needing a release, be sure to get your periodic health checkup.)

### **Other matters concerning the issuance of medical releases**

Most of the time, a medical release can be issued based on the results of the periodic health checkup (two days after the checkup). But, sometimes more information than is available from a periodic health checkup is required. In such case, it is necessary to request the medical release from a clinic or hospital. If you require a medical release, talk to a campus health center well in advance of when you must submit it.

- You may request a medical release anytime during consultation hours, but it can take 3 to 10 days for the center to issue the medical release for the aforementioned reasons.
- Medical releases are issued for a small fee.
- Fees vary according to test items.
- Explain what test items are necessary for the medical release when requesting the release.
- Medical releases for job applications are issued in late April and beyond (planned).
- 4th year students and beyond are issued medical releases from the vending machine.

Medical releases are not issued in the below cases.

- If a national hospital or public health institute is specified as the issuing authority
- If English forms other than that authorized by Doshisha University are required
- If special test items are required

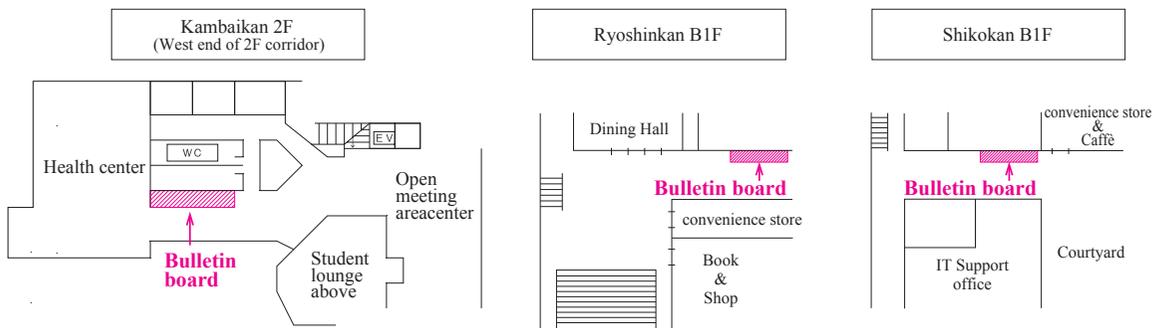
There are other situations that prevent campus health centers from issuing medical releases, therefore visit a health center for details.

## Medical releases for sports

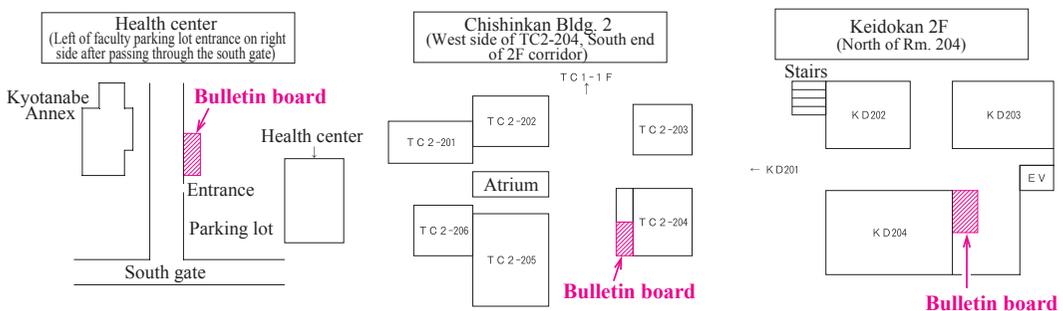
- Medical releases can be issued for sports to students who get a periodic health checkup and sports physical in the concerned year. Approximately 10 days are required for issuances.

## Bulletin board locations

### Imadegawa Campus



### Kyotanabe Campus



# Student Health

## Bowel movement

Feces contain large quantities of bacteria such as E. coli, and are a source of gas. If feces remain for an extended period of time in your colon as is the case when constipated, waste can get into the blood stream and weaken digestive functions. Going to the bathroom regularly is a part of good health and hygiene.

1. Making it a habit to defecate at a set time is the basis for regular bowl movements.
2. An abundant amount of fiber, e.g. vegetables, etc., must be eaten daily to ensure smooth bowl movements. Also, you should make the effort to drink a cup of water early in the morning.

## Diarrhea

1. If suffering from diarrhea, eat foods that are easily digested for 2 ~ 3 days and take ample amounts of fluids, e.g. sports drinks that contain electrolytes, to prevent dehydration.
2. If stricken with acute diarrhea containing blood or mucous, intestinal pains or fever, or if not feeling relieved after fecal discharge, you may have food poisoning or norovirus, therefore visit a health center or a doctor.

## Constipation

You are constipated if having two or less bowl movements a week. Constipation is caused by:

- \* Eating too little.
- \* Reduced activity of the digestive tract.
- \* Drinking insufficient amounts of fluids.
- \* Holding fecal discharges in.
- \* Low abdominal pressure.

People are different in how they have bowl movements. It is not uncommon for women to go 2 ~ 3 days without a bowl movement. Rather than resorting immediately to laxatives, it is recommended to make the effort to have regular bowl movements.

## Body temperature

Normal body temperature differs from person to person, therefore knowing your normal body temperature is important towards detecting abnormal conditions at an early stage.

## Managing your body temperature

1. Keep household medicines and a thermometer handy when you start living on your own.
2. Know your body temperature, and measure and record it if you feel strange.
3. If feverish, eat easily digestible foods, drink plenty of fluids and get adequate rest.

## Knowing how to deliver first-aid

Proper knowledge can save you or someone else. Be prepared for emergencies!

## Fever

(A fever is a danger signal that the body is fighting pathogens, etc.)

- Get some rest. (Do not readily reach for fever reducers at your own discretion.)
- Force fluids to prevent dehydration. (Tea, nutritional supplements, sports drinks, etc.)
- Cool your head and underarms with water packs, ice packs, etc.
- Fevers are preceded by chills and shivers. In such case, keep warm.
- Eat easily digestible foods. Go immediately to the hospital for high fevers of 38°C and above!

## Nausea and vomiting

(Vomiting is a natural bodily reaction for getting rid of toxic or unnecessary substances.)

- Do not readily take anti-nausea medicine; vomit as much as you have to.
- Once the feeling to vomit subsides, gargle with salt water, etc.
- Frequently drink small quantities of tea, sports drinks, etc. to prevent dehydration.

Go immediately to the hospital in the event of severe abdominal pains or diarrhea, vomiting that follows impacts to the head or if unable to drink or eat!

## **Burns** (Immediately cool the burned location under running water for 15 min or more.)

Burn degrees

1<sup>st</sup> degree ..... Reddened and stinging

2<sup>nd</sup> degree..... Blistering with severe pain

3<sup>rd</sup> degree..... Deeper penetration than 2<sup>nd</sup> degree burns, whitening or blackening on the surface

- Cool the burned area under running water in a clean container for 20 ~ 30 min or until the pain stops. (Do not pop blisters. Skin can peel under water pressure.) Remove rings and wristwatches while cooling.
- Keep other parts of the body warm to prevent body heat from being lost.
- Do not apply ointment, etc. at your own discretion.
- Cover with a water-moistened towel and go immediately to the hospital in the event of severe pain, extensive burn area or deep burns.

## **Insects bites or stings**

- With bees and caterpillars, stingers and hairs can remain in the body, therefore remove them with tweezers or cellophane tape.
- Wash under running water or blot with a wet towel.
- Coat with antihistamine ointment or adrenocortical hormone ointment, and cool with a cooled towel.
- It is a mistake to neutralize stings and bites with ammonia. Ammonia can inflame the affected area.
- Go immediately to the hospital if manifesting shock symptoms such as vomiting, ill complexion, difficulty breathing, etc!

## **Injuries**

(Wash all wounds well with water.)

### **Scrapes and cuts**

- \* Wash abundantly under running water to flush

away dirt and blood.

- \* If bleeding, apply pressure to the wound with a clean handkerchief or towel, until the bleeding stops.
- \* Protect the wound so that it does not dry out.

### **Puncture wounds**

- \* Immediately extract the penetrating object and allow the wound to bleed a bit. Go immediately to the hospital if the wound is deep, bleeding profusely or festered, or if sweating begins or the site turns red and swells!

### **Contusions**

The basic treatment for contusions is RICE.

R... Rest

I ... Ice the affected area.

C... Compress the affected area.

E... Elevate the affected area.

### **Broken bones**

- \* Determine if the pain is acute, if there is any swelling or deformation, or if bone is protruding from the wound.
- \* Careful attention is needed because blood vessels and nerves can be injured.
- \* Immobilize joints above and below the fracture point with a splint (cardboard box, wood plank, stake, etc.) in order to stabilize the affected area, and promptly see an orthopedist.
- \* Go immediately to the hospital in the event of profuse bleeding or shock symptoms (rapid pulse, ill complexion, loss of consciousness, chills and sweating, etc.).

### **Sprains**

- \* In the event of damaged ligaments, determine if there is swelling in the joint, pain, restricted movement, irregular joint movement, etc. and take the basic RICE steps immediately after being injured. See an orthopedist in the event of swelling, severe pain or difficulty walking.

### **Dislocations**

- \* In the event of a dislocation, the joint will require repositioning. Take the basic RICE steps and see an orthopedist.

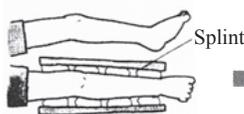
## • How to immobilize a potential fracture



Place a splint over the affected area and immobilize it above and below the affected area.



Support with a sling and immobilize the arm.



Place splints on both sides of the affected area.



Immobilize the joints above and below the affected area so as not to move.

## Lab accidents

Minor accidents must be prevented to prevent serious accidents. It is, therefore, important to report close calls to others, search for causes as a group and take action to prevent reoccurrence. Instruction on handling chemicals and equipment must be imparted to all persons who use labs, and chemicals must be properly managed and kept in neat order.

Wearing gloves, protective goggles and lab-appropriate apparel

Labs are dangerous places. It must be made a habit to wear gloves, protective goggles and lab-appropriate apparel. Vision glasses are not a substitute for protective goggles. Do not roll up sleeves in the lab and keep exposed skin to a minimum.

## Common lab accidents

Injuries are often caused in labs from broken pipettes or beakers. Make it a habit to hold pipettes by the base when fitting into rubber balls. Take the responsibility to clean up broken glass.

## Chemical accidents

Even if there are no visible signs of damage from chemicals immediately after an accident, serious injuries can manifest later.

## • If contacted with skin

Whatever the chemical, immediately flush the area with abundant amounts of water for 15 min or more. (Be sure that water infiltrates between fingers, into wrinkles and under fingernails.)



Ointments are prohibited for chemical injuries.

## • If contacted with eyes

Spray water upwards into eyes and wash the eyes for 15 min or more. Then, promptly see an ophthalmologist.

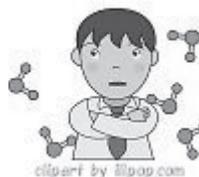
## • If swallowed

Promptly induce vomiting and rinse the mouth repeatedly with water. If swallowed, the best thing to do is to go to hospital immediately.

### 110 Poisoning Hotlines

Osaka 110 Poisoning Hotline (24 hours a day)  
(072) 727-2499

Tsukuba 110 Poisoning Hotline (09:00 ~ 21:00)  
(029) 852-9999



# Heatstroke can be prevented!

## 1. Exercise in proportion to your environmental conditions.

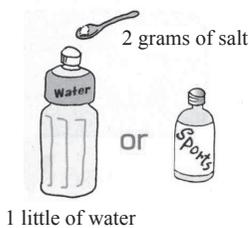
**Stop exercising if the temperature 35°C or higher.**

During hot seasons, exercise during the cooler periods of the day and, if exercising for an extended period of time, take frequent breaks. (Once every 30 min)

Heatstroke can also occur in moderately hot temperatures (25 to 30°C) when humidity is high.



## 2. Frequently hydrate yourself.



You sweat a lot when it is hot. Unless you replenish lost fluids, you can dehydrate yourself, which lowers your body's ability to regulate body temperature and diminishes your physical capacity. If exercising in the heat, frequently hydrate yourself as demanded by your body. Sweat contains salt, therefore consume 0.2% salt with fluids. Commercially sold sports drinks are a good choice as many contain 0.1 to 0.2% salt. People sweat at different rates, therefore measure your body weight before and after exercise as a reference for how much fluid you should take.

## 3. Use caution in intense exercise immediately after holidays! Acclimate yourself to the heat!

Start with light exercise for a short period of time so as to gradually acclimate yourself. Also, do not do intense exercise at the start of training camp, etc. if you have not been exercising recently because of holidays, illness, etc.

## 4. Stay out of the sun.

**Heatstroke can occur even with indoor sports and sports that employ protective gear and thick clothing.**

When it is hot, choose light clothing made of material that absorbs sweat and ventilates the skin. If working out outdoors, wear headgear to protect against the sun. Loosen protective gear and clothing during breaks to allow heat to escape.

## 5. Use particular caution if obese or otherwise susceptible to heat.

It is necessary to understand that people have different tolerances to heat. People that are obese or physically weak, are unaccustomed to the heat or have suffered a heatstroke are susceptible to heat, therefore considerations should be made such as to reduce exercise loads. More than 70% of the deaths due to heatstroke under school supervision



occurred with obese persons, therefore particular caution is required. Moreover, heatstroke can easily occur if one is physically unfit or the body's ability to regulate body temperature is down. Do not over-exercise or force others to over-exercise when fatigued, feverish, suffering from diarrhea or otherwise physically unfit.

See the leaflet "Exercise guidelines for preventing heatstroke."

# Learn CPR and how to use an AED!

## CPR (Cardiopulmonary Resuscitation)

Persons whose breathing and heart have stopped or are in near similar condition can be saved by artificial respiration and cardiac massage. In the event of an emergency, dial 119 and call for an ambulance. But, a life can be saved by someone at the scene by initiating CPR even 1 minute or 1 sec before the ambulance arrives.

## AED (Automated External Defibrillator)

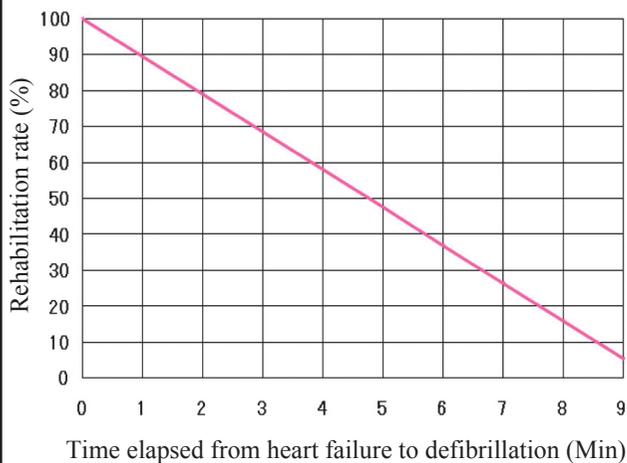
Short for “Automated External Defibrillator,” an AED is a device that can automatically analyze the electrocardiogram of someone whose heart has stopped and, if necessary, defibrillate the heart using electric shocks administered in line with audio messages. Administering electric shocks to a heart undergoing ventricular defibrillation (rapid heart murmurs that pump insufficient blood to the body and a precursor to heart attacks and arrhythmia) can eliminate arrhythmia and restore a normal heartbeat. Use by ordinary people was recognized in July 2004 and has increased survival rate.

**The key to saving a life right before your very eyes is a “vital chain of actions.”**

This “vital chain of actions” defines what to do to save a life. They must be performed quickly and without interruption.



Time from heart failure to defibrillation and rehabilitation rate



**To save important life!**

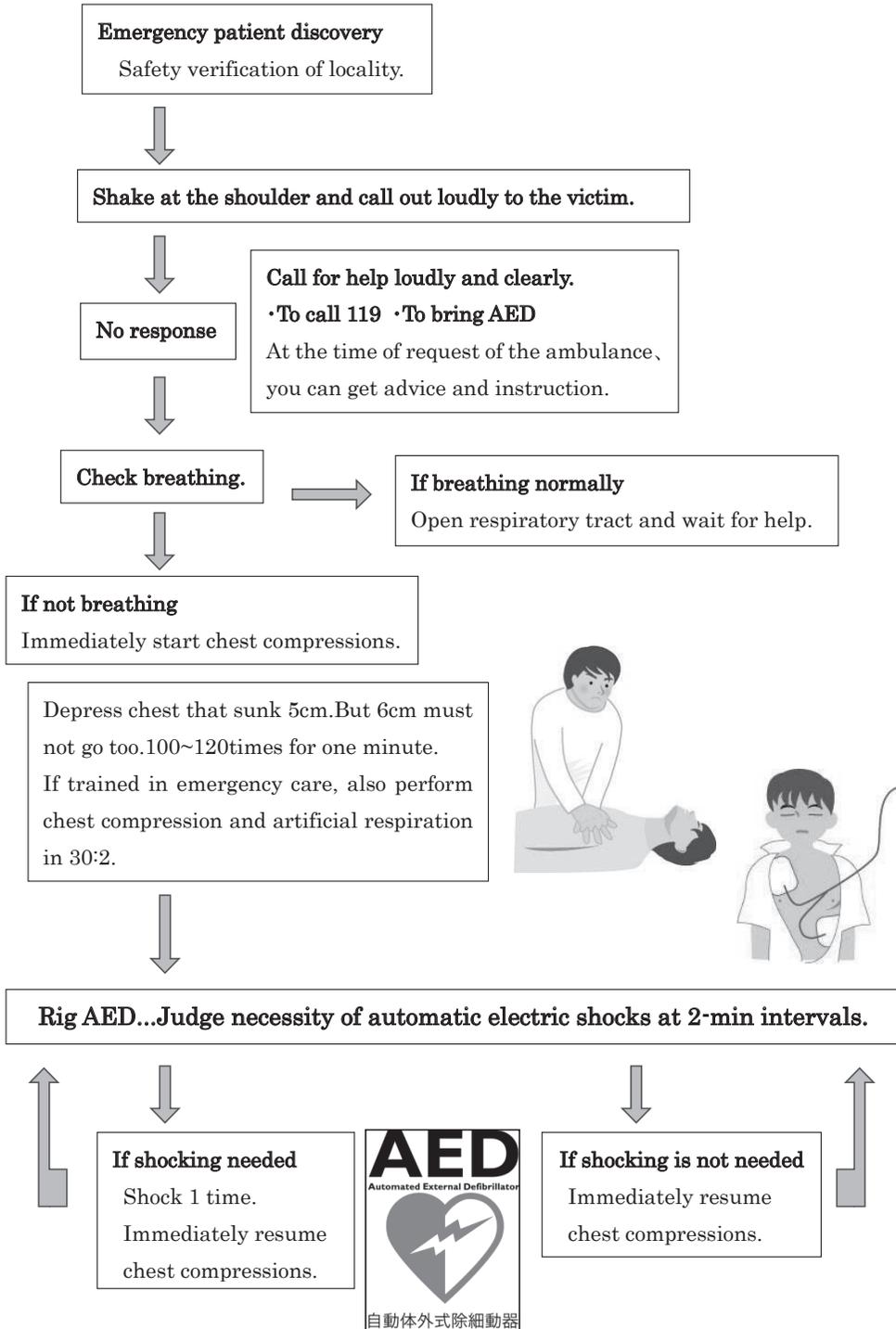
It is important to perform a necessary action with courage quickly and without intermission.

## Resident Class on Life-Saving & First-Aid

Please refer to the following website

- ▶ Kyoto City Resident Emergency Preparedness Center
- ▶ Kyotanabe City Fire Department

# Emergency care flow



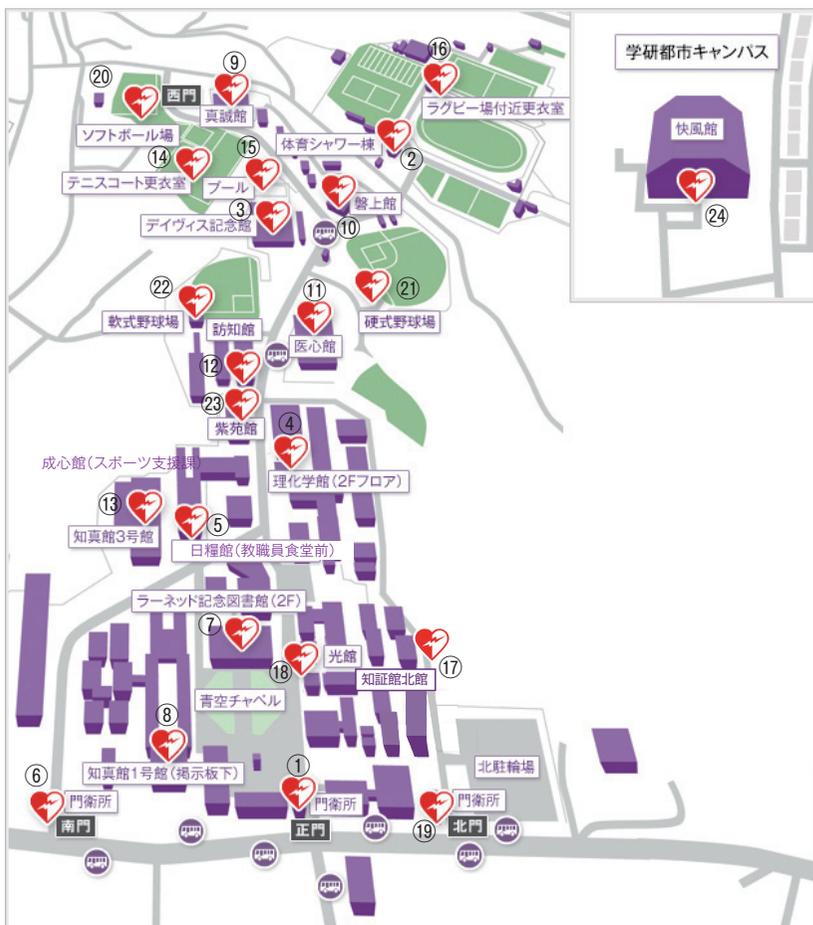
## ♥ AED Locations Imadegawa Campus



### <Imadegawa Campus>

- ① Campus Main gate lodge
- ② Campus West gate lodge
- ③ Kambaikan gate
- ④ Shinmachi Campus Main gate lodge
- ⑤ Library
- ⑥ Shiseikan
- ⑦ Hakuengan
- ⑧ Ryoshinkan Southwest entrance
- ⑨ Ryoshinkan Sankun mall
- ⑩ Campus North gate lodge
- ⑪ Shikokan
- ⑫ Shinmachi Student Union

## ♥ AED Locations Kyotanabe Campus



### <Kyotanabe Campus>

- ① Main gate lodge
- ② Shower facilities
- ③ Davis Memorial Auditorium
- ④ Rikagakukan 2F
- ⑤ Nichiryokan  
(In front of faculty cafeteria)
- ⑥ South gate lodge
- ⑦ Learned Memorial Library
- ⑧ Chishinkan 1 Below bulletin board
- ⑨ Shinseikan
- ⑩ Banjokan
- ⑪ Ishinkan
- ⑫ Hochikan
- ⑬ Chishinkan 3
- ⑭ Tennis court locker room
- ⑮ Swimming Pool
- ⑯ Rugby Ground locker room
- ⑰ Chishokan north side
- ⑱ Hikarikan
- ⑲ North gate lodge
- ⑳ Softball Ground
- ㉑ Regulation Baseball Ground
- ㉒ Baseball Ground
- ㉓ Shionkan
- <Gakkentoshi Campus>
- ㉔ Kaifukan