In 1997, the Center for Nursing Research, Clinical Practice and International Affairs at the Lienhard School of Nursing (LSN) established Primary Health Care Associates (PHCA). Its mission — to provide comprehensive primary health care to both the Pace University community and outside community partners. The two main divisions of PHCA are University Health Care (formerly University Health Care Unit) and Community Health Care. Since 1976, the nurse-managed primary care center at the LSN has served as a model nationally and internationally for the delivery of services by advanced practice nurses.

Closing of White Plains Site
University Health Care (UHC) office at White Plains officially stopped operations on August 31, 2003. It was a difficult decision for administration but the most prudent after careful review of budget, utilization and resources. Employees and students from the Pace Law School and the Graduate Center still have access to services on either the Pleasantville or New York City (NYC) campuses.

Extended Hours in Pleasantville
Effective October 20, 2003, hours were extended at the Pleasantville site to include three evenings a week with a nurse practitioner available. New hours are Monday, Tuesday and Wednesday 9 AM-8 PM during weeks when classes are in session, and Thursday and Friday 9 AM-5 PM all year round. Future plans include instituting evening hours in NYC.

Community Outreach
In August, three PHCA nurses provided interactive learning sessions on nutrition for 45 campers at the Harriman State Park in Putman County. The day camp is operated by a PHCA community partner, Pathways For Youth in the South Bronx. The youngsters learned about healthy food choices and then played two games to demonstrate their knowledge - coin toss and darts. The value of fruits and vegetables in your diet was discussed. All received prizes after the games and fruits to take home. They were encouraged to discuss healthy food choices with others in their families. Other important lessons were learned. When given a stress ball, one child said, “You squeeze this when you are feeling angry”. The children ranged in age from 6 to 15 years. It was a fun day for PHCA!

Learning, Teaching, Practicing, Serving ...
UHC nurse practitioners (NP) are regular presenters in University 101 classes. It is helpful to students to personally hear about UHC services and to gain information on topics of the students’ choosing. Most popular topics are sexually transmitted diseases, the effects of alcohol and drugs and stress. NPs suggest self-management, moderation and behaviors that will help maintain health (e.g., balanced diet, adequate sleep, exercise). Particularly stressed is the need to make responsible choices. There is a variety of brochures in both UHC sites. Stop by and browse.
Pace University Sponsors Diabetes Walk

Pace University was a major sponsor for the American Diabetes Association ‘America’s Walk For Diabetes’ held on October 19, 2003 at Playland Park in Rye, NY. Jill Rothman, RN, was instrumental in organizing a team and publicizing the walk. Although the rain poured that day, the spirits of the walkers were not dampened and the fundraising event was successful.

Diabetes mellitus is at epidemic proportions in the U. S. now, affecting all ages, races, and economic classes. If you or someone you know has diabetes or simply want more information, log onto the ADA web site or contact University Health Care. The PHCA looks forward to facilitating Pace participation again next year.

Student Health Insurance

The new policy of mandatory student insurance with hard waiver for full-time students has generated numerous questions. Many students are unfamiliar with negotiating the health care system. Students with the Pace University sponsored plan may choose to go to any provider, but out-of-pocket costs are reduced if service is initially provided through UHC. No matter what insurance you have, it is important to read your policy carefully and become familiar with your coverage—what is included and what is not included. If you have any questions about the Pace insurance, contact the policy administrator or UHC. It is better to avoid problems rather than try to fix them after the fact. And always carry a copy of your insurance card on your person.

Infectious Mononucleosis

There have been a number of cases of mono in the past few weeks in Pleasantville and NYC. Symptoms are a sore throat and high fever, swollen neck glands, and feeling very tired. Some people may have a rash on the body. Mono can cause severe damage to your liver and/or spleen which may be enlarged. There is no cure. Treatment includes rest, limited physical activity, no alcohol or medications unless prescribed. Mono is contagious, so do not kiss anyone or share eating utensils or drinking cups.

New High Blood Pressure Guidelines

The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC 7) was published in 2003 and is now available (along with other materials for patients) at http://www.nhlbi.nih.gov/guidelines/hypertension/index.htm. A major change is in the classification of hypertension. Individuals with a systolic blood pressure (BP) over 120 mmHg or a diastolic BP over 80 are to be considered pre-hypertensive and require health-promoting lifestyle modifications to prevent cardiovascular disease. The guidelines also recommend earlier and more aggressive treatment of individuals diagnosed as hypertension, with more stringent guidelines for individuals with co-morbidities of diabetes or chronic kidney disease.

‘Set Your Pace to Wellness’ acted as a catalyst to motivate the Pace community to think about wellness and to make responsible choices and develop behaviors that will lead to a healthier existence.

I hope all are continuing to walk or run, to eat a balanced diet, to drink in moderation, to avoid exposure to tobacco, and to find ways to reduce stress, and to get adequate sleep. Read the Health Tip of the Day at www.pace.edu/wellness.

Free blood pressure screening is offered free at UHC in Pleasantville and New York.

Happy New Year

If you made a new year’s resolution, PHCA wishes you success. And a prosperous and healthy New Year to all at Pace.

To Reach Us

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