

The Occupational Health Service

A Guide for King's College London Nursing and Midwifery Students

Hello and congratulations on receiving your offer for your desired course at King's College London, we look forward to welcoming you to King's.

The role of the Occupational Health Service is to provide professional, confidential, and impartial advice on the health of King's students and to ensure that their health is protected whilst on your course. This leaflet answers some common questions about Occupational Health prior to your enrolment. Occupational Health services for King's College London is provided by Optima Health.

Pre-Placement Questionnaire

All Nursing and Midwifery students are required to complete a Pre-Placement Questionnaire which is screened by occupational health prior to your enrolment. This is to ensure you are medically fit to start your course of study and advise if you require adjustments or support during your time at King's. The Admissions team will inform Optima Health that you have been made an offer, and your details will be added to the Optima Health platform MyOH.

Optima Health will email you a link to log on to MyOH and complete the pre-placement health questionnaire online. The health questionnaire is **ONLY** accessible by Occupational Health and no one at King's will have access to your completed health questionnaire or your health records. The health questionnaire should be completed online as soon as possible. If you do not submit the

questionnaire when requested, it may delay your clearance and impact on you starting your course.

Optima Health will contact you once they have reviewed your form if they need further information from you. Please read the following frequently asked questions about the health clearance process, if you have a question that is not covered, you can email: team13@optimahealth.co.uk

Communicable Diseases

Occupational Health check that Students whose activities bring them into clinical contact have received the immunisations recommended by the Joint Committee on Vaccination and Immunisation (JCVI) published in [Immunisation against Infections Diseases](#). This is to ensure that you are protected from the vaccine-preventable diseases you may come in to contact with and to protect patients from contracting diseases from you. Currently immunity is checked for the following diseases:

- ♦ Diphtheria /Tetanus/Pertussis
- ♦ Measles/Mumps/Rubella
- ♦ Varicella (Chicken Pox)
- ♦ Tuberculosis (TB)
- ♦ Hepatitis B.

If you have evidence of vaccination for these diseases it can be uploaded on to MyOH portal when you complete your pre-placement questionnaire. This can include evidence of childhood or travel vaccinations as well as any occupational vaccines you had previously.

If your immunity is not sufficient you will be vaccinated before you start your clinical placements. Optima Health will contact you to arrange an appointment. It is important that you bring your photographic I.D. to this and any subsequent appointments with Occupational Health. Occupational Health may need to collect a blood sample from you for testing and recommend/offer vaccinations as indicated.

Blood borne viruses and Exposure Prone Procedures

Some healthcare workers (including Dental, Midwifery and Medical students) undertake Exposure Prone Procedures (EPPs) as part of their routine work, EPPs are defined as “procedures where the worker’s gloved hands may be in contact with sharp instruments, needle tips or sharp tissues inside a patient’s open body cavity, wound or confined anatomical space where the hands or fingertips may not be completely visible at all times”. Students undertaking EPP procedures require mandatory screening for Hepatitis B, Hepatitis C and HIV, other students may be offered testing.

If your course of study requires you to undertake EPP’s you will be contacted by Optima Health to attend an appointment where a blood sample will be collected for testing for EPP clearance. This appointment must take place before enrolment. You must bring photographic ID (e.g. passport or driving licence) to this appointment with you. You will not be able to proceed with your appointment if you do not bring photographic I.D.

If you are overseas, you will be allocated an appointment once you have arrived in the UK.

FREQUENTLY ASKED QUESTIONS

Q. What if I do not receive the link to complete my health questionnaire?

A. Please check your emails; it may be in your Spam/Junk folder if having checked you have not got an email then please contact the Optima Health Customer service team.

Q. How do I contact Occupational Health if I have a question?

A. If you have a question, please contact the Optima Health Customer Service Team:

Telephone: 0113 350 6063

Email: team13@optimahealth.co.uk

Q. I have a chronic medical problem/disability, will I be turned down for the course?

A. Each applicant is assessed individually. The primary purpose of the Pre-Placement assessment is to establish how you can be assisted to complete the course. If you declare a medical problem or disability Optima Health may contact, you to discuss this. This can be by telephone or email. They may address the query immediately or arrange an appointment to discuss further. They may need to ask you sensitive questions about your health. You will be kept informed throughout the process. Depending on your health problem, and with your permission, Occupational Health will advise King's on the adjustments or modifications required to enable you to fulfil the course requirements. King's will review the adjustments needed against the requirements of the course and decide whether you can complete the course with these modifications and then confirm your enrolment or withdraw the offer.

It is only very occasionally that Occupational Health will advise that you are not currently fit to undertake the course or that you need to defer your studies.

Q. I have an underlying health condition, and my GP/specialist is happy for me to apply for this course. Is this enough for health clearance?

A. Part of the role of Occupational Health is to ensure that you are medically fit to fulfil the requirements of the course. In such cases Optima Health may request a report from your GP or Specialist, this would be with your informed consent.

Q. Will you disclose details of my health to the University?

A. Occupational Health will not disclose details of your health to King's without your consent. However, they will advise the University about your medical fitness to commence and complete the course of study, as well as recommend adjustments which may help.

Information on how Optima Health manage and store your personal and medical information is available on the MyOH platform.

Q. Can anyone else discuss my health with Occupational Health on my behalf e.g., parent/guardian?

A. No, Optima Health will not discuss your health with anyone other than you, without your explicit consent.

Q. What if I do not want to receive any vaccinations?

A. All students are strongly encouraged to have the vaccinations recommended for health care staff by the JCVI both for their own safety and for the safety of patients. This is in accordance with the [RCN position on Vaccination](#).

If you are not adequately vaccinated it is likely to limit the clinical areas where you can undertake placements, this may result in you being unable to complete your course of study.

Q. What should I do if I am running late or cannot attend my appointment?

A. If you are unable to attend your appointment or are running late contact Optima Health as soon as possible.

Telephone: 0113 350 6063

Email: team13@optimahealth.co.uk

Further information

- HEOPS (2010) Medical Fitness Standards for Nurse and Midwife Training
https://heops.org.uk/wp-content/uploads/bsk-pdf-manager/2019/09/1521730818HEOPS_Nursing_Student_fitness_standards_2015_v9.pdf
- Department of Health (2007) Health Clearance for Tuberculosis, Hepatitis B, Hepatitis C and HIV
https://assets.publishing.service.gov.uk/media/5a7ed8d5e5274a2e87db2479/health_clearance_tuberculosis_hepatitis_hiv.pdf
- UK Health Security Agency (2013) Immunisation against infectious disease
- Immunisation of healthcare and laboratory staff: the green book chapter 12
<https://www.gov.uk/government/publications/immunisation-of-healthcare-and-laboratory-staff-the-green-book-chapter-12>
- Royal College of Nursing (2022) RCN position on Vaccination
<https://www.rcn.org.uk/About-us/Our-Influencing-work/Position-statements/rcn-position-on-vaccination>