

# SELKIRK INTERNATIONAL STUDENT HEALTH AND WELL-BEING

## 4<sup>Th</sup> Year Nursing Student Leadership Project

A quantitative and qualitative study of health accessibility of international students at Selkirk College. Compare and contrast between a 2018 study, which focused on emotional health and wellbeing, and a 2020 study that focused on access to primary healthcare and Covid-19. Analyze and discuss data to determine the health barriers and knowledge gaps that affect the health and wellbeing of international students. Based on a 12 question survey that was submitted to the Selkirk ethics board for approval and then circulated to international students.

Comprehensive literature reviews on immigrant health, student health and barriers to accessing health in rural locations

### 2018 Survey 88 Respondents

25% reported that their physical health had declined

24% reported their emotional wellbeing as declined

Qualitative data indicates that homesickness, loneliness, missing family and friends and increased stress affected health



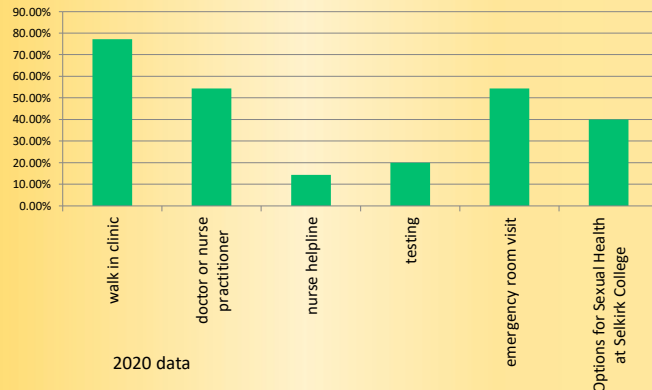
### 2020 Survey 38 Respondents

15% reported that their physical health had declined

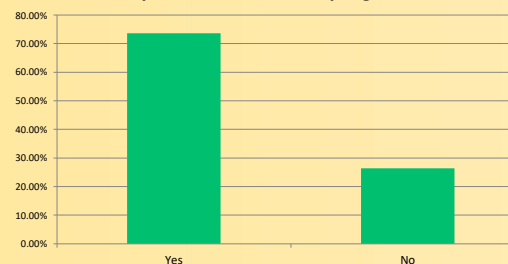
45% reported their emotional wellbeing had declined

Qualitative data indicates work/school stress, homesickness and weather affected health

Are you aware of the following community healthcare services?  
(Check all that apply)

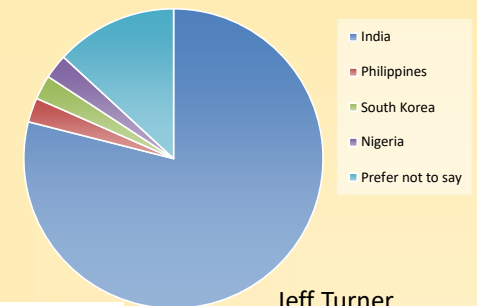


Do you know what to do if you get sick?



Selkirk Student Country of Origin

2020 data



University  
of Victoria

Jeff Turner  
Brenda Winterburn  
Field guide: Lena Sherstobitoff  
Instructor: Shannon Shah

## References

Clarke, T., Dixon, T. & McLaughlin, M. (2018) Health and wellness for international students at Selkirk College. [Online survey].

Figure 1: Green and blue globe. (2016). <http://clipart-library.com/clipart/8TAbjnXEc.htm>. The Earth Clipart #1852324.

Sherstobitoff, L., Turner, J. & Winterburn, B. (2020). International students at Selkirk: Health and well-being. [Online survey].