

St Hugh's College Nurse and Wellbeing Coordinator

Sarah Dragonetti



"I am available in College to help you manage health problems and illness, and will be able to refer you elsewhere when necessary. I am able to 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 find me on Teams or 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'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. Please email the College Nurse if you need an appointment. The College Doctor holds a weekly surgery in College on Tuesday mornings, 1st – 8th weeks from 08.30 -10.30, bookable by calling Summertown Health Centre on 01865 515552

REGISTERING WITH THE COLLEGE DOCTORS

Before you arrive at St Hugh's you are required to register with our College Doctors at Summertown Health Centre by visiting their website at www.summertownhealthcentre.co.uk/st-hughs-registration-form. If you need to visit your home doctor during the vacations, 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 can make an appointment for Tuesday mornings by calling Summertown HC in advance on 01865 515552. Should you need to see a doctor at another time, ring the Summertown Health Centre, or email the Nurse for advice.	Dr Siobhan Becker & Dr Charles Luo Summertown Health Centre 160 Banbury Road Oxford OX2 7BS 01865 515552
--	--

OUT OF HOURS SERVICE 111

If you need non-emergency medical advice during the evenings or at a weekend, ring the 24hr medical helpline 111.

EMERGENCIES

If you need urgent medical assistance, the UK emergency number is **999**; if you live in College, you can also ask the Lodge (+44 (0)1865 274900) to call for an ambulance on your behalf; the Lodge should always be informed when any Emergency Service has been summoned.

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 in the UK. One exception is the contraceptive pill which is free of charge, but will still need to be prescribed. Emergency contraception (morning after pill) if prescribed is free of charge but is also available to purchase from a pharmacist. The nearest chemist is Woodstock Road Pharmacy OX2 6HJ.

TRAVEL VACCINATIONS

Students who may need travel vaccinations should make an appointment at Summertown Health Centre. Please remember that some travel vaccinations are chargeable and must therefore be arranged through a Pharmacy. It is best to book as early as possible before you travel. For more information, please visit www.fitfortravel.nhs.uk/home

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 via www.sexualhealthoxfordshire.nhs.uk

- *Physiotherapy* is available via the NHS so make an appointment at Summertown HC or it may be sought privately.

- *Chiropody* is usually accessed privately but may also be available via the GP

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

OPTICIANS

Opticians accepting new patients in Oxford can be found online. Opticians services are not usually covered by the NHS; an initial sight test costs about £25 and you must make an appointment in order to be seen. Separately, 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

All adults 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.

Extra Information for Overseas Students

REGISTERING WITH THE NATIONAL HEALTH SERVICE (NHS)

Please try to ensure that you register with Summertown Health Centre (as above) early, as 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, if not before.

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 by visiting the GP, so that alternatives can be arranged if necessary. Please remember that you may need to pay for your prescription.

NHS NUMBER

If you require your NHS number for any reason, you can find it using this website: www.nhs.uk/nhs-services/online-services/find-nhs-number/.

TERMINOLOGY

GP: General Practitioner (also known as doctor or physician)

A&E: Accident & Emergency Unit (also known as Hospital Emergency Room)

NHS: National Health Service

Health Centre: (also known as GP Practice, Doctor's Surgery, or Clinic)

SUMMERTOWN GROUP PRACTICE

Dr Siobhan Becker
Dr Matthew Cheetham
Dr Kyle Knox
Dr Charles Luo
Dr Lorna Monteith
Dr Dave Triffitt
Dr John Monach

SUMMERTOWN HEALTH CENTRE
160 BANBURY RD
OXFORD
OX2 7BS

Tel 01865 515552
Email: summertownhc@nhs.net

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 www.summertownhealthcentre.co.uk/st-hughs-registration-form.

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 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

COVID-19 VACCINATION

All students are strongly encouraged to take up the offer of a Covid-19 vaccination when eligible, ideally before arriving in Oxford at the start of the autumn (Michaelmas) term.

All adults in the UK currently have access to a vaccine through the National Health Service. If students arrive in Oxford having had the first dose of the Covid-19 vaccine elsewhere in the UK, they are encouraged to bring their vaccination card with them, or to have a record of their NHS number, and arrange to have the second dose (or booster) of the vaccine in Oxford.

There will be a winter booster programme run by Primary Care Networks from 1 September. Vulnerable groups will be among those offered a Covid-19 booster and flu jab under plans to increase protection against respiratory viruses of winter.

International students are eligible to access the Covid-19 vaccine for free, regardless of their nationality or immigration status. Students are advised to register with their College GP and to obtain an NHS number. Further information about Covid-19 vaccination for international students can be found here: [UKCISA - international student advice and guidance - Coronavirus \(Covid-19\): info for international students](#)

OTHER RECOMMENDED IMMUNISATIONS

Based on the advice of Public Health England and the Oxford College Doctors' Association, the University of Oxford's Student Wellbeing Sub-committee **strongly recommends** that you receive the following vaccines **before** you arrive in Oxford, if you have not already received them:

- 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
- Tetanus, diphtheria and polio (known in the UK as the 3-in-one teenage booster)
- Human papillomavirus (HPV) vaccine if you are under 25 years of age

Contact your General Practice to arrange this, if necessary. These immunisations should be available outside the UK for international students.

FURTHER INFORMATION: MENINGOCOCCAL DISEASE

Students, especially new students, are at particular risk of contracting the disease and spreading it to others. 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: www.nhs.uk/conditions/meningitis/

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:

www.nhs.uk/conditions/measles/

www.nhs.uk/conditions/mumps/

www.nhs.uk/conditions/rubella/

OTHER HEALTH ADVICE: INFLUENZA

Some students might be at an increased risk of influenza. If you are in a high risk group, contact your GP at the start of term to see if you need to have a flu vaccine (further information about the National Flu Immunisation Programme is available at:

[National flu immunisation programme plan 2022 to 2023 - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/news/national-flu-immunisation-programme-plan-2022-to-2023)).

OTHER HEALTH ADVICE: MONKEYPOX

Cases of monkeypox are rising in the UK and anyone can catch the virus, however, it's being passed on predominantly in interconnected sexual networks. It is a viral infection that spreads through skin-to-skin contact and by sharing items like bedding and towels. It's important to be aware of the symptoms and be tested regularly for Sexually Transmitted Infections (STIs) particularly if you have multiple sexual partners. Before you have sex, go to a party or an event, check yourself for rashes and blisters. If you have these or other monkeypox symptoms, take a break from attending events, or sex, until you've called 111 or contacted a sexual health service. Visit the UK Health Security Agency website to [find out more about monkeypox](#) including symptoms and how it spreads. Further [sexual health advice](#) can be found on the Oxfordshire Sexual Health Service website.

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 will have an opportunity to arrange immunisations if you still need to receive them.

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:	