

# Health clearance instructions for students and health care providers

A health clearance is required of all students attending placement on a healthcare programme within Stockholm County Council (Region Stockholm), or services that have an agreement with Stockholm County Council. The purpose of the health clearance is to help prevent the spread of infectious diseases in healthcare work.

**The attached form (health clearance) should be completed and signed by a licensed physician prior to your departure for Sweden. An original copy of the health clearance should then be presented at your clinic of placement. In some cases, further medical investigation will be necessary through The Student Health Centre, KI.**

*Please note that should you fail to provide a valid health clearance upon request, you may be denied clinical placement.*

## Filling out a health clearance

Following medical conditions should be checked for before issuing a health clearance:

### **MRSA screening**

Test is recommended prior to departure for Sweden, as positive test result may lead to restrictions for health care placements with particularly vulnerable patients.

If applicable to you, an additional MRSA screening test will be done by The Student Health Centre, Karolinska Institutet.

The additional test will be necessary if you meet any of the following criteria:

- you have had contact with medical care facilities outside the Nordic region, either as a patient or as staff in direct patient care, within the past 6 months.
- you have been in contact with an MRSA carrier, for example a member of your household/family.

Please find more information regarding MRSA, drop-in hours and visiting address on our website:

<https://education.ki.se/mrsa-screening>

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**Postal address**  
Karolinska Institutet  
Studenthälsan  
Alfred Nobels allé 8  
141 52 Huddinge  
SWEDEN

**Visiting address**  
Karolinska Institutet  
Studenthälsan  
Berzelius väg 1, 5th floor  
Campus Solna

**Visiting address**  
Karolinska Institutet  
Studenthälsan  
Blickagången 7, 5th floor  
Campus Flemingsberg

**Web**  
[ki.se/studenthealthcentre](https://ki.se/studenthealthcentre)  
**Telephone**  
+46 8 524 835 70

**Tuberculosis (TB)**

All students must undergo TB risk assessment and symptom screen. TB screening should be performed up to 6 months before, but not later than 12 weeks prior to their departure for Sweden, as symptoms of TB, positive test result and/or chest x-ray findings that are suggestive of pulmonary tuberculosis require further investigation.

**Risk assessment**

A recent tuberculin skin test, TST (PPD) or IGRA (QuantiFERON) test is required if you:

- During the past 5 years lived in a country outside of Western Europe/North America /Australia for more than 3 months.
- Been exposed to tuberculosis from a family member or other close contact.

A copy of the test result must be attached to the health clearance and presented upon request at The Student Health Centre, KI.

**In case of positive TST, IGRA or prior diagnosis or treatment for TB/LTBI a follow-up chest x-ray is required** to confirm or dismiss evidence of active pulmonary tuberculosis. A written x-ray report (in English) must be attached to your health clearance and presented upon request to The Student Health Centre, KI.

**Symptom screen**

If presenting with symptoms of TB (long-lasting cough, fever, night sweats, unintentional weight loss or fatigue), a referral to an infection clinic for diagnosis and treatment is required before issuing a health clearance.

If diagnosed with TB, the student must have completed treatment before allowed placement on a healthcare programme, and the student must bring a separate report from the treating physician with necessary medical information. Please contact The Student Health Centre in advance if the above applies to you.

No restrictions apply to students diagnosed with latent tuberculosis (LTBI).

**Immunization coverage**

It is highly recommended, but not mandatory, for students to be vaccinated (if not immune) against:

- Hepatitis B
- Varicella (chickenpox)
- Measles
- Diphtheria

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Vaccination against Covid-19 is also recommended. Please note that there may apply restrictions for certain placements if not vaccinated against Covid-19.

***Skin conditions***

Wounds, eczema, and damaged skin are risk factors for spread of infections and ought to be treated before departure to Sweden.

**Upon arrival to Sweden**

You do not need to visit The Student Health Centre for further clearance and can proceed directly to your clinic of placement if you fulfil all the following three criteria:

- Not obliged to undergo MRSA screening.
- Cleared from TB risk and no screening with TB-test has been done according to the instructions above.
- No prior treatment for TB or prior LTBI- (latent tuberculosis)-diagnosis.

**If you do not fulfil all the criteria above, please bring your signed health clearance (original copy) with you to your drop-in appointment at The Student Health Centre.**

For contact information and drop-in hours please visit our website:

<https://education.ki.se/mrsa-screening>

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