

10 actions to support students with longterm health conditions



1. Inform students

Provide clear information to all students about health and support services before they start their studies. In some cases, students with long term health conditions did not believe they met the criteria for extra support.



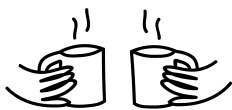
3. Have a range of ways students can access information about support

It is helpful to employ a range of different communication methods, digital, physical and online throughout a student's time studying, not just at Fresher's week.



5. Support communication with student's home health services

Medical records can take a long time to transfer to their new, university GP practice. Practices that students register with while at university may need to discuss with students wellbeing plans while they wait for prescriptions.



7. Support peer to peer initiatives where possible

Encourage better day to day care and support through peer learning to reduce isolation and students only seeking help at point of crisis.



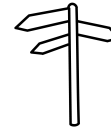
9. Involve students with long term conditions in co-production of support services

Involving students in the design and evaluation of services, information sharing and engaging new students with health and wellbeing support is a great way of getting it right.



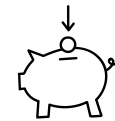
2. Make consent and information sharing policies clear from the outset

It is important to include reassuring and clear information on consent and information sharing at the start of a student receiving support and throughout their engagement.



4. Clear communication

Clear communication between Disabled Student Services, support and wellbeing services and teaching staff. Enable personal tutors to have a more comprehensive knowledge of signposting to wellbeing services or local charities.



6. Be aware of addition financial strain that students with long term conditions can face

Ensure students are aware of schemes to help out with medical costs, some of which may be NHS based, but others may include local sources of hardship funding. Be aware also that students managing conditions may not be able to work part time, adding to their financial strain.



8. Embed health across university culture

Ensure that the university is seen to take health seriously, both physical and mental, across multiple platforms.



10. Implement training for staff about student mental and physical health

As part of ongoing professional development, promote a better understanding of links between mental and physical health, including, for example, offering Mental Health First Aid Training to teaching staff.



Developing good practice to support students with longterm health conditions

The Association for Young People's Health (AYPH) has long had an interest in promoting student health, because of the large proportion of the population that continues as students into their late teens and early 20s, and the interest in this as an age of transition from child to adult health services. This transition is potentially complicated by managing longterm health conditions, as well as environmental challenges such as geographic changes and changes to living arrangements that further and higher education can bring.

We asked over 60 students with various health conditions, such as poor mental health, cancer, chronic pain and diabetes what support they needed while studying, and to identify good practice.

30 healthcare professionals and university staff were then asked what they thought the needs of students with longterm health conditions were and to share good practice.

As a result of the study we developed these 10 actions to support students with longterm health conditions.

Contact us to find out more about the study or other aspects of AYPH's work

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