

# Navigating Hospitalization

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First and foremost, you are not alone in experiencing hospitalization. You may be wondering how your hospitalization might impact your relationships, academics, housing, and remaining time at the University. Student Affairs' staff members, your academic dean or advisor, and the hospital treatment team will help you to navigate these questions. The answers are different for each individual. Some students may remain at the University with little interruption to their classes, while others may choose to withdraw and return home for a semester or two of recovery. The following guidelines can help you to think about this process and make a decision that is right for you.

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## Academic Questions and Considerations

### Will my absence be excused?

Per Academic Code 3.1.3.5, your absence will be excused if an injury or illness could have an adverse impact on your academics and can be verified by a health services provider. The University Health Services (UHS), the University Counseling Center (UCC), or an off-campus health services provider can provide verification only if they are involved in the medical or psychological care of the student.

The verification must contain:

- Date and time of the in-person visit occasioned by the injury or illness
- Anticipated duration of the absence.

The verification must be presented to the instructor no later than two business days after the absence period concludes. An authorized proxy can act on the student's behalf and should attempt to notify a professor of the hospitalization as soon as possible. An absence for illness of an ongoing or chronic nature must be approved and managed through the Office of Accessibility Services in order to be excused.

**Upon your hospitalization, your Care and Wellness Consultant sends the following email to your advising dean in order to notify your professors of your hospitalization.**

*"Dear (Dean's Name)*

*I am writing to inform you that (student name), a student in your college was hospitalized on (date). Please pass this information along to the student's professors. This absence should be excused per the criteria of the Academic Code:<http://facultyhandbook.nd.edu/governance/3.1.3.5>*

*There is no set discharge date and we do not know the duration of the absence or necessary accommodations, but will let you know once that is determined. I will provide you updates on the student's plan to return to campus as soon as they are known. Should you have any questions or concerns, please do not hesitate to ask.*

*(Student's Name) will be in contact with his/her professors upon return to discuss making up any missed assignments or exams while away from campus."*

### **Additional Academic Considerations:**

Prior to discharge and per your request, your Care and Wellness Consultant can work with the academic department to consider your current progress. Upon discharge, it is important to consult with your academic dean/advisor, to discuss your academic progress and options moving forward. Your dean can explain important dates and deadlines on the academic calendar and how these may impact your academic progress and GPA. **The student is responsible, for contacting his/her professors to discuss making up any missed assignments or exams while absent.**

An important question to consider is whether or not you are in a position where you are able to catch up on missed assignments. If the answer is no, then taking a health withdrawal from the University may be advisable. If you are considering a health withdrawal, you also may want to talk to the Office of Financial Aid, as there may be requirements that need to be considered.

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### **Sara Bea Accessibility Services**

If you are enrolled in Accessibility Services, your Care and Wellness Consultant can alert the Office of your hospitalization. Many students are able to arrange their make-up work soon after discharge. For students who are not enrolled with Accessibility Services, you may qualify for academic accommodations, depending on your disability and need. Such accommodations could help you regain or maintain your academic standing and may be worth a discussion. Accessibility Services can assist in working with your academic departments and may be able to set up academic accommodations. If you are not enrolled in Accessibility Services and believe that accommodations could be helpful to you, please visit [supportandcare@nd.edu](mailto:supportandcare@nd.edu) and find Accessibility Support. Your Care and Wellness Consultant can assist you with questions you have or with setting up an initial appointment. You can also book an appointment using the following link: [scotthowland.youcanbook.me/](https://scotthowland.youcanbook.me/).

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### **Relationship/Social Considerations**

#### **Family**

Most students call their parents/guardian/spouse when considering hospitalization. When the decision to hospitalize is done on an emergency basis, it is a practice of the University to contact family at the time of hospitalization. Once hospitalized, the hospital staff works with you on determining the nature of continued contact with your family.

**Roommates and Friends**

If you are comfortable, you may decide to call roommates or friends to let them know that you are in the hospital. There also may be those that you want to inform of your safety, but may not want to disclose the details of your hospitalization. This is perfectly OK. The hospital staff will inform you of the visitation and phone times with friends. It is up to you who you grant permission to visit.

If you live in a residence hall, you might want your RA or Rector to know that you are safe. This information may have already been communicated to your rector at the time of your hospitalization. Once you are discharged, you will want to let your rector know that you are back in the hall. If you live off campus, it is important that someone tell your roommates that you are safe. Roommates do not need to know that you are in the hospital, only that you are safe.

Sometimes, if the decision of hospitalization had a significant impact on friends/roommates/classmates, it is important to discuss this with your counseling staff to determine how to navigate reintegration or conversations with peers when returning to campus.

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**Preparation for Discharge:**

Before hospitalization I was having difficulty with the following:

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I am hoping that this hospitalization will help me with the following:

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These are my concerns after discharge:

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The following strategies are what I plan on using if I have difficulty after discharge:

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The following people are my support system:

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I will be returning to: (circle one)      School              Home

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### **How I Can Best Support My Well-Being after Discharge from the Hospital**

Whether you return to campus or take a health withdrawal from the University, transition can be overwhelming. Here are important strategies to support your well-being.

- Always take your medication as prescribed. Know why you are taking your medication and what side-effects you might experience. Discuss side effects with your physician before changing the way you take your medications.
- Maintain regular sleep patterns. It might be hard to do this during high-stress times, such as midterms or finals. Stick to a cycle, as much as possible, in order to stay healthy.
- Maintain regular appointments with your counselor/therapist and psychiatrist.
- Learn what you can about your illness. Work with your physician and counselor as much as possible to know your triggers and warning signs so that you can address issues before they start to spiral.
- Take care of yourself by asking for assistance in managing assignments and time for yourself, such as exercise, walks, and socializing with friends.

- Be cautious and consider the decision to use alcohol. Alcohol is a depressant and may not mix well with your medications and could exacerbate the effects of depression.
  - If you have difficulty paying for your medication, make sure to let someone at the University know. The Office for Student Enrichment or a Care and Wellness Consultant may be able to connect you with resources.
  - You may be eligible for Accessibility Services to assist with academics. A Care and Wellness Consultant can direct you to the process or you can contact Sara Bea Accessibility Services (574) 631-7141.
  - If you are returning to campus, you will want to meet with your professors immediately to determine any make-up work and develop a schedule for when work will be due.
  - If you plan to take a health withdrawal, a Care and Wellness Consultant will assist you with the paperwork, and inform you of any requirements for returning to the University.
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### **Follow-Up Appointments:**

#### **Psychiatrist:**

Name: \_\_\_\_\_

Date and Time: \_\_\_\_\_

Location: \_\_\_\_\_

Phone Number: \_\_\_\_\_

#### **Therapist:**

Name: \_\_\_\_\_

Date and Time: \_\_\_\_\_

Location: \_\_\_\_\_

Phone Number: \_\_\_\_\_

#### **Care and Wellness Consultant:**

Name: \_\_\_\_\_

Date and Time: \_\_\_\_\_

Location: \_\_\_\_\_

Phone Number: \_\_\_\_\_

### Care and Wellness Consultant Contact Information

Name	Phone	Email	Colleges
Maria Candelaria Flukas	574-631-2491	mcandela@nd.edu	Architecture Business Engineering Science
Annie Eaton	574-631-9317	aeaton@nd.edu	Readmitted Students
Beth Ferlic	574-631-0084	eferlic@nd.edu	Arts & Letters
Stella Miller	574-631-9256	smille44@nd.edu	Law School

Care and Wellness Consultants can be reached from 8 a.m. to 5 p.m., Monday through Friday.

### Medications

Medication	Dosage	Time	Reason for Taking	Possible Side Effects

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I need to seek emergency medical attention if the following occurs:

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**Remember, there are several important resources on campus dedicated to supporting your wellbeing:**

- **University Health Services** 574-631-7497
- **University Counseling Services** 574-631-7336
- **Care and Wellness Consultants** 574-631-7833
- **Sara Bea Accessibility Services** 574-631-7141
- **Campus Ministry** 574-631-7800
- **Hall Staff**
- **Academic Faculty and Staff**
- **Office of Student Enrichment** 574-631-3406
- **Gender Relations Center** 574-631-9340
- **Multicultural Student Programs and Services** 574-631-6841
- **McDonald Center for Student Well-Being** 574-631-7970
- **Center for Career Development** 574-631-5200
- **Graduate Student Life** 574-631-1221