

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; surgery times are to be found online. 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.

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 Summertown Health Centre 160 Banbury Road Oxford OX2 7BS 01865 515552
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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

SUMMERTOWN GROUP PRACTICE

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

SUMMERTOWN HEALTH CENTRE
160 BANBURY RD
OXFORD
OX2 7BS

Tel 01865 515552
Fax: 01865 311237

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 and the Oxford College Doctors' Association, the University of Oxford's Sub-Committee for Student Health and Welfare **strongly recommends** 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 recent 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 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>.

Your GP will need information on whether (and when) you have received the following vaccinations.

Vaccination	Dates: 1st	2nd	3rd	Booster
Polio				
Tetanus				
Diphtheria				
Whooping cough (Pertussis)				
"HIB"				
Measles/Mumps/Rubella (MMR)				
Rubella only				
Meningitis C				
Meningitis A & C				
Hepatitis A				
Hepatitis B				
Typhoid				
Tuberculosis (BCG)				
Yellow Fever				
Rabies				
Jap. B. Encephalitis				
HPV				
Other (please specify):				

Data Protection Notice: Personal information will be available only to the College Nurse and Summertown Health Centre, and will be used for the stated purposes, in accordance with the Data Protection Act 1998.

Registration with the College Doctors at Summertown Group Practice is strongly encouraged for the following reasons:

- College staff have a clear point of medical contact in an emergency.
- The College Doctors run regular, convenient surgeries in College during term-time.
- The College Doctors have built up a good working relationship with the College's welfare officers, and work with them to make the best possible provision for your healthcare.
- The College Doctors are familiar with the College's and University's regulations regarding provision of medical evidence, e.g. when applying for alternative exam arrangements.
- Registering with the College Doctors does not prevent you from registering as a temporary patient at your home surgery, and means that both surgeries know your medical history.

If, after speaking to the Academic Registrar of the College (thea.crapper@st-hughs.ox.ac.uk), you wish to register with a different Oxford surgery, you should complete and return this page to her.

Surname:	
Forename(s):	
Date of birth:	
Name of course:	

I confirm that I do not wish to register with the College Doctors.

Please explain why you do not wish to register with the College Doctors:

I am already registered with a doctor in Oxford and do not wish to change.

I will be registering with another doctor in Oxford

Another reason (please state below) :

I prefer not to say

It is essential for public health reasons that either the College Doctors or the College Nurse are aware of your vaccination history.

Please supply the contact details for your current doctor. These will only be used by the College Nurse if she needs to contact your doctor.

Name of doctor:	
Name of surgery:	
Surgery address:	
Telephone number:	