

St Hugh's College Nurse
Mrs Sarah Dragonetti



"I am available to help you manage health problems and illness, and will be able to refer you elsewhere when necessary. I can give advice on injuries and do dressings/remove stitches and care for wounds. I can also give you advice on contraception and the emergency pill, and am very happy to give support and advice for emotional and psychological problems or just drop in to my surgery in MGA for a chat! And please note that all consultations are absolutely confidential."

Email: nurse@st-hughs.ox.ac.uk

The Nurse is in College every weekday during term; Sarah's Surgery is on the first floor of the Mary Gray Allen Building (MGA), but room visits can be arranged if stairs are a problem.

	Nurse 0 th – 9 th Week	Doctor 1 st – 8 th Week
Monday	8.30 - 11.30am	8.30 – 10.15am, by appointment on the day
Tuesday	11.30am - 1pm, by appointment 1 - 3pm, drop in	-
Wednesday	11.30am - 1pm, by appointment 1 - 3pm, drop in	-
Thursday	11.30am - 1pm, by appointment 1 - 3pm, drop in	-
Friday	9am - Noon, drop in	-

SUMMERTOWN GROUP PRACTICE

Dr Penny Moore
Dr Siobhan Becker
Dr Matthew Cheetham
Dr Kyle Knox
Dr Lorna Monteith

SUMMERTOWN HEALTH CENTRE
160 BANBURY RD
OXFORD
OX2 7BS

Tel 01865 515552

We are writing to welcome you to Oxford and to introduce ourselves to you as your College Doctors. St Hugh's College has appointed Summertown Group Practice to provide health care for you while you are at college.

To register with Summertown Group Practice please complete our on-line registration form which you can find at <http://www.summertowngp.co.uk/college-information/st-hughs/st-hughs-registration/> Once you have completed the form if you click submit your registration will be sent direct to our health centre.

If you are unable to use the on-line registration then please print off and complete the GMS1 form, health questionnaire, and summary care record form. You will find these at <http://www.summertowngp.co.uk/college-information/st-hughs/> . It is important you put your NHS number (if you have one) on this form and please put your home address as your previous address. Once you have completed the three documents please return them by email to sthughreg.shc@nhs.net or by post to the address at top of this letter. During term time we offer surgeries at the college, you can also be seen at Summertown Health Centre. If you need to see a doctor whilst you are at home you should go to your home GP and register as a **temporary patient**.

Our services are strictly confidential. While we have a link to your college, we do not discuss your medical issues with anyone in the college, your friends or your family unless you ask us to do so.

All students who are studying in the UK for longer than six months duration are entitled to register with the NHS. This is a Government-funded service, paid for by British taxpayers. Please go to <http://www.nhs.uk> for more information. As a patient, you generally access the NHS through your GP. In the UK you cannot consult a medical specialist without going through the GP first. If you are from abroad and have a pre-existing health condition, we request that you bring copies of your medical records and diagnoses with you to help us to help you, and to file a copy in your medical records here.

We have a comprehensive website at www.summertownhealthcentre.co.uk where you can find out about the services we offer and surgery times. If you have any queries then our reception staff will be very happy to help you.

Registering with the Practice is IMPORTANT for both your assurance and the College.

We wish you good luck with your studies in Oxford.

Very Important Health Information – Immunisations

Based on the advice of Public Health England, the Oxford College Doctors' Association, and the University of Oxford's Sub-Committee for Student Health and Welfare, we **strongly recommend** that you receive the following vaccines:

- Meningococcal ACWY (MenACWY) if you are under 25 years of age
- Measles Mumps and Rubella - MMR1 and MMR 2, i.e. the normal two doses.

before you arrive in Oxford, if you have not already received them. Contact your General Practice to arrange this, if necessary. Both immunisations should be readily available outside the UK for international students.

FURTHER INFORMATION: MENINGOCOCCAL DISEASE The MenACWY immunisation is a new recommendation prompted by increasing numbers of cases of a highly aggressive form of meningococcal group W (MenW) disease. As a new university entrant, you will be at particular risk of contracting the disease as you are likely to be mixing closely with lots of new people, some of whom may unknowingly carry the meningococcal bacteria. Meningococcal disease can cause meningitis (inflammation of the brain) and septicaemia (blood poisoning) that can kill in hours, and those who recover may be left severely disabled. Please note that meningitis is not the same condition as encephalitis, against which students from some countries might have been immunised. If you have been immunised against any form of encephalitis, you will still need the MenACWY vaccine.

Further information on meningitis and the new vaccine is available at the NHS Choices website: <http://www.nhs.uk/conditions/meningitis/pages/introduction.aspx>

FURTHER INFORMATION: MEASLES, MUMPS AND RUBELLA (MMR) Measles and mumps are circulating in the general UK population, particularly among young people. Several outbreaks of mumps have occurred at both universities in Oxford and, year-on-year, the number of cases continues to be significant. If you are not certain that you have received the 2 MMR immunisations, then in line with national policy, we recommend that you obtain them before arriving at University with a month between each dose.

Further information on measles, mumps and rubella, and immunisation against them, is available at the NHS Choices website:

<http://www.nhs.uk/conditions/measles/Pages/Introduction.aspx>

<http://www.nhs.uk/conditions/mumps/Pages/Introduction.aspx>

<http://www.nhs.uk/conditions/rubella/Pages/Introduction.aspx>

ONCE IN OXFORD:

When you register with the College Doctor or any other doctor in Oxford, you will be asked for the dates of your immunisations, and have an opportunity to arrange immunisations if you still need to receive them. Information on college doctors and nurses is available at <http://www.ox.ac.uk/students/welf/doctors>.

Yours faithfully,
Sarah Dragonetti SRN SCM
St Hugh's College Nurse

Extra Information – for Overseas Students

REGISTERING WITH THE NATIONAL HEALTH SERVICE (NHS)

In order to access free healthcare in the UK, you must register with our College Doctors at Summertown Health Centre or, if you prefer, another GP in Oxford. You should register at the start of your course; students cannot register with the NHS if they are within six-months of their planned departure from the UK, unregistered students would have to pay for a private appointment (c.£50-£150). For this reason, it is essential that overseas students register as soon as possible after arriving in Oxford.

GETTING YOUR PRESCRIPTIONS

Many overseas students find that their prescriptions are not available in the UK. Check in good time that your prescriptions are available, so that alternatives can be arranged if necessary.

NHS CARDS

You are not automatically given an NHS card now, although some students do have them. If you require your NHS number for any reason, please phone Summertown Health Centre on 01865 515552 and they will give it to you from your medical records.

TERMINOLOGY

GP: General Practitioner, doctor or physician

Health Centre: GP Practice or Doctor's Surgery, Clinic

A&E: Accident & Emergency Unit, or Emergency Room, at a hospital

NHS: National Health Service