



Geisinger Commonwealth School of Medicine

STUDENT HEALTH AND WELLNESS NEWSLETTER

Overview of Services Provided by SHS

- Annual flu vaccine
- Annual respiratory mask fit testing
- Free over-the-counter remedies
- Triage of symptoms with referral to medical providers as necessary, including primary and specialty referrals.
- Allergy shots
- Counseling services
- Vital signs
- Collections, review, maintenance, and credentialing of all medical health requirements.
- Diabetic testing
- Food and toiletry pantry

Reminder!

- Submit proof of COVID-19 vaccine booster to Paul Burke, RN in SHS as soon as possible.
- If you are experiencing symptoms of COVID-19, please contact Paul Burke prior to arriving to campus. Symptoms include:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or Body Aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

SHS STAFF

Paul Burke, RN
Manager
570-558-4290
Pburke2@geisinger.edu

Sean Address, MSW, LSW
Care Management Lead
570-558-4292
Srandress@geisinger.edu

Kyle Strobel, MS, NCC, LPC
Behavioral Health Therapist, Per diem
570-558-4294
Klstrobel@geisinger.edu

Terry Waibel
Administrative Assistant
570-558-4293
Twaibel@geisinger.edu

STUDENT LIFE AND WELLNESS

Dr. Halle B. Ellison
Director of Student Wellness
570-687-9714
Hellison@som.geisinger.edu
Wellness@som.geisinger.edu

Remember...

Pre-clinical students with an excused absence have the option to attend class virtually.



EXPERIENCING BURNOUT?

Burnout is something most of us have heard about. For some of us, it is something we avoid talking about or view as a weakness, while others understand it is something we all experience from time to time. It is important to understand what burnout exactly is and steps to cope.

Article to read: 3 Subtle Signs of Burnout and 3 Not-so-Subtle Ways to Reclaiming your Wellbeing.



Burnout is defined as, “a syndrome of emotional exhaustion, depersonalization, and reduced personal accomplishment that can occur among individuals who do people work.”

3 Components of Burnout

Emotional exhaustion:
Working/training/studying at a highly demanding level leading one to feel depleted and fatigued.

Depersonalization: Becoming cynical, negative, and/or cold toward one’s family, patients, and/or peers.

Reduced personal accomplishments:
Negative evaluation of one’s own work, reduced sense of competence, and/or poor view of one’s abilities.

Coping skills for burnout

- Utilize mindfulness to identify symptoms
- Practice self-care (exercise, yoga, art, etc.)
- Utilize support system (normalize burnout)
- Seek counseling.
- Set boundaries, learn to say “no”
- Practice sleep hygiene and healthy nutrition.

timelyMD
Telehealth for Students



*Student Health Services Office
Medical Sciences Building, 1st floor,
1062 W
Scranton, PA 18509
570-558-4290
Hours: M-F, 8am – 4:30pm*

*Student Life and Wellness
Medical Sciences Building
Scranton, PA 18509
570-687-9714
wellness@som.geisinger.edu*

