

# Student Health Centre

## About us

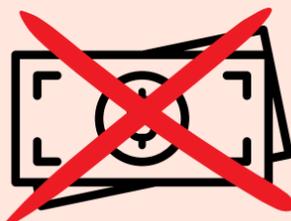


The Student Health Centre (SHC) embodies our hopes and dreams to achieve better health for students in Singapore.

Run by a dedicated team of doctors, nurses and other health professionals, we provide a host of services at the SHC.

## Self Registration

SHC has self-registration kiosks facilitating registration and payment. Payments can only be made using NETS/Cashcards/ Baby Bonus/Scan to Pay (Nets Pay, DBS Paylah, OCBC Pay anyone & UOB mighty). There is no cash or credit card payment.



## Things to bring for an appointment



Remember to bring:

- Your child's Health Booklet, identity card or student card
- Referral letter
- Previous immunisation certificates (for immunisation only)
- Civil Service Card (if any)

## Location and Operating hours

Level 3 Health Promotion Board  
Nearest MRT Station: Outram Park (Exit 6 or 7)

Morning Clinic: Mon to Sat: 8am to 12.30pm (registration closes at 12pm)

Afternoon Clinic: Mon to Thurs: 1.30pm to 5.30pm (registration closes at 4.40pm), Fri: 1.30pm to 5pm (registration closes at 4pm)

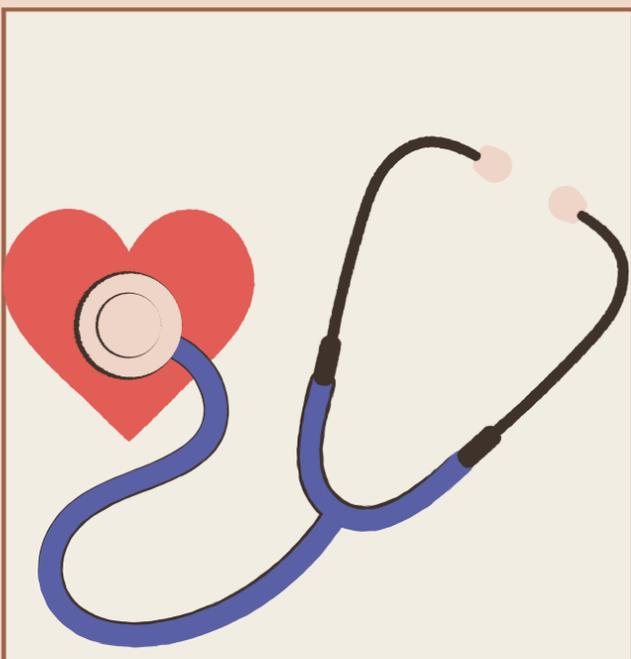
Closed on Sundays and Public Holidays

## How to change an appointment

Students are seen by appointment only.  
Kindly log into Healthhub to change appointment dates.

# OUR CLINICS

(Click on the icons to find out more)



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## GENERAL MEDICAL CLINIC



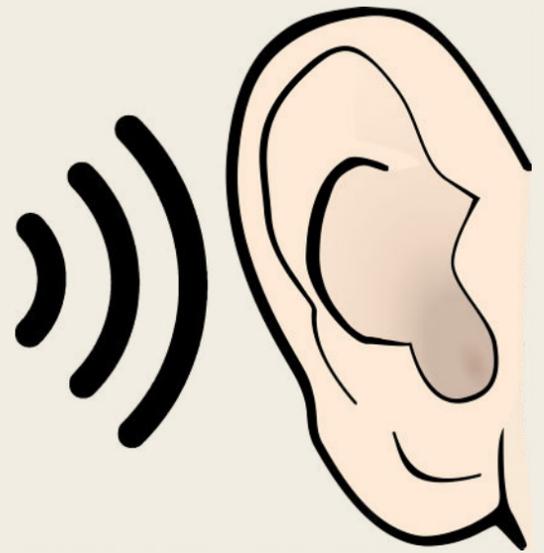
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## STUDENT WELLNESS SERVICE



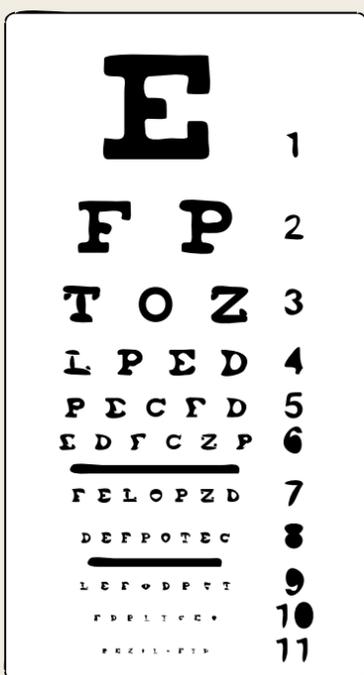
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## IMMUNISATION



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## AUDIOMETRY



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## REFRACTION



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## IN HOUSE SPECIALIST



# General Medical Clinics

Most students who are referred to the SHC for management of medical problems are first seen by our doctors in the General Medical Clinics. Here our doctors will assess and recommend action(s) for the concerns picked up during school screening

Investigations such as:

- Blood tests
- X-rays
- Electrocardiograms (ECGs)

may be ordered by our doctors if required.

As we manage only specific medical conditions in children, you are advised to bring your child to a polyclinic or private general practitioner (GP) for the treatment of simple illnesses such as rashes or common cold.

Some of the conditions we see (referred from school):

Scoliosis

Too tall for age

Too short for age

Severely Overweight

Severely Underweight

Hearing assessments



# Student Wellness Service

Managed by a team of lifestyle coaches, the Student Wellness Service provides customised and family-based coaching programmes for the severely overweight and severely underweight students.

Family participation is vital in coaching and supporting a healthy lifestyle. For the prevention and treatment of childhood obesity, the team emphasis on:

- Active family involvement
- Practical tips on nutrition and diet
- Increasing physical activity
  - Managing screen time
  - Adequate Sleep
- Behaviour change and positive mental well-being





# Immunisation

Immunisations are very important. They protect your child against vaccine-preventable diseases that can lead to serious complications.

Certain immunisations for students can be given at the SHC. Our staff at the centre are very experienced. We follow the immunisation schedule and recommendations provided by the Ministry of Health.

**National Childhood Immunisation Schedule (NCIS)**  
(from birth to age 17 years, effective from 1 November 2020)

Vaccine	Birth	2 months	4 Months	6 months	12 months	15 months	18 months	2-4 years	5-9 years	10-11 years	12-13 years	13-14 years	15-17 years
Bacillus Calmette-Guérin (BCG)	D1												
Hepatitis B (HepB)	D1	D2		D3									
Diphtheria, tetanus and acellular pertussis (paediatric) (DTaP)		D1	D2	D3			B1						
Tetanus, reduced diphtheria and acellular pertussis (Tdap)										B2			
Inactivated poliovirus (IPV)		D1	D2	D3			B1			B2			
Haemophilus influenzae type b (Hib)		D1	D2	D3			B1						
Pneumococcal conjugate (PCV10 or PCV13)			D1	D2	B1								
Pneumococcal polysaccharide (PPSV23)								One or two doses for children and adolescents age 2-17 years with specific medical condition or indication.					
Measles, mumps and rubella (MMR)					D1	D2							
Varicella (VAR)					D1	D2							
Human papillomavirus (HPV2 or HPV4)											D1 (Females)	D2 (Females)	
Influenza (INF)					Annual vaccination or per season for all children age 6 months to <5 years (6-59 months).				Annual vaccination or per season for children and adolescents age 5-17 years with specific medical condition or indication.				

Recommended ages and doses for all children

Recommended for persons with specific medical condition or indication

**FOOTNOTES:**

- D1, D2, D3: Dose 1, dose 2, dose 3
- B1, B2: Booster 1, booster 2
- 10-11, 12-13, 13-14 years: Primary 5, Secondary 1, Secondary 2 (Tdap, IPV, HPV (for females) and MMR (as catch-up) vaccines are provided as part of Health Promotion Board's school-based vaccination programme)
- HepB: Doses 2 and 3 are recommended to be given as part of the 6-in-1 vaccine at 2 and 6 months, respectively
- MMR: Only the dose 2 is recommended to be given as part of the MMRV vaccine

SHC provides vaccinations against Measles, Mumps, Rubella (MMR), Diphtheria, Tetanus, Pertussis (Tdap) and Poliomyelitis [inactivated poliomyelitis vaccine (IPV)] for students in primary schools.

You are advised to bring your child to a polyclinic or private general practitioner (GP) for other vaccinations such as the Influenza vaccine.



# Audiometry

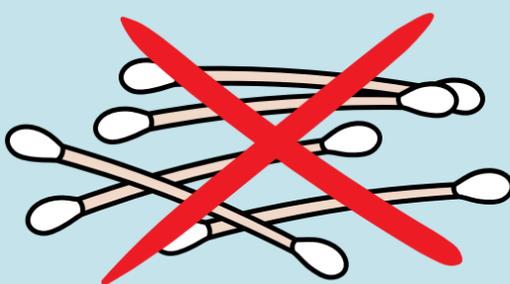
We investigate hearing problems and perform audiometric (hearing) assessments using our specially - equipped Audiometry Room, which allows precise testing of your child's hearing and enables us to diagnose hearing difficulties associated with different sound frequencies.

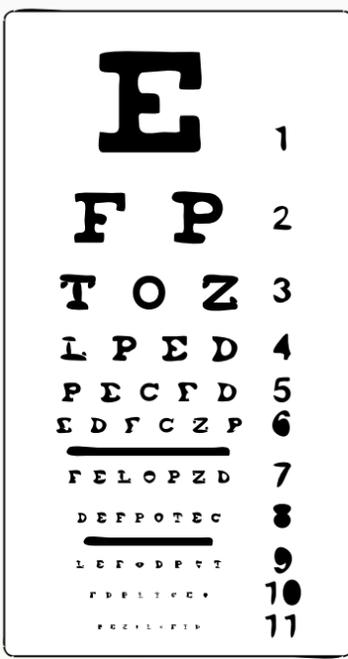
Once the hearing problem is identified, proper referral for treatment can then be made.

We provide services (if required) such as:

- Olive Oil for ear wax
  - Ear Syringing
- after assessment by our doctors.

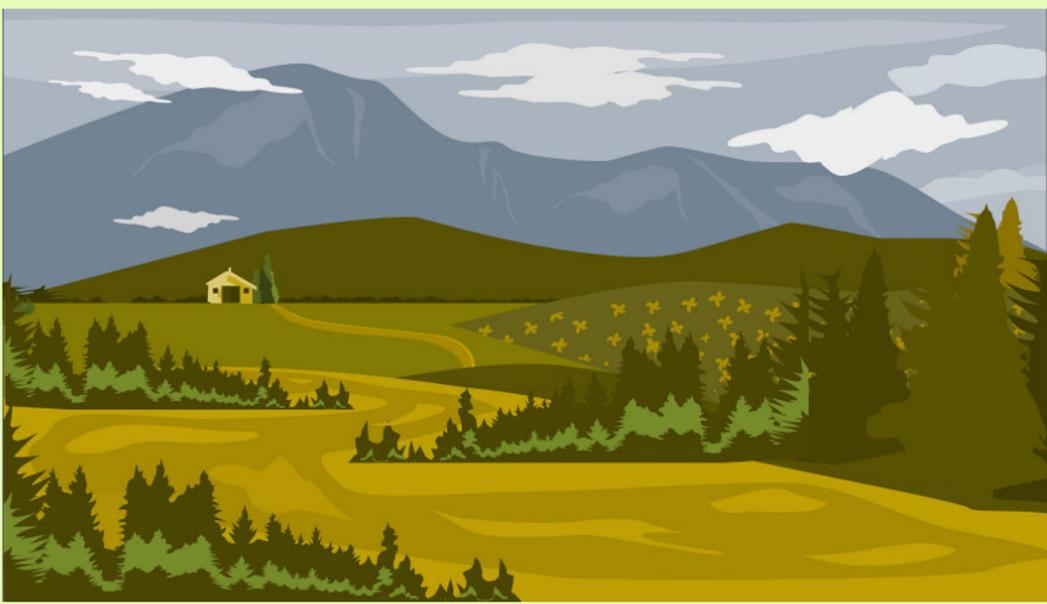
The ear canal is self cleaning. Do not insert any implements such as cotton buds into the ear. They will damage the delicate skin lining the ear. This can increase the chances of developing ear infection, itchy ears, or a problem with wax.





# Refraction clinic

Keep Myopia Away! Go outdoors and play for at least 2 hours a day!



Well-equipped and operated by optometrists, our Refraction Clinic provides an accurate diagnoses of vision problems for students from Kindergarten One to Primary One.

Those in Primary Two and above are given a referral to community optometrists/opticians.

For students who require spectacles, prescriptions are given to parents so that they can be made separately at optical shops of their choice.



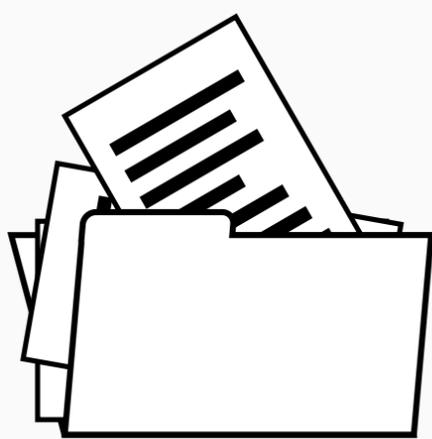


## **In House Specialist**

We also have Visiting Consultant Specialists conducting in-house consultations regularly at our Centre.

We have Cardiac (heart) clinic and Endocrine (hormone) clinics dealing with heart problems and adolescent development and growth problems, respectively. For specialist services not available in our Centre, we will assist in making arrangements for your child to be seen by a specialist in hospitals if necessary.

*\*Only for specific cases determined by our doctors\**



## **Handling of Medical Records**

Details of any screening conducted, or any information provided and collected will be kept confidential and shared only with the relevant school authorities and healthcare providers.

The information may be placed on a database of health information known as the National Electronic Health Record (NEHR) and the HealthHub.

At HPB/SHC, data may be collated and assessed for public health policy planning, ethically approved research, official reports and publications. In such cases where your child's data may be part of the collated data, full confidentiality is ensured, i.e, your child's identity will not be revealed.

# Keen For More Resources?

Learn the ins and outs of raising a healthy child  
at Parent Hub.

Scan QR code below to find out more!



Thank you!