

# Transitioning to Campus Life for students with Asthma:

Universities present lifestyle challenges due to distance from families and familiar medical care (even if only a few miles), changes in physical activity level, new environmental allergies, and communal living. You may have considered many of these factors already, but if you have not you may begin to think about how these will affect your asthma management. There may be additional challenges with managing your asthma and your busy schedule.

There are resources at Johns Hopkins available to assist you along this transition. The Student Health & Wellness Center is available to provide Primary Care Services. Our case management nurse at SHWC is available to assist you with managing your medical needs. You may contact her at (410) 516-8270 for help obtaining the care you need while on campus.

Some things to consider as you prepare for Johns Hopkins are:

<b>Medication and supplies</b>	<ul style="list-style-type: none"><li>▪ Plan adequate supplies. You should bring your inhaler(s) and other medications. If you have a peak flow meter, nebulizer and/or spacer, you should bring it to campus.</li><li>▪ The SHWC dispensary has a limited assortment of asthma medications.</li><li>▪ There are multiple pharmacies located within 1 mile of campus. A complete list can be found on our <a href="#">local pharmacies page</a>:</li></ul>
<b>Prevention strategies</b>	<ul style="list-style-type: none"><li>▪ You should consider having a pneumococcal vaccine prior to your arrival on campus.</li><li>▪ Monitor your new environment for exposure to allergens which may have an influence on your respiratory tract.</li><li>▪ Anticipate other stressors and aim toward managing your workload to minimize stress.</li><li>▪ You should consider getting a flu shot when available in the fall. SHWC offers the flu vaccine at no charge with the Student Health Benefit Plan (CHP).</li></ul>
<b>Medical appointments</b>	<ul style="list-style-type: none"><li>▪ Illness may affect your asthma especially during cold and flu season. You may schedule an appointment with the Primary Care Providers at Johns Hopkins.</li></ul>

	<ul style="list-style-type: none"><li>▪ If you are not sure whether you need a visit, SHWC has a nurse who is available by phone. In addition, a nurse advice service is available after hours for phone advice.</li><li>▪ If you need a referral to a pulmonologist or asthma/allergy provider while you are on campus, one of the SHWC clinicians may make a referral for you; you will have to check your insurance for covered providers.</li></ul>
<b>Insurance</b>	<ul style="list-style-type: none"><li>▪ If you are not planning to sign up for the Student Health Benefit Plan, you should check to make sure your current insurance covers specialist care in the Baltimore area.</li></ul>