

## ABOUT US

Students for Health, also known as SFH is a student-led organization founded by Windsor University School of Medicine in St. Kitts and Nevis. Our mission is to provide health care and public health awareness to the underserved communities of St. Kitts.



## More...

We also have the opportunity to collaborate with community churches, The Rotary Club, The Ministry of Health, Red Cross, American Heart Association and AMSA. SFH benefits students by preparing them for clinical rotations and teaching them how to establish a physician to patient relationship.



## STUDENTS FOR HEALTH



Contact us for information.

We train students in obtaining patient vital signs in order to provide health check-ups, patient history and free prostate examinations. Furthermore, SFH provides residents information about common health concerns in the community such as informing diabetics how to keep their glucose levels under control and how to maintain a healthy lifestyle for individuals with hypertension.



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**YOUR HEALTHY IS OUR  
PRIORITY**

# OUR SERVICES

This is our way of showing appreciation to the beautiful island of St. Kitts while making a home for us as we proceed further into our medical careers.



## MISSION

Our goal is to reach out to the entire nation of St. Kitts to ensure that the community is in good health and to create an awareness of the health disparities the island is currently affecting the population.

Feeling healthy and feeling good about yourself is NOT a luxury, it is an absolute NECESSITY

-Eleanor Roosevelt

## TRAINING

Training occurs at the beginning of every semester. The student volunteers are taught how to take patient vitals such as: blood pressure, pulse rate, and respiratory rate, as well as history taking. They are also trained to obtain glucose levels, perform cardiovascular and respiratory examinations.



1

### Vitals

The qualified volunteers will be taking blood pressure readings, heart rate, respiratory rate, anthropometric measurements like height, weight and BMI and performing basic systemic examinations.

2

### Blood glucose

Obtaining blood glucose is very important because of the high diabetetic rate in the community. Volunteers are therefore trained to take the blood glucose of the patients.

3

### Patient to physician relationship

The **qualified** volunteers (i.e. those who pass the oral exam at the end of the training) are given an opportunity to interact with real patients in the real world and thus receive hands-on training that will build confidence in patient-doctor interaction in their medical careers.

4

### CERTIFICATION

Every volunteer receives a certificate at the end of the semester for their honorable service in the community.

- Every volunteer is required to take a practical exam at the end of the training session. Students must pass the exam in order to volunteer with SFH.
- SFH provides its services to at least five sites per semester. However, in order to achieve a certificate, a student must be attending at least three sites and a total of 12 community service hours.
- Students must obtain a personal stethoscope and BP cuff before the first outreach site.