

Mrs Sarah Dragonetti is the St Hugh's College Nurse



"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 | - |

REGISTERING WITH THE COLLEGE DOCTORS

Whilst you are at St Hugh's, you are required to register with our College Doctors at Summertown Health Centre or, if you prefer, another GP in Oxford; if you need to visit your home doctor during your course, you should not re-register, but make an appointment as a temporary resident, keeping your registration at Oxford.

Once you are registered with the College Doctors, you may sign up on a Monday morning for an appointment, or email the Nurse in advance. Should you need to see a doctor at another time, ring the Summertown Health Centre, or email the Nurse for advice.

Dr Penny Moore & Dr David McCartney
Summertown Health Centre
 160 Banbury Road
 Oxford OX2 7BS
01865 515552

OUT OF HOURS SERVICE 111

If you need non-emergency medical attention during the evenings or at a weekend, ring the **non-emergency helpline 111**. You may be given an appointment at the East Oxford Health Centre at Manzil Way (on the Cowley Road).

EMERGENCIES

If you need urgent medical assistance, the UK emergency number is **999**; if you live in College, you can also ask the Lodge (01865 274900) to call for an ambulance on your behalf; the Lodge should always be informed when any Emergency Service has been summoned, so that the Porters can offer help and direction. The nearest Accident & Emergency Unit (A&E) at the John Radcliffe Hospital.

ST HUGH'S LODGE

The Porters will always assist you if you require guidance or help: 01865 274900

NHS PRESCRIPTIONS

Medicines issued on prescription from a chemist or pharmacy are charged at a flat rate of £8.20 per item. One exception is the contraceptive pill which is free of charge, as is emergency contraception (morning after pill), but both need to be prescribed by the GP first. The nearest chemist is on the Woodstock Road (OX2 6HJ).

TRAVEL VACCINATIONS

These are available by appointment at Summertown Health Centre. Some travel vaccinations are chargeable and it makes sense to book as early as possible before you travel, in case vaccines have to be ordered in. If you are in doubt which vaccines you need, a useful website is: www.fitfortravel.nhs.uk.

SPECIALIST CONSULTATIONS

If you wish to see a specialist or consultant, you must first make an appointment with your GP even if you have private medical insurance.

- *Contraception and Sexual Health* advice is freely available from the College Doctors and the College Nurse. Full details on Family Planning and STI clinics can be found on the OUSU website, and on www.sexualhealthoxfordshire.nhs.uk/contraception/.

- *Physiotherapy and Chiropody* are often best sought privately as NHS referrals may take some time.

- *Alternative Therapies* (Homeopathy, chiropractic, herbal medicine, acupuncture etc.) are not available on the NHS and should be sought privately.

OPTICIANS

Opticians services are not usually covered by the NHS. There are many opticians in Oxford. An initial sight test costs about £25.00 and you must make an appointment prior to being seen.

Note: the Eye Hospital is a specialist unit at the John Radcliffe Hospital (JR) in Oxford and deals with medical/surgical problems and procedures only. As with all hospital appointments, you need to be referred there by the GP.

DENTAL SERVICES

If you are 18 or over you will usually have to pay standard NHS charges. 'Studental', based at Oxford Brookes University, provides a comprehensive NHS service to all students. www.studental.co.uk, 01865 484 608.

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