

# Student health issues

Education agents can assist

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## OSHC – What is it?

Doctors, Pathology, Radiology

In Hospital treatment

Pharmaceutical

Emergency ambulance

Surgical implanted prosthesis

## Truth or Myth

- OSHC is a student visa condition 8501
- Just need it to complete the student visa application process
- Student's don't use their OSHC
- Student's don't need to understand the Australian Health system
- Student's can learn / find out when they arrive in Australia

### Compliance

Student visa obligations

### Student Experience

Well-being is important to achieve success

# International Student Demographic

## What has changed over the years?

- Under-graduate %
- Post-graduate %
- Recruitment country
- Pathway progression

Age

Course Type

Gender



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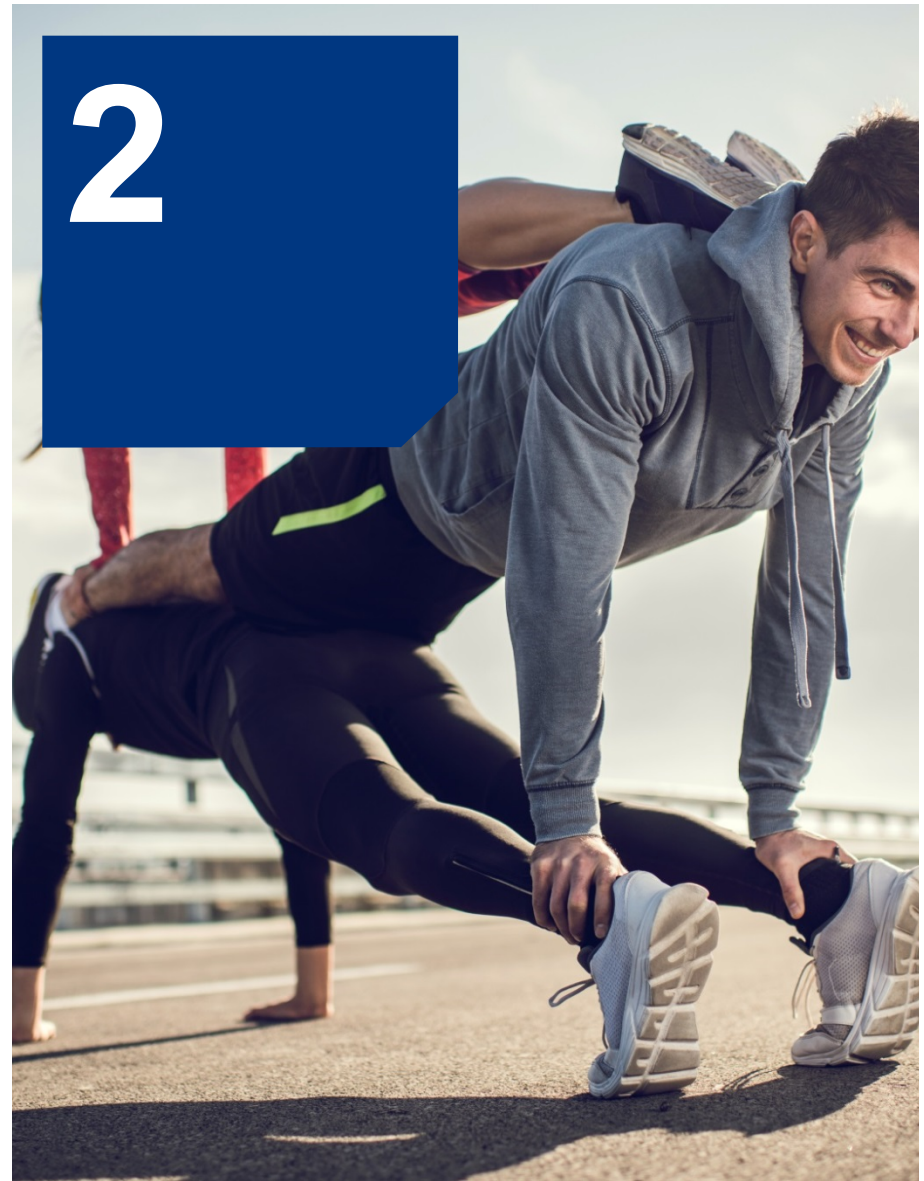
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# What we understand about student issues?

- I'm fit and healthy
- I don't get sick
- Accidents don't happen

## But what I didn't know....

- The climate is different, my skin is red and dry
- The food is different, I often get stomach cramps
- Travelling by train, tram, bus, car, on-foot is different, I often get head aches
- How to live in another country and be happy and successful



## Serious issues – hospital notifications in the last month (1)

Country	Condition
Timor	Pre-mature birth – 36 weeks
Bangladesh	Schizophrenia / Psychiatric
El Salvador	Pre-mature birth – 36 weeks
United States	Psychiatric
India	Psychiatric (51 days in hospital)
Pakistan	Psychiatric (76 days in hospital)
India	Brain haemorrhage
Singapore	Cauda Equina Syndrome

## Serious issues – hospital notifications in the last month (2)

Country	Condition
China	Psychiatric (53 days in hospital)
Saudi Arabia	Pre-mature birth – 37 weeks
India	Pre-mature birth – 32 weeks
Iran	Psychiatric
China	Anaemia
South Korea	Pre-mature birth – 33 weeks
China	Psychiatric (50 days in hospital)
China	Psychiatric (30 days in hospital)
Colombia	Pre-mature birth – 29 weeks
United States	Pancreatitis (61 days in hospital)



# Major health issues of concern

## Mental Wellness

### Conditions

- Anxiety
- Depression
- Psychosis
- Bi-polar
- Schizophrenia
- Mental break down
- Attempted suicide

## Pregnancy & pregnancy related

### Issues

- Pregnancy management
- Support
- Immunisation
- Post natal depression

## Nutrition and Exercise

### Life skills

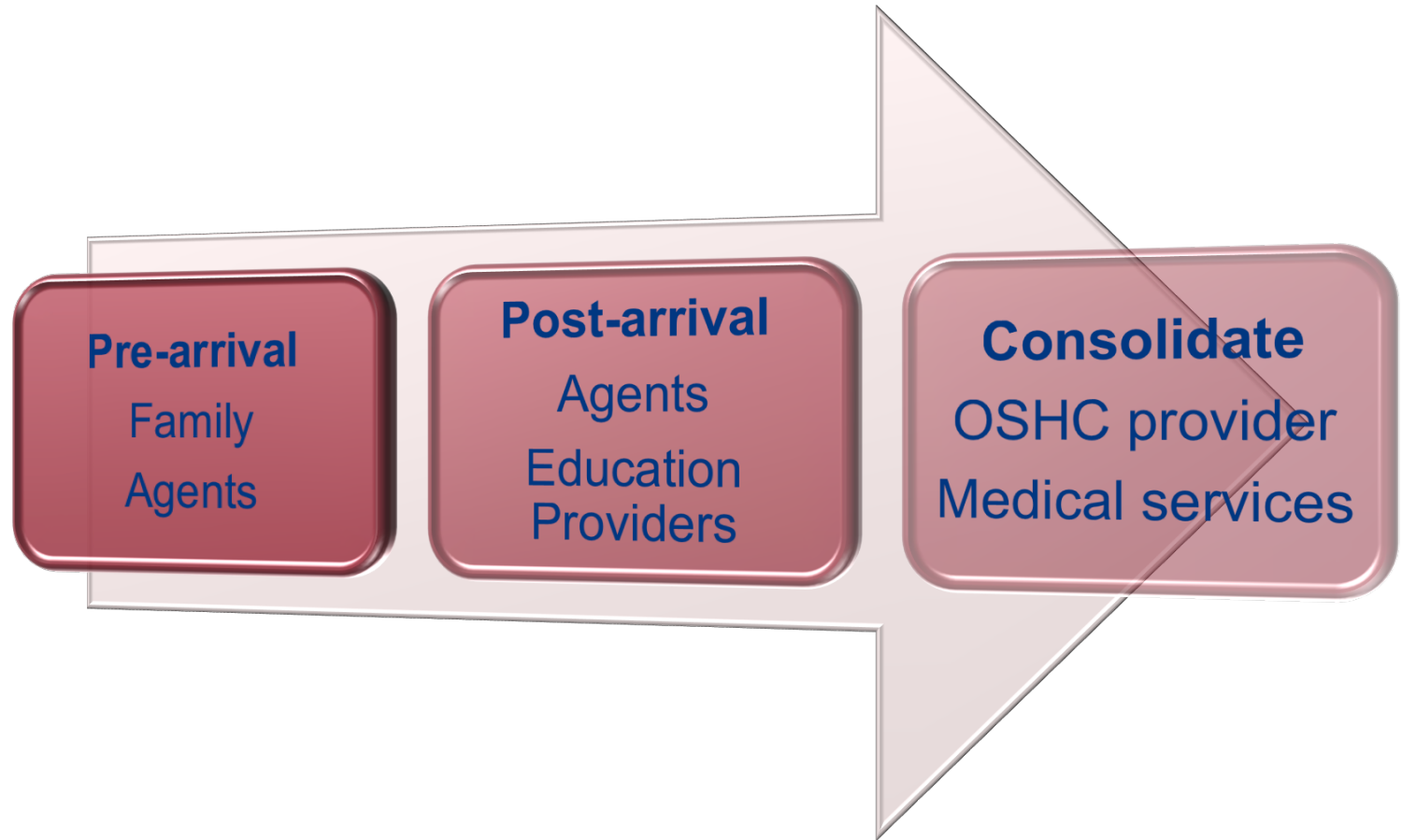
- Hydration
- Cooking basics
- How to buy food
- How to store food
- Exercise

# 3

When does the education start?



# Providing help and tools at every opportunity



# What you need to know and counsel to prepare your students?



- Encourage students not to ignore recurring problems and **monitor**
  - *Regular head aches*
  - *Inability to eat; or lack of appetite*
  - *Constantly tired*
  - *No desire to meet friends or join in activities or events*
- Where to get medical support?
  - *Doctors or General Practitioner (GP)*
  - *Home doctor services*
  - *Telehealth solutions*
  - *Emergency only for hospital*
- Tell friends if something is wrong (goes **2** ways)

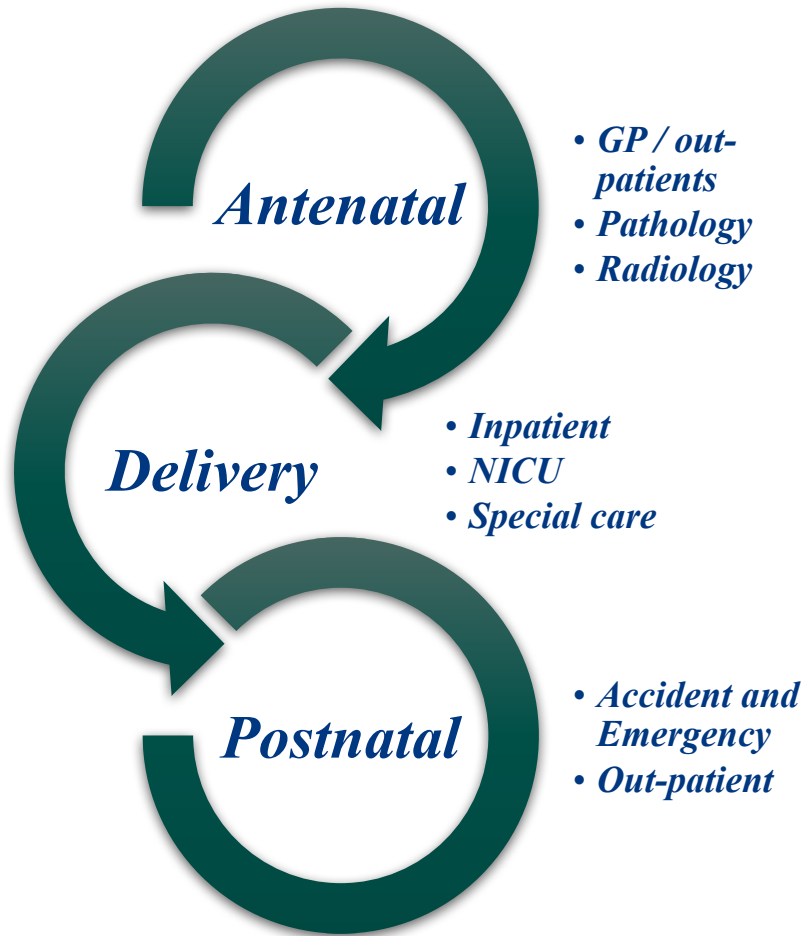
# Sexual Health



- Difficult topic to discuss
- Use videos – for example  
<https://allianzassistancehealth.com.au/en/living-in-australia/sexual-health-video/>
- New relationships for some
- Lack of knowledge in some cultures
- Key topics
  - Sexual transmitted disease and infecting others
  - Pregnancy – (wanted or unwanted)
  - Pressure – how to manage
  - Same gender interest
  - Need help – visit a GP (male or female), nurse

# Maternity care

## Care throughout the journey



# Mental Wellness

- Use videos – for example  
<https://allianzassistancehealth.com.au/en/living-in-australia/mental-health/>
- The journey is new and will be difficult at times. Encourage students to self regulate with apps
- If there is an existing issue – continue to manage it by taking medication
- It is okay to talk to friends, support services, medical support
- Identify quickly and get back on the road to success

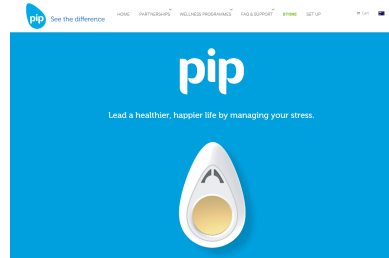


# Mental Wellness Apps

[http://www.c25k.com/c25k\\_metric.html](http://www.c25k.com/c25k_metric.html)



<https://thepip.com/en-au/>

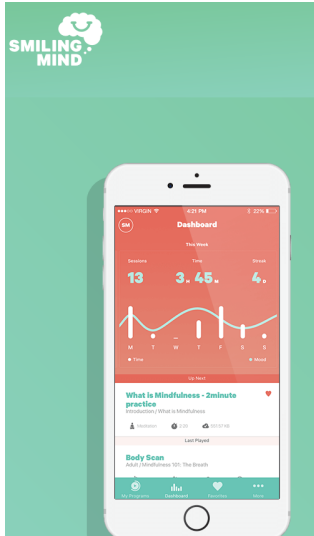


<http://ibpf.org/article/dr-felice-jacka-can-we-prevent-depression-improving-diet>

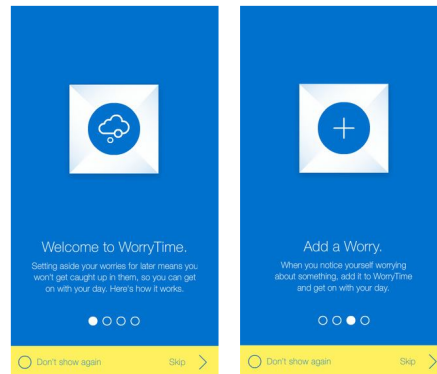
Dr. Felice Jacka: Can We Prevent Depression By Improving Diet?



<https://smilingmind.com.au/smiling-mind-app/>



<https://au.reachout.com/tools-and-apps/reachout-worrytime>



<https://schools.au.reachout.com/articles/reachout-breathe>

This tool will assist with:

- regulated breathing exercises
- managing panic attacks
- reducing anxiety
- improving mindful self-awareness skills.



- Mood-kit
- UQ – The brave kit
- ANU – Mood gym





# Discussion



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